

Group Reflections:

We all have come to realize that we are all similar in our sympathetic needs. Even though we are all so different with varying life experiences, we all wish to be shown empathy and compassion in whatever form that may be.

People are different, different things make us happy.
Some things don't work out even when you do everything perfectly.

Being able to put yourselves in others' shoes allows us to have empathy and allows us to better help them cope with their situations, and we hope that others will think as if they were in our shoes in order to have empathy for us when we are struggling.

We learned that it is important to consider the way other people feel in all moments before passing judgement.

Doing this intervention helped to open our eyes and our minds to the lives, experiences and problems of others. It helps to create an overall kinder and more collaborative environment and society.

This exercise would help us in communicating with others, especially in team dynamics during work. We would understand how to improve the experience others would receive when they interact with us.

- Try to be kind to those around us, because we never know what they may be going through.
- Always show respect, even to those we may not be very familiar with.
- Be willing to reach out and support those in need of help, even if we may not relate personally because in the end everything can help.

It makes us consider our actions more carefully based on how they can affect other people.

No matter what it is always important to be able to take a step back and notice how your actions may affect someone else, in an attempt to better understand their actions and reactions.

Student's Personal Reflections:

The importance of being empathetic is necessary to truly care about others besides yourself. Today we too often run on our natural default setting, which is basically the view of the world as it revolves around you. It's easy to think how this line is annoying me, or this crying kid is annoying me. But the world doesn't revolve around yourself, so you can't always think selfishly.

I learned through this activity that I need to watch what I say.
I have to focus on impact rather than intent.