

Examples of reflective listening statements

Student: "I'm have difficulty focusing in class. The lectures are interesting but I find myself daydreaming and then I miss something important."

Fellow " You want to find a strategy to help you stay focused in class"

Student: " I know I should start my weekly assignments earlier, but I'm always busy with other things. Then I end up waiting until the last minute and my final product isn't very good"

Fellow " you have a busy schedule, and you're having trouble making things a priority."

Student: " I don't know why I got a bad grade in this exam I understood all of the concepts, and I do all of the class work. Then the teacher asked really hard questions on things that weren't covered in class, and I didn't know how to answer them I found this really unfair."

Fellow " You feel what you learnt in class wasn't reflected in the exam"

Student: " I'm really struggling with small groups. I don't understand the point in them, and I don't like hearing from other people. I just want to hear from the teacher."

Fellow " The small groups aren't your favourite part of the class, and you're not sure how to work them into your understanding of the material."

Student: " What Tammy said in class really offended me. She didn't try to see it from my perspective, or anybody else's. This whole class is about evaluating different perspectives and she failed."

Fellow " What Tammy has said has hit a nerve with you. It doesn't speak to your personal experience, or to what you're trying to get out of class. You're not sure what to do next."

Student: " This class really changed me. I've learnt so much, I see this issue in a new way, and I don't know what to do with this information. I feel like more people need to know this and talk about it."

Fellow " You have grown as a result of this class, and you're looking for a way to keep growing on this topic."

Student: " I like the discussions, but I don't know how to participate more. I like hearing from my classmates, and they have really good ideas."

Fellow " Right now you feel like you get more out of listening than participating, and you're wondering if that's okay."