

Listening Techniques: Session 3

Conversation starters:

* If you had to give every human being one quality, what would it be and why?
* If you could be a famous person, who would you choose and why?
* If you were invisible for a day, where would you go and what would you do?
* If your life was made into a movie, who would play you? Why?
* If you would invent one thing what would it be?
* What is the greatest song/book ever written?
* How do you choose your friends?
* What is the first thing you notice about a person?
* What is the biggest problem in the United States and why?
* Describe the most beautiful thing you have ever seen.
* Do you ever talk to yourself? What do you say?
* If you could know one thing about your future, what would it be?

Digging for more statements:

* Tell me more about “that”.
* What I hear you saying is…
* Try to avoid asking WHY someone did something. Think of another way to word the statement to the response you are looking for.
* Specifically, what will you do next?
* What were you thinking about when you said XXX?
* Tell me about a time when XXX.
* What are the pros/cons of this situation?
* And what happened after that?

Awkward OR unsure moments:

* I have never experienced that before, but I am willing to listen.
* Express empathy and concern.
* Refer the student to the guidance counselor for assistance.

Empathy:

* I am sorry to hear that.
* That must have been frustrating.
* You must feel upset about XXX.
* Avoid saying I KNOW HOW YOU FEEL. Everyone feels differently, even in similar situations.

