Listening and Memory

Text Outline
The Stages of Listening

- Sensation Stage (hearing.)
- Interpretation Stage.
- Evaluation Stage.
Listening Challenges

- Divided attention and distractions.
- Shutting out the message.
- Rushing to judgment.
- Partial hearing loss or learning disabilities.
Ways to Become an Active Listener

- Set purposes for listening.
- Ask questions.
- Pay attention to verbal signposts.
- Know what helps and hinders listening.
Stages of the Learning Process

1. Experiencing the material (concrete experience).
2. Relating the material to what you already know (reflective observation).
3. Forming new ideas (abstract hypothesis).
4. Trying out and communicating new ideas (active testing).
To Move Information into Long-Term Memory:

- Limit and organize items you are processing by:
  - Separating main points from unimportant details.
  - Dividing material into manageable parts.
- Use critical thinking skills.
- Look for the big picture or framework.
Memory Strategies

- Know your purpose for remembering.
- Make remembering the information important to you.
- Understand what you memorize.
- Recite (out loud), rehearse (repeat mentally), and write.
- Break study into short, frequent sessions.
- Practice the middle.
More Memory Strategies

- Create groupings.
- Use flash cards.
- Use tape – recorded material.
- Use mnemonic devices.
Mnemonic Devices

- Visual images and associations.
- Acronyms.
- Songs or Rhymes.