

Active skills for 1 answer key

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Understanding Active and Passive Skills**

What are Active Skills and Passive Skills?

- Active skills involve actively engaging with information and requiring conscious effort.
- Passive skills are acquired through observation or experience and do not require active participation.

Examples of Active and Passive Skills

- **Active skills:** Listening, speaking, writing, critical thinking, problem-solving.
- **Passive skills:** Reading, watching, memorizing, passive listening.

Active Listening Skills

- **5 Active Listening Skills:** Showing empathy, reflecting, paraphrasing, asking clarifying questions, minimizing distractions.
- **8 Active Listening Skills:** Responding with empathy, non-verbally communicating, asking open-ended questions, summarizing, paraphrasing, clarifying, reflecting, and pausing.

Active Learning Skills

- Participating in discussions, asking questions, applying knowledge, engaging in problem-solving, reflecting on experiences.

Passive Learning Skills

- Reading, watching lectures, note-taking, memorizing, observing.

Key Elements of Active Listening

- **7 Key Active Listening Skills:** Paying attention, showing empathy, avoiding distractions, asking questions, clarifying, summarizing, and reflecting.

Techniques for Active Listening

- Maintaining eye contact
- Nodding and using other nonverbal cues
- Asking clarifying questions
- Summarizing and paraphrasing
- Avoiding interruptions

Basic Skills of Listening

- Attending: Paying attention
- Understanding: Interpreting meaning
- Remembering: Recalling information

Active Skills in English

- Reading actively, engaging with the text, making inferences.
- Speaking fluently and confidently.
- Writing effectively, conveying ideas clearly.

Active Study Skills

- Reading with purpose and understanding
- Note-taking and summarizing
- Critical thinking and problem-solving
- Active recall and retrieval

Examples of Active and Passive Exercise

- **Active exercise:** Running, cycling, swimming, playing sports.
- **Passive exercise:** Stretching, yoga, tai chi.

Movement Skills

- **8 Basic Movement Skills:** Locomotor skills (e.g., running, jumping), non-locomotor skills (e.g., balancing, twisting), manipulative skills (e.g., throwing, catching).
- **8 Active Listening Skills:** Responding with empathy, non-verbally communicating, asking open-ended questions, summarizing, paraphrasing, clarifying, reflecting, and pausing.

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