

## HOW TO IMPROVE LISTENING SKILL?

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### **ABSTRACT**

The theme of developing effective listening skills is an essential aspect of personal and professional growth. Effective listening is not merely the act of hearing; it encompasses the ability to comprehend, analyze, and respond to spoken information. An annotation on this theme could explore the following points.

Keywords: superior collaboration, better critical thinking, expanded efficiency personal, professional lives.

### **INTRODUCTION**

Listening is a vital communication skill that plays a crucial role in our personal and professional lives. Effective listening skills are essential for building strong relationships, understanding others' perspectives, and enhancing productivity in the workplace. Developing these skills takes time and practice, but the benefits are well worth the effort.

### **LITERATURE ANALYSIS AND RESEARCH METHODOLOGY**

One of the key components of effective listening is being fully present and attentive when someone is speaking. This means putting aside distractions such as smartphones or other tasks and giving the speaker your full focus. Maintaining eye contact and using positive body language, such as nodding and smiling, can also convey to the speaker that you are engaged and interested in what they have to say. Another important aspect of effective listening is being open-minded and nonjudgmental. It's important to approach conversations with a willingness to understand the other person's perspective, even if it differs from your own. Avoid interrupting or jumping to

conclusions, and instead, give the speaker the space to express themselves fully before responding.

RESPONSIVE LISTENING demonstrates to the speaker that you're listening and understanding what they're saying while encouraging them to continue talking.

#### NON-VERBAL RESPONSES

- Smiling
- Appropriate facial expression
- Affirmative nod of the head
- Appropriate eye contact
- Minimizing distractions (turning off cell phones, etc.)
- Taking notes (under-utilized way to broaden the depth of listening)
- Leaning slightly towards the speaker

#### VERBAL RESPONSES

- “Uh huh”
- “I see”
- “Yes”
- “Really?”
- Occasionally paraphrasing what you've heard

#### DISCUSSION AND RESULTS

ACTIVE LISTENING is probably the most important listening skill. It is active because it combines the skills of listening and responding without invalidating the speaker's comments, giving the speaker your personal opinion or advice, or drawing the ownership of the conversation away from the speaker.

An ACTIVE LISTENER monitors the communication of a message for both content and feeling. They pay attention to what people say, how they say it, and why they're saying it. Undivided attention includes hearing the words being expressed as well as grasping the hidden message and feelings.

This requires focusing on verbal signs like manner of speaking and speed of discourse, as well as nonverbal prompts like looks and motions. Considering back what the speaker has said, summarizing their focuses, and posing explaining inquiries can show that you are really participated in the discussion. In an expert setting, powerful

listening abilities can prompt superior collaboration, better critical thinking, and expanded efficiency. By effectively standing by listening to partners and clients, you can acquire significant experiences, construct trust, and encourage more grounded working connections. Effective listening in leadership roles can also boost employee morale and engagement by demonstrating that their thoughts and concerns are valued. To foster successful listening abilities, rehearsing mindfulness and self-reflection is significant. Examine your own listening habits and determine any areas for growth. Be open to constructive criticism and seek feedback on your listening abilities from others. Moreover, think about searching out preparing or studios on undivided attention strategies to additional upgrade your capacities. Besides, you can memorize a lot of words to develop and improve your listening. vocabulary plays an important role in listening. The reason is that some letters are pronounced differently in some words, and in other words they sound differently even if it is the same letter. Therefore, errors in hearing occur.

Now the whole world is preparing for international exams and trying to get a degree. for example, IELTS, CEFR TOEFL i.e. We all know that listening is included in all of these. This is why it is so important to improve your listening skills. The development of hearing through music is convenient and good for someone Some people may not get results even if they try for years, because everyone's brain is different, and therefore everyone is guided according to the level of their brain's perception. spending time with effective practice helps to achieve success in any situation. Absolutely, preparing for international exams like IELTS, CEFR, and TOEFL requires a strong focus on improving listening skills.

