

Hi Everybody. Please find below your unedited feedback in black.

In particular, a few people/groups indicated that the “empathy self-intervention” exercise didn’t below in a physics class. This to me is worth unpacking. I would have emphatically agreed 10 years ago. At the time I also wouldn’t have spent time on having each person introduce themselves on the first day of class, for instance... nor would I have asked you what you were talking about (because you were supposed to be talking about physics only!). However, I’ve come to reflect on what our goals are as an educational community. I see my goal now more as educating the whole person (you and me both) rather than just building a good knowledge of physics. I mean, if you look at Cal Poly’s mission statement (<https://academicprograms.calpoly.edu/cal-poly-mission-statement>), It doesn’t say, “provide knowledge and skills to excel in the work place.” But rather includes, “Cal Poly values free inquiry, cultural and intellectual diversity, mutual respect, civic engagement, and social and environmental responsibility.” So, I think we are all on the hook to do our best to make the world a better place... you and me both.

*In any case, thanks for your comments below (in black).
Pete*

One group maybe wished we didn’t have to write our names on it because then they would be more comfortable sharing.

This is a good point, thanks! I will have to find a way to assign credit without having people provide their names.

We thought it was an interesting assignment and liked it.

The empathy intervention was extremely helpful for me to reflect upon my experiences.

People explained how they assumed how a certain person behaved and then they placed themselves in that person’s shoes.

Most of the posts were critical in the beginning and it was resolved by the author feeling bad at the end.

The post about a rude waiter was very eye-opening.

We understand the exercises purpose but we felt it was a little out of place.

This could be useful as it can help you understand others’ opinions which could reduce conflict among people if more people did it.

I think the most benefit from this activity came from just consciously recognizing when we otherwise people – it can definitely lessen the initial anger or frustration.

I think that this is a good exercise to do every day to see the positives in people over the negatives.

The empathy assignment was helpful to allow us to consider looking at other people through other “lenses”.

We feel it was a little bit out of place in a physics class, but being encouraged to do it was helpful to get the ball rolling and to try.

Empathy Intervention

- Gained a greater understanding for people & their behavior
- It's easy to get caught up in how we perceive a situation because of how we are impacted by it, but we don't consider that it may have been unintentional or the person may be unaware.

This is a fantastic exercise! I make an effort to do this every day and I find it beneficial for everyone to at least try!

I think the assignment was helpful. This type of self-intervention is very useful to becoming more open minded and improving as a person. It's also a good way to keep calm and not stress over little things. I feel people are less angry if they're able to empathize with others. I know know I am.

Didn't mind doing it, but didn't gain much out of it.

Teaches to be aware of personal bias and when the thoughts that enter your mind have bias.