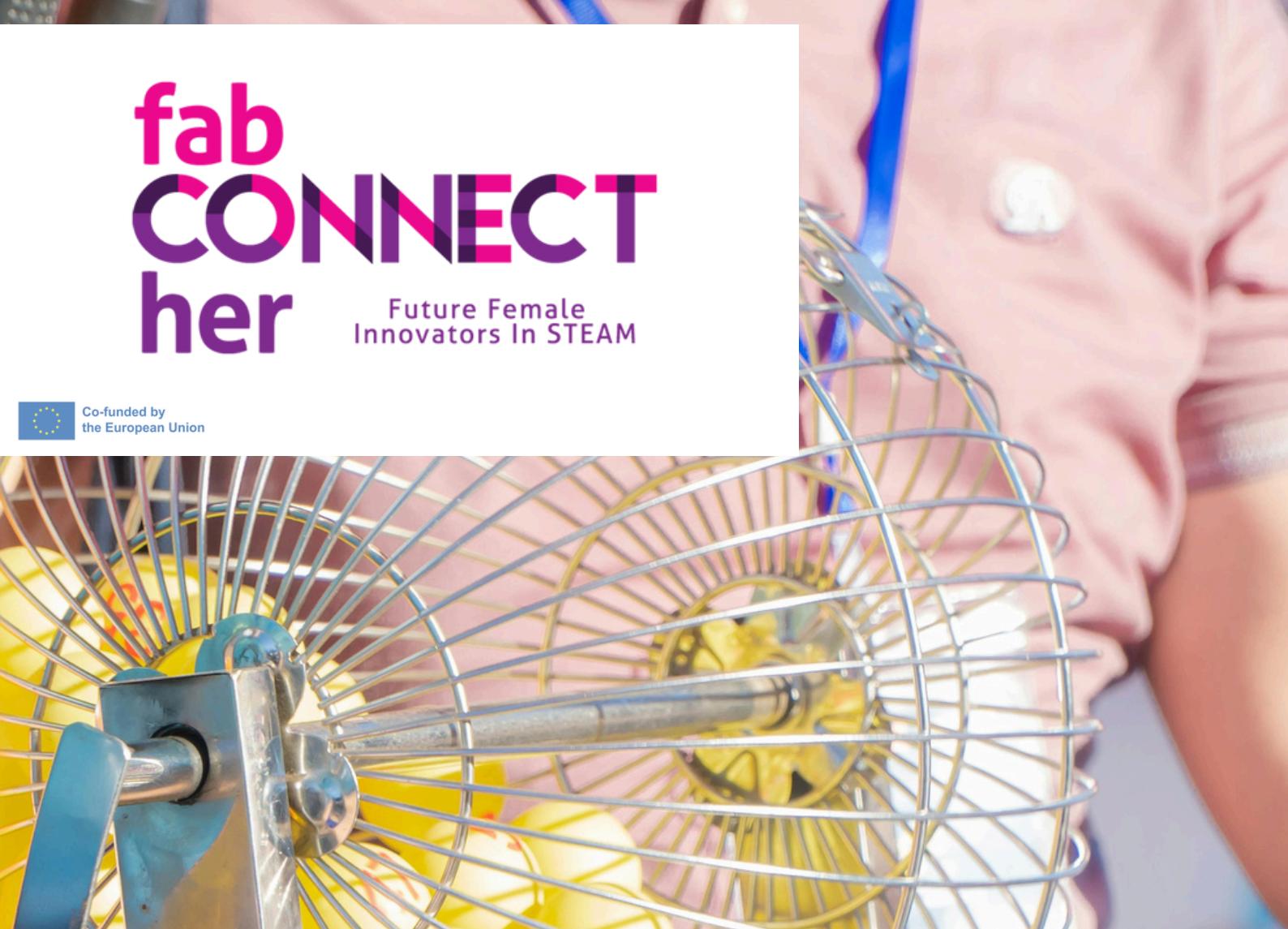


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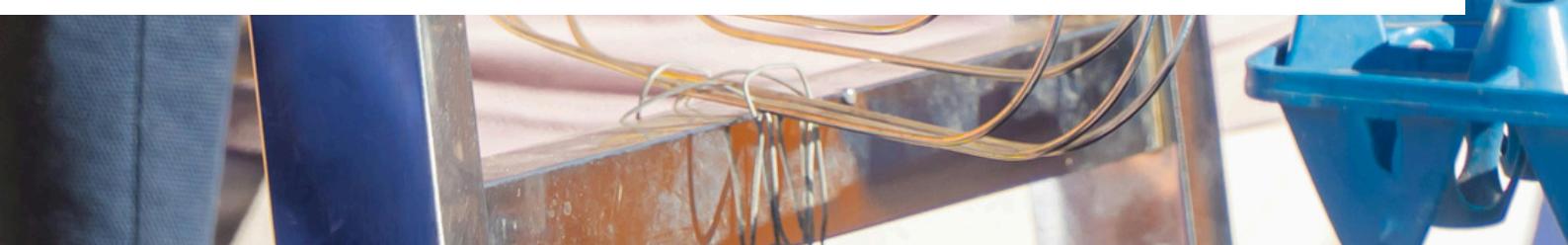


Active listening Bingo

Active Listening Bingo is a simple, interactive tool to help you practice listening skills. Using a bingo card with techniques like paraphrasing, open-ended questions, and empathy statements, aim to complete a line or the whole card over multiple sessions.

This activity helps you become more self-aware, boosts your mentee's confidence, and deepens your connection. By using these listening techniques, you'll make your mentees feel heard and valued.

Find the instructions, different ways to use the bingo, and a ready-to-print (or online) bingo card below.



Ways to Use Active Listening Bingo

1. Self-Reflection Bingo:

- **How It Works:** After each session, check off the techniques you used on the bingo card. Write quick notes on what worked well or what you want to improve.
- **Goal:** Reflect on which techniques were easy, which were challenging, and how they impacted the conversation.
- **Purpose:** This helps you assess your listening skills privately and set personal goals for improvement.

2. Mentee Feedback Bingo:

- **How It Works:** Give the bingo card to your mentee before or after the session. They can check off techniques they noticed during the session, or reflect on them afterward.
- **Options:**
 - **Real-Time Use:** Mentees use the bingo card during the session to check off techniques as they see them.
 - **Post-Session:** Mentees fill out the card afterward and share their thoughts on how the techniques made them feel.
- **Goal:** Help your mentee become more aware of active listening and offer feedback on your techniques.
- **Purpose:** Strengthen the mentor-mentee connection and encourage mentees to engage with the process.

3. Skill building bingo challenge

