

An abstract graphic on the right side of the slide, consisting of a network of interconnected nodes and lines. The nodes are represented by circles of various sizes and colors, including shades of green, blue, and yellow. The lines are thin and light-colored, creating a complex web-like structure. The background is a dark teal color with a subtle gradient.

# Psychology

Creating space for everyone



WHAT DOES  
SYMPATHY MEAN?

What does empathy mean?

# Empathy vs Sympathy

- **Empathy** is the experience of understanding another person's condition from their perspective. You place yourself in their shoes and feel what they are feeling.
- **Sympathy** means feelings of pity and sorrow for someone else's misfortune.

Video: Brene Brown discusses empathy vs. sympathy

<https://www.youtube.com/watch?v=1Evwgu369Jw>

# Group Activity



You will be assigned an animal to discuss with your group: **pig, cow, dog, horse, or cat**



Discuss their **history as a species** and **their relationship with humans** specifically (you may want to do a bit of research if you are unsure of specific details).



Discuss if you feel **empathy** with the animal. Why? How?





## Individual Activity: Empathy journal

- Write a journal from the perspective of your chosen animal discussing their experiences with humans.
- You could write about one specific incident or a general account of what your animal has experienced.

### Questions to consider:

- Where do you live?
- What are your living conditions like?
- How are you treated by humans?
- How are other members of your species treated by humans?
- Do you provide food or other products/services to humans?
- Do you have anything you would like to say to humans?

# Outreach Classroom Agreement

As a class we will create a **list of principles** that will guide our interactions in this course. We will **define each principle** and **explain why it is important**. Finally, a Charter will be created from your work and will be signed by all members of the class

1. Write down **3 virtues and values** that you think are important to you, this class, and our community. (See virtues and values list)
2. Write down **definitions** for each term you have chosen and explain **why it is important**
3. As a class we will combine the most common terms and use them to create our classroom agreement.

**Some definitions can be found here:**

<https://www.virtuesforlife.com/virtues-list/>

# Virtues and Values

Acceptance	Challenge	Community	Compassion	Confidentiality
Cooperation	Courage	Creativity	Curiosity	Encouragement
Equity	Forgiveness	Friendliness	Honesty	Integrity
Kindness	Knowledge	Justice	Patience	Respect
	Sincerity	Reflection	Responsibility	