

## Instructions:

You will be engaging in an asynchronous activity that will help you to identify your core values through the process of "listening deeply." The following quote from Senge, Ross, Smith, Roberts, & Kleiner (1994) explains this concept:

*"To listen fully means to pay close attention to what is being said beneath the words. You will listen not only to the "music," but to the essence of the person speaking. You listen not only for what someone knows, but for what he or she is. Ears operate at the speed of sound, which is far slower than the speed of light the eyes take in. Generative listening is the art of developing deeper silences in yourself, so you can slow your mind's hearing to your ears' natural speed, and hear beneath the words to their meaning."*

1. Select a movie, podcast, or television show to watch or listen to. This could be a movie/podcast that you're already familiar with, or a new one that you'd like to try out. As you are watching or listening to the piece of media you have chosen, practice "listening deeply" to one of the characters/speakers by paying attention to not only the content but also the values that they may be expressing through their language. As you are watching/listening, record any words or phrases that you believe offer insight into the values that the character/speaker holds.
2. Using your notes, write answers to the following questions:
  - What do you believe is important to the character/speaker? Why?
  - If you were able to have a dialogue with this character/speaker about their values, what would you say? What strategies would you use to offer your observations in a way that did not impose your opinion or perspective?
  - What did you learn about the character/speaker? What did you learn about yourself?
  - How might your own values potentially influence what you hear from the character/speaker?
  - What did you learn about the process of listening deeply? What helps? What makes it difficult?
  - How did you feel as you were going through this process of listening deeply?
  - What was easy about this activity? What was challenging?
  - How can you apply what you learned from this activity to your own life?