

LISTENING COMPREHENSION STRATEGIES

INTERNAL STRATEGIES

- **Repeating:** say the information back to yourself
 - good for shorter facts or sentences (i.e. dates, times, instructions)
 - helpful when taking notes during class or writing down assignments
- **Paraphrasing:** pick out the most important parts and rephrase it in your own words
 - good for longer stories, descriptions, or anything with lots of details
 - also helpful when taking notes during class
- **Visualizing:** create a picture or movie in your mind
 - good for descriptions or a series of directions
 - for practice, close eyes while listening and then draw a picture of all the details that you imagined in your mind
- **Questioning:** ask/answer WH questions about what you hear
 - ask yourself "Did I get that? Did that make sense?"
 - identify who, what, when, where, why, how, etc.
 - good for stories, sequences, descriptions, and making inferences
- **Association:** make connections between what you hear and what you already know
 - good for remembering names/events and when making inferences

EXTERNAL STRATEGIES

- **Eliminate:** distractions and background noise
- **Ask:** for repetition or clarification
- **Write:** down notes about what you hear