

**ART, SCIENCE, & THE BRAIN: NEW MODELS OF 21C LEARNING  
 EMPATHY PANEL: AUDIENCE DISCUSSION NOTES  
 Tuesday November 1, 2011**

**QUESTIONS**

1. *What skills are associated with empathy?*
2. *How can we model empathy with our students?*
3. *How can we model empathy with our colleagues?*

**DISCUSSION GROUP 1**

Communication

- Use of words
- What is bullying?
- Strategies to communicate

Fear Of

- Acceptance
- Failure
- Vulnerability – Fragility

Reflect Emotions

- Feeling powerful or powerless

Inner Work

- Compassion versus Self Interest
- Impact on others

Understand Ourselves

- Reflection
- Real life situations – classroom, school yard, teachers room

Organization – Learning

- Where are people coming from
- Examples – hierarchy versus purpose based
- Draw together all people’s skills [Centripole in Montreal example – Meals On Wheels/Youth & Seniors together]
- Belonging - Value – Appreciate

Social Curriculum

- Forefront
- Time & Resources
- Kinds – Office – Character Education
- Model – Integrate
- Intake Form
- Are we doing it?

Toxic Staffrooms

Students – Teachers – Admin – Parents

**DISCUSSION GROUP 2**

Skills Of Empathy

*Imagination, Listening, Perspective, Curiosity, Openness, Questioning, Mutuality, Reciprocity, Risk Taking (Change), Willing To Be Wrong, Courage, Self Awareness, Kindness, Communication, Vocabulary for Emotions\*, Willingness To Change & To Be Part Of Change, Story Telling & Role Playing, Collaboration, Respect, Caring, Friendliness, Delayed Gratification, Work Ethic*

Skills For Adults

- Periods of silence
- Assume goodwill
- Eye contact
- Challenge assumptions
- Slow down
- Be aware of what one is putting out there
- Focus on & change adult behavior, not just youth
- Eat together, build community
- Reduce stress (identity)
- Connect to bigger purpose
- Less competition / rankings
- Encourage social interest [less individual risk to help others]
- Debrief after each program

Develop Your Own Empathy

Willing to be vulnerable  
 Willing to be wrong  
 Be nice not act nice

Find core of community\*

Shared basic values  
 Integrity

Accept not to agree\*

Build Safety\*

- Positive language
- Speak directly [not PC]
- Appreciate differences
- No put downs / Sharing

<p>Activity Based [bonding, outings]  Youth natural learning by example  Why is bullying rising?  Resistance – self protection, survival</p> <p>Balance / Shield</p> <p>Emotional Awareness</p> <ul style="list-style-type: none"> <li>• Name emotion</li> <li>• Dig in dialogue</li> </ul> <p>Organization Design</p> <ul style="list-style-type: none"> <li>• Staffroom</li> </ul> <p>Boys are kinesthetic learners</p>	<p>Solutions Focused</p> <p>Build self teaching lessons</p> <p>Empathy not a 20 minute lesson – <b>woven</b> into every lesson*</p> <p>Respond to 'discipline' problems with empathy and respect</p> <p>Use real life problems as learning-working opportunities</p> <p>Thoughtful creation of the environment</p> <p>Accountability</p>
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