



Rand Park High School

Integrity and Commitment

Asgaai Avenue, Randpark Ridge • 011 793 1246 • www.randparkhigh.co.za

COUNSELLING NEWSLETTER

Consciously Connecting

29 March 2017

Dear Parents, Guardians & Learners

We are only three months into the year and it seems that we are living disconnected lives that are consumed by the hustle and bustle of activities, our responsibilities and workload. Despite our best intentions and resolutions, we inevitably make less and less time available to spend with family and friends due to our busy schedules.

Sadly, when we find ourselves in the same room as our loved ones for a little while, we tend to remain busy with our own personal agendas during that time anyway. We may be preoccupied with our cell phones on a personal chat or catching up on social media updates, watching TV or simply being consumed by our own thoughts and worries. As a result, this time spent in the same vicinity is seldom quality time spent together. **We fail to connect and we fail to listen to each other.** Yes, we may hear what the other person is saying now and then, but we fail to truly listen. When I say truly listen, I don't mean listening with the intent to reply, or listening with the intent to judge and reprimand, or listening with the aim of having an opportunity to tell our own story after the person stops talking – I mean just listening with true interest, care and compassion.

Often people feel lonely in the midst of a multitude of people, friends, colleagues and family because nobody is truly listening to them.

Life should never be too busy to have a cup of coffee or a meal with a loved one and spend time to connect.



When people talk, listen completely. Most people never listen.

– Ernest Hemingway –



OkDay.com

Here are a few practical tips on how to truly listen and make time count:

- Make time to ask your loved ones questions about their lives - meaningful questions that get them excited to talk about stuff. A good place to start is to ask your family to talk about their day and experiences every night at the dinner table.
- Create a suitable environment in which everyone feels comfortable to talk. It should be a place free from noise and distractions like phones, TV, radio etc.
- Make eye contact to show that you care about the person and what they are saying.
- Don't interrupt - let the person say everything they need to say before you respond.
- Avoid immediately offering advice and don't judge or condescend. Be in the moment, be patient and be open-minded.
- Listening means becoming quieter, not only with your mouth, but also in your thoughts. Focus your attention on the person who is talking to you and try to contain wandering thoughts.

COUNSELLING NEWSLETTER

Consciously Connecting (continued)

(29 March 2017)

The following poem by an unknown author explains certain aspects of the art of listening:

*When I ask you to listen to me
and you start giving advice,
you have not listened to me*

*When I ask you to listen to me
And you begin to tell me why I shouldn't feel that way
You are trampling on my feelings*

*When I ask you to listen to me
And you feel you have to do or say something to solve
my problem
You have failed me, strange as that may seem*

*Listen, all I asked was that you listen
Not talk or do – just hear me
Advice is cheap: I can get that anywhere*

*When you do something for me that I can and need to
do for myself, you contribute to my fear and weakness
I am not helpless
Maybe discouraged and faltering
But not helpless*

*Just accept that I feel what I feel
No matter how irrational it may be
I don't want to convince you of my feelings
I want to understand why I am feeling what I am
And make sense of it all*

So please just listen...

Let us make a conscious attempt to truly listen to one another in the midst of the hurriedness and demands of life. Let's be mindful and pay attention to the people who matter.

Have a blessed Easter Holiday.

Yours sincerely

Lana Kleingeld
Educational Psychologist



**School closes on Friday, 31 March
directly after the exam has been
written and re-opens on Tuesday,
18 April 2017.**

**School reports will be distributed on
Tuesday, 25 April 2017.**

*Happy Easter
and safe travels if you are
away on tour or holiday.*