- **How It Works:** Set a personal goal to complete the bingo card within a specific time frame (e.g., one month). Each mentoring session, focus on using a few different listening techniques from the card. Make a note of the techniques you used and how effective they were. Over time, aim to complete the entire card by practicing a variety of techniques in each session.
- **Goal:** Build and expand your active listening skills gradually, focusing on different techniques in each session. Track your progress and reflect on what works best for you.
- **Purpose:** This challenge encourages steady improvement, helping you incorporate a wide range of listening techniques into your mentoring style. It supports long-term growth and consistency in using different techniques, allowing you to become a more skilled listener over time.



Paraphrasing:

Restate what the mentee has said in your own words to confirm understanding.

Clarifying Questions:

Ask questions to help the mentee expand on their thoughts.

Affirmations:

Use encouraging phrases to show you're actively listening and engaged.

Non-Verbal Cues:

Use body language to show attentiveness, such as nodding, making eye contact, and leaning forward.

Reflecting Emotions:

Acknowledge and reflect the emotions behind the mentee's words.

Silence and patience:

Allow space for the mentee to process their thoughts without interrupting.

Summarizing:

At the end of the conversation or a section, briefly summarize key points to ensure understanding.

Curiosity Over Judgment:

Ask open-ended questions instead of making assumptions about the mentee's thoughts.

Avoiding Interruptions:

Let the mentee speak without jumping in too quickly with advice or opinions.

Asking open-ended questions:

Encourage the mentee to share more by asking questions that can't be answered with "yes" or "no."

