

Exercises for increasing the capacity to listen

LESSON 4

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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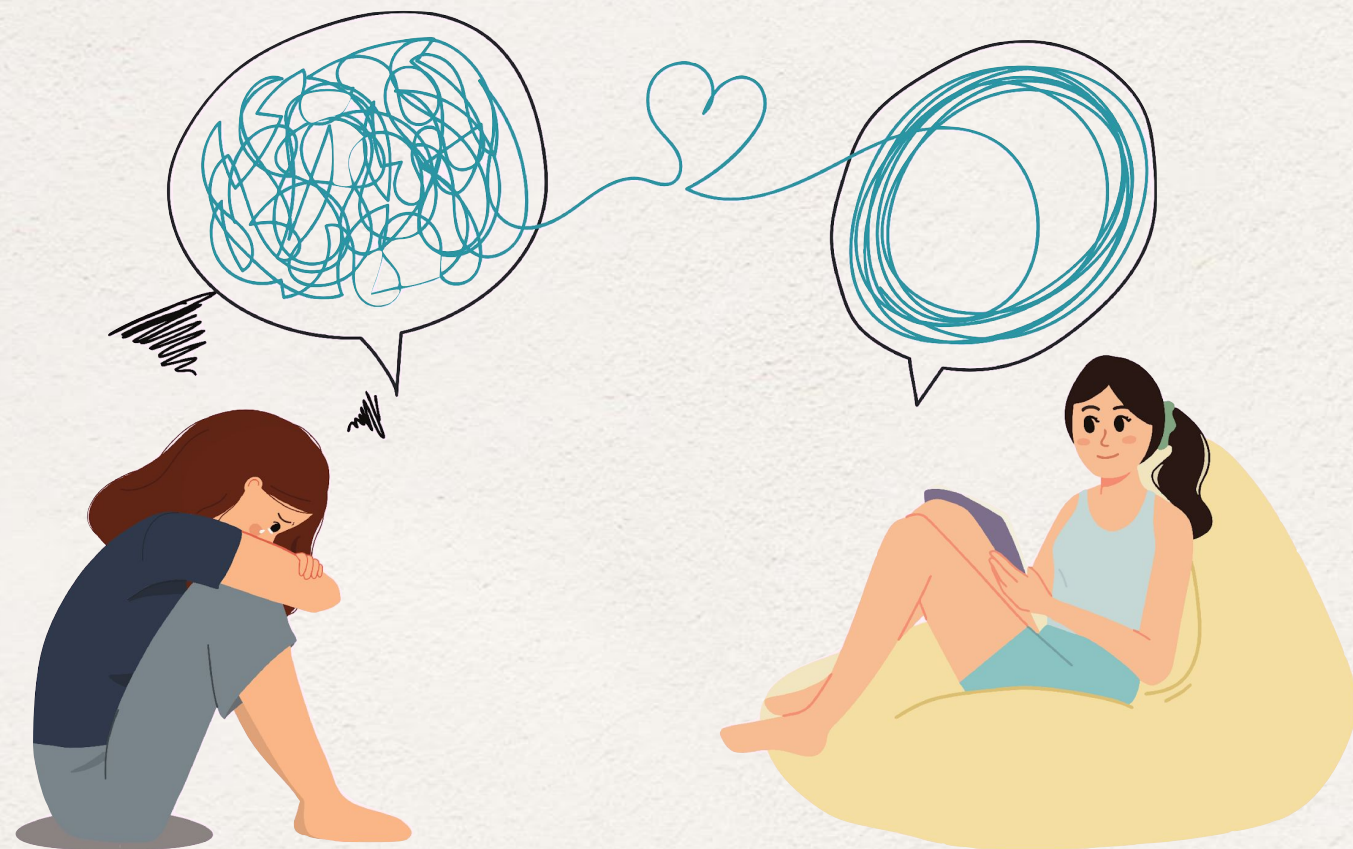


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- Active listening is essential for tutors supporting students affected by trauma, displacement, or conflict
- It involves attention to both verbal and nonverbal communication, fostering trust and psychological safety
- Training in reflective listening improves emotional disclosure, interpersonal interaction, and relational rapport (Rautalinko, Lisper, & Ekehammar, 2007)

Practical Listening Exercises

- Role-play and reflection: one participant shares, the other listens and summarizes content and emotions
- Reflective responses validate experiences and demonstrate understanding
- Attention to nonverbal cues such as eye contact, posture, and gestures reinforces engagement
- Triad exercises (speaker, listener, observer) provide structured feedback and enhance self-awareness

Developing Listening Competence

- Mindful listening drills improve focus and sensitivity to communication
- Summarizing exercises strengthen attention to detail and interpretation skills
- Use of structured tools such as listening worksheets supports consistency
- Repeated practice builds empathy, patience, and responsiveness
- Strong listening skills contribute to trust, meaningful relationships, and student resilience

Thank you

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