Title: Kindness, Compassion, and Empathy DeCal, 1-2 Units

Schedule: Wednesdays 5:00pm – 7:00pm

Facilitator: Enna Chen & Clarissa Munoz

Course Description:

One prominent definition of empathy is that it is the ability to understand and share the feelings of another. The objective of this course is to offer a multidisciplinary approach to empathy. Topics will include development, definition & effects of empathy, with an additional emphasis on improving empathy individually, community building, and connecting to each other as a class. Throughout this semester, we hope to develop a better understanding of questions such as:

- How is it that many times we can put ourselves into someone else’s shoes, regardless of whether we know the person or not?
- When we read fiction or watch certain movies many emotions arise, as if the characters from such stories were real; why is it that we feel such emotions, even though we know the stories are not real?
- How unique is the human ability to empathize, what is its role in our species, and what facilitates cross-species empathy?