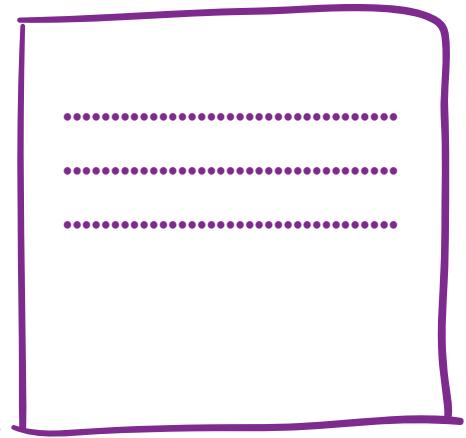
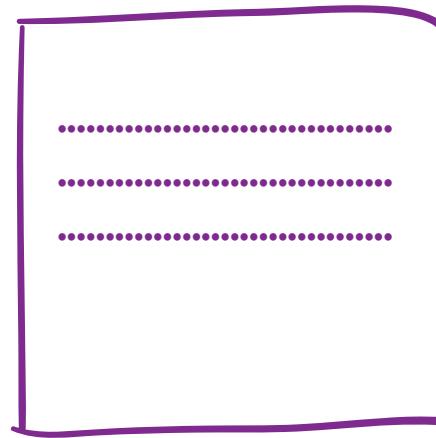
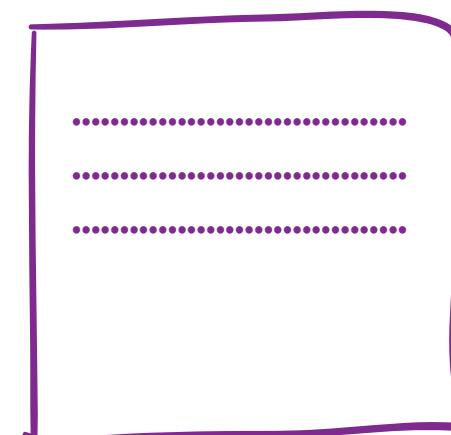
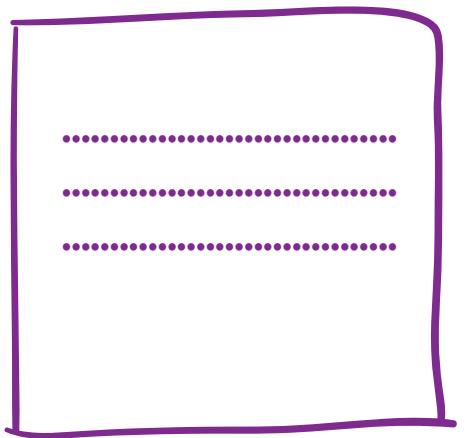
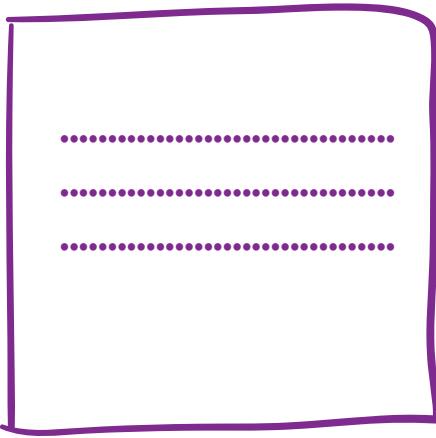
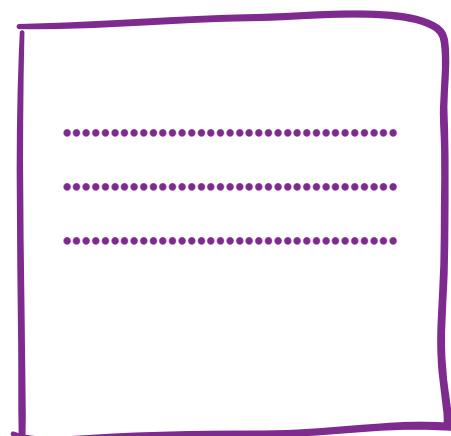
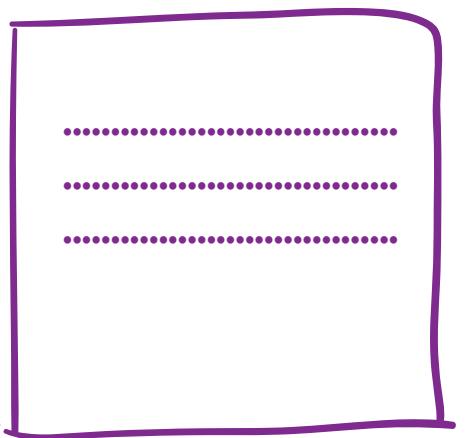
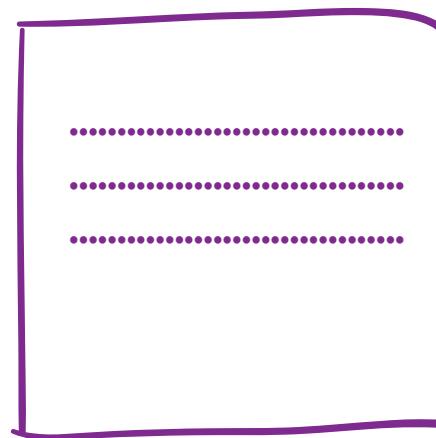
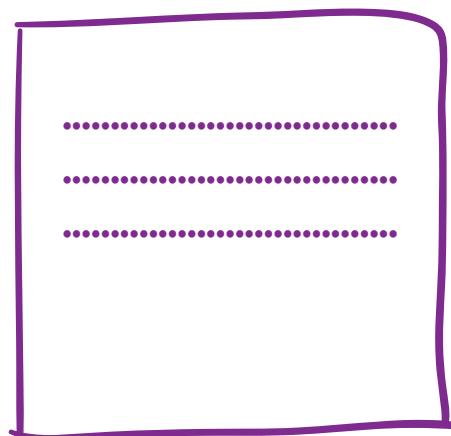
