

## Listen to others carefully

Good morning, teachers and students. The school theme of this year is “Respect others and extend courtesy”. In order to show respect to others, the first thing that you should do is “try to listen to others carefully”. So today, I would like to share with you the ways to become a good listener

In human interactions, if you want to have a good relation with me, **you have to understand me first**. Unless you understand me and my feelings, you will not know how to advise or counsel me. To understand another person, you need to listen to him. In other words, you must learn to be a good listener and try to listen what the others are saying.

Here are some suggestions for you to become a good listener so that you can understand others. Firstly, to be a good listener, **do not try to ignore others** while they are speaking to you. Try to listen to them from your heart. Secondly, to be a good listener, **do not pretend listening**. Do not practice selective listening and hearing only certain parts of the conversation. Thirdly, to be a good listener, **try to listen to others in an active and reflective manner**. Active and reflective listening means you may not agree with someone, but you still fully and deeply listen to him. By active and reflective listening, you listen with your ears, and more importantly, you listen with your eyes and with your heart. You listen for feeling and for meaning. You listen for behavior. Fourthly, to be a good listener, **try to listen and understand first before making any judgment** and evaluation. If you judge others first, if you evaluate others first, you will not be a good listener. No one is willing to talk to you, because you do not give him any psychological air. Imagine you are trying to communicate with your classmate, can he feel free to open himself up to you when you evaluate and judge everything he says before he really explains it?

Boys and girls, I strongly encourage all of you to be a good listener. When you really listen with a pure desire to understand, you will be surprised and amazed how fast people will open up themselves. If we are

good listeners, all people are on the same side of the table looking at the problem, instead of looking across at each other on opposite sides. Actually, you see the young woman; I see the old lady. And both of us can be right.

Boys and girls, learn to become a good listener. Spend time with your family, classmates and teachers. Listen to them, understand them. Look at problems people face through their eyes. Give them air. In so doing, you really respect others and extend courtesy to others. This is the end of my sharing. Thank you very much.