**As a speaker:**

When speaking and putting effort into speaking to supply facts of information and opinion to later restate a point of a paragraph that was said quite a few minutes ago, it is frustrating because if the listener didn’t understand what was being said then why didn’t they ask a question after the paragraph. It tells me a speaker that they weren’t listening to the last few paragraphs, and just came back to listen by getting a summary of the last paragraph the listener remembers, and then as what is being talked about now. The listener would also look at their phone and look away in offer directions to entertain their mind from the paragraphs of facts about the history of smokes to e-cigarettes. When the listener looked away, the Speaker would sub-consciously look at the referred to listener, to grab their attention back. However, when the listener pulled out their phone a quick glare would prove ineffective as they are too distracted. This felt quite rude.

**As a listener:**

When actively listening to a speaker it was easy to retain information about the subject and ask questions to clarify what was being said. The Speaker seemed really engaged with the subject matter as they looked back and forth from the text to the listeners, to checked if they were engaged. Keeping an open stance made understanding the topic easier little or no reason to get distracted. Asking questions about what was just said for later reference as it can help the listener remember later in long term memory.

**How difficult was it to separate fact from opinion?**

As a speaker it was found to be very hard separate the facts and opinions from the text that was being read with how many distractions were going on during the speech. It was difficult to answer questions about what was talked about with people who didn’t want to engage in the discussion.

As a listener it was easy to take in information from the speaker as they were not distracted by other people that hadn’t seemed to be paying attention as they weren’t there.

**How did this activity make you feel?**

Uncomfortable when speaking, and slightly irritated that the listeners were asking vague questions to understand what was being said yet no listen to the answer.

Listening was found to be comfortable while stroking the chin and nodding with a question to clarify what was being said.

**How did your actions affect your own performance & that of others?**

The act of listening while seeming to pay attention improves the confidence of the speaker and the concentration that the speaker had as opposed to not listening to the speaker as they would have their attention on the listener not paying attention rather than the script.

**Will you’re speaking or listening behaviours change as a result of this activity?**

I believe my speaking will change, to be a bit more observant to the actions of all the listeners than rather focusing on just one when I see one is not listening to make sure the majority understand the message that had just been spoken.

I don’t think my listening behaviour will change, as I believe my listening encourages the speaker to be confident sub-consciously and can speak through the text slower giving more information that I can absorb.