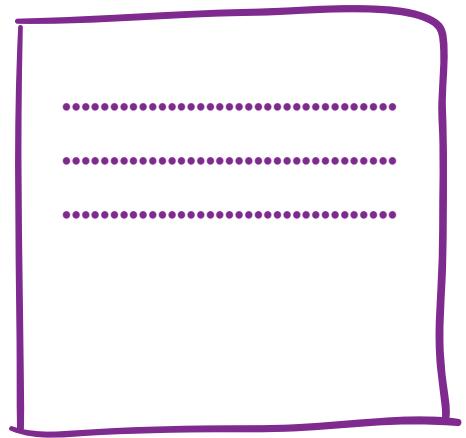
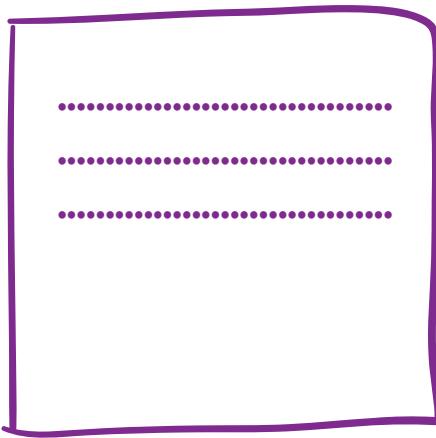
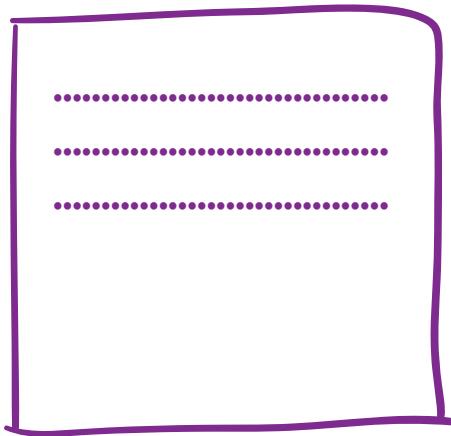
Focusing on mentee's perspective:

Ensure the conversation remains centered on the mentee's experiences and viewpoints.

Body language awareness:

Be mindful of your own body language and how it might be received by the mentee.





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