Title: Empathy Revolution, 1 Unit

Facilitator: Meghana Sukthankar

Schedule: Mondays 6:30pm - 8:00pm

Enroll today using class #23534.

Course Description:

“Remember that everyone you meet is afraid of something, loves something and has lost something.”
H. Jackson Brown

“Whenever you feel like criticizing anyone...just remember that all the people in this world haven’t had the advantages that you’ve had.”
--F. Scott Fitzgerald, The Great Gatsby

“Empathy is the only human superpower—it can shrink distance, cut through social and power hierarchies, transcend differences, and provoke political and social change.”
Elizabeth Thomas

As global citizens, do we have a moral obligation to ensure peace? What does this mean in the context of today’s political and social environment? How are we able to exhibit compassion and empathy in our interpersonal relations as we begin to share contrasting ideologies and opinions? These are all questions that reinforce humans’ role in society and its greater good. The current political and social environment has evolved into a battleground for varying opinions and ideologies. With a wide array of platforms for personal expression, professional and private lives have intersected and thus have forced people to confront ethical dilemmas. As global citizens, do we have a social responsibility to ensure peace and what does this mean in instances of immorality?

The objective of this course is to recognize the effects of hostility on various spheres of life and analyze how exemplifying empathy can better equip one to forge successful relationships. By focusing on various texts discussing empathy in the context of various biases and prejudices, we will delve deeper into the practices of empathy, forgiveness, compassion, and communication. We will explore these themes through literature, guest speakers, and most importantly in-class discussion. The main goal of this course is to allow students to introspect their own interactions and apply their findings to the world around them. The hope is that by reiterating the importance of empathy, students will begin to manifest the qualities more regularly and as a result has improved relations with those around them.