

AJM “Listen In” Club

Handout

Tips for developing listening skills:

1. Practice active listening more often. Turn off all distractions and just...listen. Close your eyes if it helps.
2. Take inventory of the music you listen to and explore why you listen to certain things
3. Listen to recordings more than once. Especially if it's something you think you don't like. Your opinion may change over time.
 - a. Just listen without judgement the first time and don't try to analyze anything.
 - b. Consider how the recording makes you feel as a whole
 - c. Pick out one element of the music (the groove, style, bass, keyboard, horns, vocalist, lyrics, etc.) and try to hold your focus on just that. Then work your way through the other instruments/elements.
 - d. Consider how each individual element makes you feel
 - e. Once you're able to single out different elements, listen to how they interact with one another
4. Listen to the whole album. An album is a large artistic project and though we may really like one song, we should also strive to hear it in its intended context.
5. Listen to music you like.
 - a. Look up the musicians on the recording and go listen to their music too.
 - b. Look up the record label and see what other music the label has produced
6. Listen to music you don't like.
 - a. Remember a healthy diet doesn't always consist of food you like eating
 - b. Refer to Tip #3 to discover what specifically you don't like
7. Listen to music with other people and share music with others. That's what we're here for!