

Introduction:

When you are engaged in a conversation with someone who holds differing or opposing views from you, it can be difficult to see past your own viewpoint and understand where they're coming from. This lesson challenges you to set aside your own beliefs and attempt to truly listen to a perspective different from your own. You will first reflect on your own beliefs related to three hot-button issues of your choosing. Then, you will be paired up with someone who has opposing beliefs. You will each upload a video that details your views on the subject and then analyze how you felt as you were creating the video, how you felt as you were listening to your partner's video, and what you learned.

Participant Instructions:

1. Complete the Setting Yourself Aside survey. This survey serves a dual purpose in the context of this activity: 1. To enable you to reflect on your own beliefs and values. 2. To assign you a partner with different beliefs and values.
2. You and your partner have been assigned to a private discussion board. In the directions for that discussion board, you will find the hot-button issue that you will be focusing on for the rest of the assignment.
3. Record yourself detailing your views on your assigned "hot-button" issue. You should begin the recording by saying, "I don't aim to change your mind, but I hope you can open mine." If possible, record both video and audio, so that your partner can see your expressions and other nonverbal cues as you speak. However, if you do not feel comfortable, or you do not have the proper equipment to record video, then you can record audio only.
4. Upload your video to your private discussion space and watch your partner's video. Then, write a debrief response that answers the following questions:
 - How did you feel (both as you were speaking and listening)?
 - Which of Headlee's tips did you actively try to incorporate into this exercise?
 - What did you learn about your partner and their viewpoint?
 - What did you learn about yourself and your viewpoint?
 - While listening, how effective were you at setting yourself aside?
 - How could you apply what you did in this activity to real-world experiences?
 - In the future, how might you change how you approach conversations with people who disagree you?