

We think we should be spending class time talking about the midterm we failed not empathy intervention

PS I need some empathy for my grade

In all honesty, we think empathy is super important & it's kinda cool that you incorporate it into physics (never had this conversation incorporated into STEM class)



- Nice experience
  - Interesting
  - No pressure because it wasn't graded on writing skills etc.
  - Helped us put ourselves in other's shoes and situations.
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- Really more conscious on how you treat people which allows you to grow and be a better person.
  - It's easy to get angry and caught up in a situation which just causes a chain reaction of negativity.
  - Should do daily and kind of already do
  - Open mind to new perceptions
  - Important for everyone to self evaluate

I thought the exercise was helpful in thinking critically about my past experiences and how I can grow from earlier mistakes/misjudgements that I've made. As far as it goes with relating to other people, I'm sorry to say that the exercise didn't significantly how I think about empathy. Hopefully my brain isn't atrophied.

This was positive for us because we considered the other side of our administration and tried to empathize with Trump supporters, both individually and personally and also on the political campaign side. Such as why a business person would support him and also why people would work for him.

Looking at things through a different lens helped me realize the importance of empathy and understanding.

The empathy intervention taught me to look at situations from the stand point of others and not just from my own point of view. I was comforted by reading other classmates self reflections that before the intervention they had the same natural inclinations as myself and that I am not alone in thinking from a one sided point of view but that wall people can work towards being more openminded.

It was cool to slow down and focus on something this small & simple to reflect on over the week. So many students are so stressed & tired this time of year, so I think it's an important thing to do.

Empathy is such an important "lens", if you will, to look through and acknowledge. I think many people sympathize but many don't truly empathize and that kind of awareness through this activity and this class's subject today is very enlightening. Personally didn't write one and I now really regret it. To empathize makes a kinder environment hence a kinder world.

I enjoyed this assignment and realized even more so to understand where other people are coming from and it is hard to know somebody's thoughts without a lot of background info.

Empathy is very important for people to understand the viewpoint of others. I enjoyed this assignment b/c I was able to empathize w/ others in a social setting. I also thought the story about the tweets was important to understand in today's world.

We learned to think about others as if we were in their shoes and learned valuable life lessons that can be applicable to life in school & outside of school. We are thankful for this experience, as it opened our eyes.

We thought that it was nice for Pete to include this activity/assignment to the class. Though we all agreed that this assignment was pretty much a normal occurrence in our daily lives (not to judge before understanding the situation), it was important for everyone to experience how to empathize with people we cross paths with.



yay!

- It was crazy how honest people were
- People used names & it got really personal
- I think it's a good idea since it's posted & it's so raw you know it's genuine
- Nice eye opener
- Makes you think

Kinda just thought it was out of the focus of this class. It was useful though because it made us take time out of our day to consider others' feelings, which is rare. I usually think about what

people are thinking anyways so didn't make me think much and didn't change my thinking at all.

The empathy self-intervention was an eye-opening experience.