

# Syllabus



# Course Overview

**This course provides a broad introduction to the concepts and practice of empathy.**

- ➡ In the first part of the course, we will define and describe empathy and address why it is an important pro social behavior. We will also distinguish empathy from other constructs such as compassion and altruism, and even differentiate different types of empathy.

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- ➡ Next, we will explore how to nurture empathy through physiological and psychological constructs, as well as how to communicate empathetically to enhance our varying relationships.

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- ➡ Finally, we will examine some of the ideas behind the development and motivation to express empathy. We will end the course by finding real world media examples of empathy in action.

## Course Purpose

**Empathy enhances our ability to make meaningful and valuable contributions in all facets of life including being a working professional, acting as a leader, providing care to parents and children, and sustaining a productive society.**

In this course, students will be inspired to embrace their own capacity for empathy. This will lay the foundation for:

- ➡ Your own well-being and success

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- ➡ Developing and maintaining healthy relationships

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- ➡ Social harmony

# Learning Outcomes

In this course, students will learn about empathy from an intellectual and scientific perspective while also identifying and articulating their own experiences of empathy. By the end of this course, students should have achieved considerable advancement on the following aspects:

## Knowledge:

- Define and describe empathy
- Differentiate empathy from other constructs such as compassion, sympathy, and altruism while also realizing overlap and similarities
- Differentiate between different types of empathy such as perspective taking and empathic joy
- Define and describe terms related to empathy such as “flight or fight response”, “mirror neurons”, and “hypo/hyper-arousal paradox”
- Examine empathy from varying scientific perspectives

## Awareness:

- Recognize the value of the “I-Thou” relationship
- Consider the interdependence of living things
- Identify own biases and commit to improvement
- Cultivate empathy in varying relationships and contexts

## Skills and Abilities:

- Active listening
- Empathetic communication
- Self-compassion
- Perspective taking
- Perform and recognize acts of empathy and celebrate them!



Students will gain core knowledge and understanding of course material through a combination of lecture presentations, online and in-class activities and discussions, and course readings. Course requirements for grading include:

## In-Class Knowledge Checks

Students will complete short-essay knowledge checks and will also engage in various brief in-class exercises that provide opportunities to explore or apply concepts discussed throughout the course.

## Out of Class Exercises

Students will complete brief exercises that provide opportunities to explore or apply concepts discussed throughout the course.

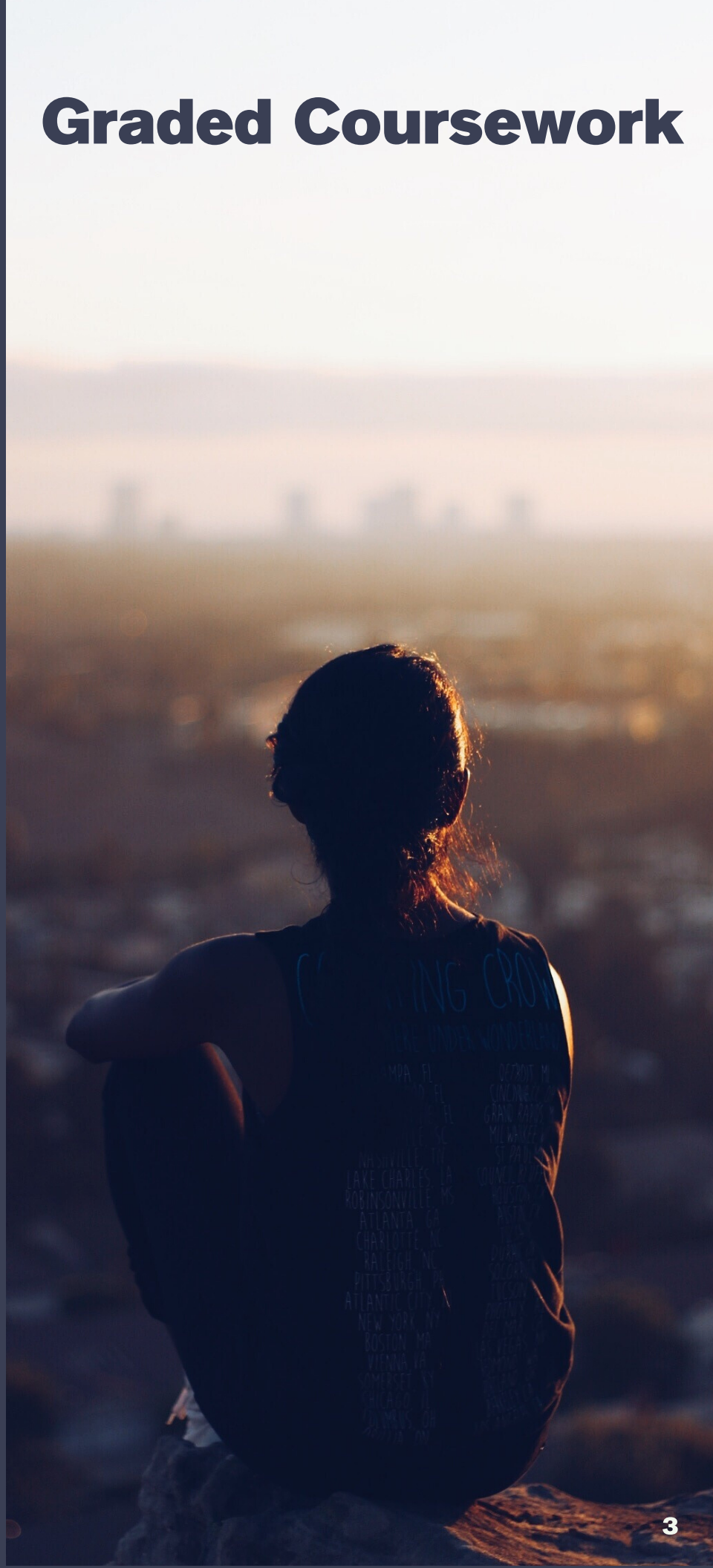
## Reflections

Students will evaluate their own relationship to empathetic attitudes and behaviors through meaningful and engaged written thoughts.

## Culminating Reflection

Students will review and evaluate their detailed reflections through analysis of the course materials and exercises for the final reflection.

# Graded Coursework







# Course Schedule

## Theme 1.0: Introduction to Empathy

**Module 1.1:** Defining and Distinguishing Empathetic Concepts

**Module 1.2:** Differentiating Empathy from Other Constructs

**Module 1.3:** The Importance of and Measuring Empathy

## Theme 2.0: Nurturing Empathy

**Module 2.1:** The Development of Empathy in Children

**Module 2.2:** Empathy and Physiology

**Module 2.3:** Psychological Aspects of Empathy

**Module 2.4:** Empathy in Relationships

**Module 2.5:** Empathy and Culture



# Embracing Empathy

