

## Resource Guide

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### Active Listening to Support Inclusive Teaching

“We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know.” Carl Rogers

Active listening is a communication practice where an individual intentionally and authentically concentrates on another person in order to convey sincere interest. As educators, active listening can help create a space where students can think more clearly about what they are saying and thinking. As a result, active