Music can indeed be a convenient and enjoyable way to develop one's ability to hear and understand spoken language, as it can help train the ear to recognize different tones, rhythms, and accents. It's true that people's brains work differently, and therefore, the rate of improvement in listening skills can vary from person to person. Some may find it easier to make progress in a shorter period of time, while others may take longer. It's important to recognize that everyone has their own unique learning pace and style. Consistent and effective practice is crucial in improving listening skills. Spending

dedicated time on focused listening practice can lead to significant improvements over time. This could involve activities such as listening to podcasts, watching movies or TV shows in the target language, or engaging in conversations with native speakers. With regular practice, it's possible to achieve success in any situation, including performing well in international exams that assess listening skills. To develop effective listening skills, it's important to practice self-awareness and selfreflection. Pay attention to your own listening habits and identify any areas for improvement. Seek feedback from others on your listening skills and be open to constructive criticism. Additionally, consider seeking out training or workshops on active listening techniques to further enhance your abilities.

Listening skills play a vital role in the field of psychology, as students need to effectively understand and interpret verbal information from clients, colleagues, and research materials. To develop strong listening skills, the CLIL (Content and Language Integrated Learning) method offers a valuable approach. By integrating psychology content into English language lessons, CLIL creates an immersive and contextually meaningful environment for language acquisition, facilitating the development of listening skills alongside subject knowledge.

In this article, we will explore the benefits of using the CLIL method to enhance listening skills in psychology students, along with practical strategies and activities. **Benefits of CLIL in Developing Listening Skills:**

1. **Authentic Listening Materials:** CLIL exposes students to authentic listening materials, such as psychology lectures, interviews, podcasts, and therapeutic interactions. These materials reflect real contexts, accents, and speech patterns, letting students to enhance their listening skills by engaging with content relevant to their sphere.

2. **Subject-Specific Vocabulary:** CLIL provides opportunities for students to encounter and practice subject-specific vocabulary and terminology. Listening to psychology-related materials helps students become familiar with discipline-specific language, improving their ability to comprehend and interpret complex information in their future professional settings.

3. Contextualized Listening: CLIL integrates listening activities within the broader context of psychology, making the content more meaningful and engaging for students. This contextualization enhances students' motivation to listen attentively and comprehend the information, as it directly relates to their field of study.

We try to widen the first among benefits of above: Engaging students with authentic listening materials is a key aspect of the CLIL method in developing their listening skills. By incorporating psychology lectures, interviews, podcasts, and therapeutic interactions into English language lessons, CLIL exposes students to real-world contexts and provides them with valuable opportunities to practice listening in an authentic and meaningful way.

- **Psychology Lectures:** Listening to psychology lectures allows students to familiarize themselves with the academic language, discourse, and concepts used in the field. They can actively listen to professors or experts discussing various topics, theories, and research findings. This exposure helps students grasp complex ideas, expand their vocabulary, and develop the ability to follow extended spoken discourse.

- **Interviews:** Listening to interviews with psychologists, researchers, or individuals sharing their personal experiences in the field provides students with valuable insights and perspectives. These interviews often cover diverse topics, such as mental health, human behavior, or therapeutic approaches. Students can improve their listening skills by understanding different accents, tones, and speech patterns while extracting important information and analyzing the interviewees' viewpoints.

- **Podcasts:** Incorporating psychology-themed podcasts into CLIL lessons offers an engaging and accessible way for students to improve their listening skills. Podcasts often present discussions, debates, or interviews on psychological topics, delivered in conversational and informal styles. By listening to podcasts, students enhance their ability to comprehend colloquial language, identify main ideas, and follow nuanced discussions.

- **Therapeutic Interactions:** Listening to recorded therapy sessions or role-plays simulating therapeutic interactions exposes students to real-life scenarios they may

encounter in their future careers. Students can observe the dynamics between therapists and clients, identify active listening techniques, and practice understanding clients' concerns, emotions, and perspectives. This helps develop their ability to decipher subtle verbal cues, empathize, and effectively communicate in therapeutic settings.

The inclusion of such authentic listening materials in CLIL lessons not only enhances students' listening comprehension but also provides them with valuable exposure to the language and content they will encounter as psychology professionals. By actively engaging with real-world contexts, accents, and speech patterns, students develop their ability to understand and interpret spoken information, improving their overall listening skills in the field of psychology.

### **CONCLUSION**

In conclusion, developing effective listening skills is a valuable investment that can greatly improve communication and relationships in both personal and professional settings. By being present, open-minded, and attentive to verbal and nonverbal cues, you can become a more empathetic and influential communicator. With practice and dedication, anyone can cultivate the art of effective listening and reap the benefits it brings.

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