



# ACTIVE LISTENING, INTENTIONAL COMPLIMENTS, & ART REFLECTIONS IN PEER MENTORSHIP



## Lesson Focus & Goals

Last time we focused on defining SEL (social-emotional learning), the role of a peer mentor, intentional compliments and B.E.S.T (body posture, eye contact, simple instructions, tone of voice).

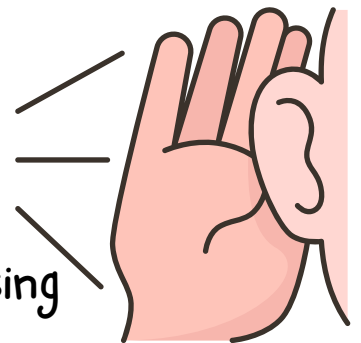
We are excited to delve deeper into SEL, offering insights and techniques that include honing active listening skills, exploring the art of intentional compliments, and utilizing reflection as a powerful tool to foster meaningful connections...

**What is active listening** and why is it important?

- Effective communication
- Foster trust and understanding, build meaningful relationships and create supportive and cooperative environments.

**What are some active listening strategies?**

1. Pay attention to what your mentees say
2. Show that you are listening by...
  - Nodding occasionally
  - Smiling
  - Maintaining eye contact
3. Provide feedback!
  - Reflect on what is being said by paraphrasing
  - Ask questions about mentees project



#### 4. Defer judgment

- Allow your mentees to finish
- Try not to interrupt

#### 5. Respond appropriately

- Be candid, open, and honest in your response
- Assert your opinion respectfully

#### 6. Reflect...

- On whether you engaged in active listening with your mentees in the classroom.
- On what challenges you might encounter and how you can address these challenges through active listening.

#### Think of the benefits of expressing yourself through art...

- Reflecting on the project helps you understand the diverse ways mentees express themselves.
- Engaging in a creative activity can reduce stress
- It not only benefits your mentees, but also provides you with an opportunity to pause, reflect on your journey, and recall your sense of purpose.

