

Exercises for the psychological wellbeing

LESSON 5

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



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- Strong listening skills are essential for tutors supporting students affected by trauma, displacement, or conflict
- Active listening combines attention to spoken content and nonverbal signals to build trust and safety
- Reflective listening enhances emotional disclosure and strengthens relationships in support contexts (Rautalinko, Lisper, & Eloranta, 2005)

Interpreting Communication

Beyond Words

- Emotional meaning is often conveyed through tone, pauses, and hesitation, not only words
- Tutors must learn to identify subtle indicators of stress or distress during conversations
- Nonverbal behaviours such as eye contact, nodding, and posture communicate presence and empathy
- Small variations in listening behaviour can influence a student's willingness to share

Structured Skill Development

- Role-play, triads, and observer feedback strengthen awareness and listening precision
- Mindfulness-based listening improves attentional control and ability to remain present
- Listening frameworks and worksheets support consistent application of techniques
- Ongoing practice develops empathy, patience, and responsiveness
- Effective listening enables early detection of distress and supports a psychologically safe academic environment

Thank you

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