

LISTENING DEEPLY



Quiz

PAY RAPT ATTENTION AFTER

pay rapt attention after

What's the best practice after the listening session is over?

Read the answer after each question

continue paying rapt attention

Let this person's interior cognition sink into your mind.
Give yourself time to **meditate on this person**.

When scheduling the session, block 20+ minutes after



capture key concepts
right after



let their perspective
stay for the day

pay rapt attention after

What can you do to meditate on the person after the session?

pay rapt attention after

Crack open some topics (candies) you remember, to write some interior cognition summaries.

these are a way to **remember** this person's thinking quickly before you do synthesis



pay rapt attention after

Okay, summaries will help you remember the person's perspective. But, how do you write a summary?

(This is only a small preview to my next course.)

how to write a summary

the reason for the verb; the main action of the summary

verb in present tense + **key point** + **supporting details**

with a silent "I" at the beginning, to promote empathy

or

feel + **emotion** + **key point** + **supporting details**

helps you remember the context in case the verb + key point are not enough; includes description & expression layer concepts

summary examples

verb in present tense + **key point** + **supporting details**

Tell : people I am allergic to : instead of not liking it
: a food :
:

Decide : to copy how friends mention :
: allergies at restaurants :

feel + **emotion** + **key point** + **supporting details**

Feel : unhappy : that they were serving :
: stuffed peppers :

Feel : disgusted : by the acrid, unpleasant : as I force myself to chew :
: taste : the pepper :

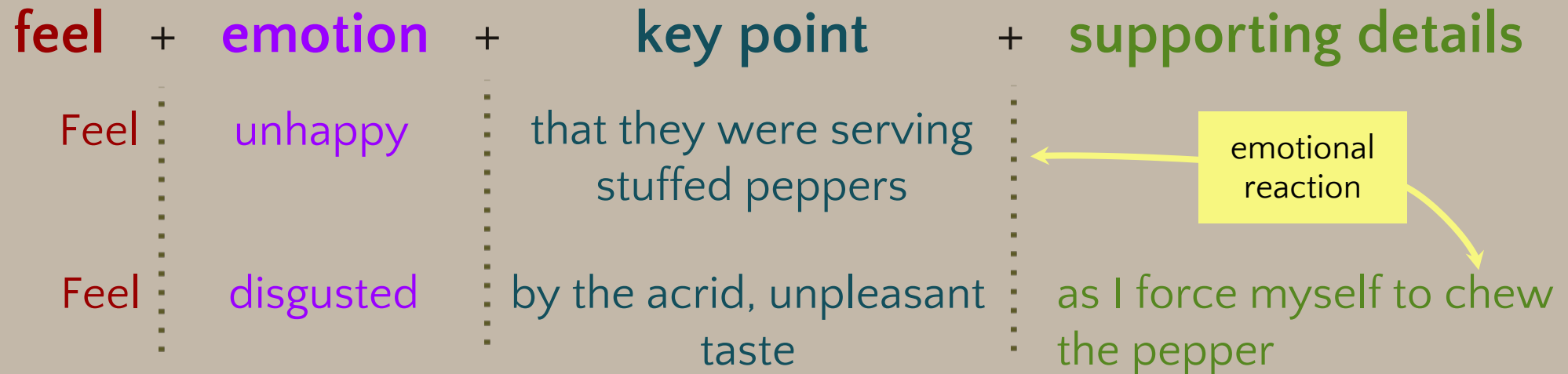
pay rapt attention after

Awesome, now you know the nuts and bolts of summaries.

Are you feeling confident?

For extra credit, what are the concept types of these examples?

summary examples



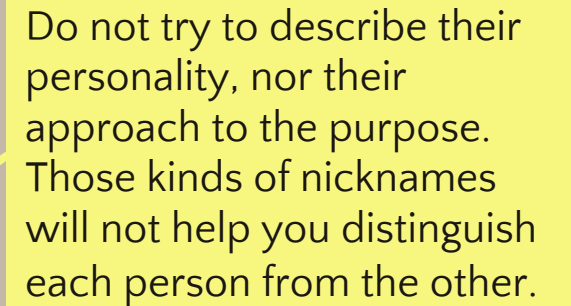
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What else can you do to meditate on the person?

create a nickname for the person

(to help protect privacy in research)

Use memorable wording that reminds you of them in a unique way, and is not related to the purpose. It's just something they said that helps you remember this person years later.



Do not try to describe their personality, nor their approach to the purpose. Those kinds of nicknames will not help you distinguish each person from the other.

