

Learning Guide: Active Listening



SkillSoft and Lynda.com have the resources you need to support your learning. With thousands of courses and resources each, it can be overwhelming to figure out where to start. This guide will help you do just that, connecting you with online resources to start your learning.

Skillsoft Resources



Videos

[Being an Active Listener](#) (3 minutes)



Print Resources

[Principles of Active Listening](#) (1 page)



Courses

1. [Active Listening Skills for Professionals](#) (30 minutes)
2. [Active Listening Skills for Professionals](#) (30 minutes)
3. [Mastering Active Listening in the Workplace](#) (34 minutes)
4. [Become a Great Listener](#) (24 minutes)



Online Books

1. [Active Listening](#) (39 pages)
2. [Active Listening: Improve Your Ability to Listen and Lead](#) (32 pages)

Additional Resources

1. Lynda course: [Active Listening](#) (43 minutes)
2. Podcast: [TED Radio Hour: The Act of Listening](#) (53 minutes)
3. TED Talk: [5 Ways to Listen Better by Julian Treasure](#) (8 minutes)
4. TED Talk: [How to Truly Listen](#) (32 minutes)
5. Article: [Mind Tools: Active Listening](#)
6. Book: [The Listening Life- Embracing Attentiveness in a World of Distraction](#) by Adam McHugh (December 2015)

Access These Resources

Most of these resources are available to you through SkillSoft and Lynda.com. Find them by using search.

Here is how to access SkillSoft and Lynda.com:

1. Log into your CU campus portal [my.cu.edu] and click on the **CU Resources** tab
NOTE: Your home screen may be the CU Resources tab.
2. Select **Training**.
3. Select **Start SkillSoft** or **Lynda.com**. The system will open in a separate window.

Additional Resources are accompanied with a URL because they are not in SkillSoft or Lynda.com.

For more resources visit: <http://www.cu.edu/eld>