
Site: Edison High School Facilitator: Kyle Wiebe Class: AP Computer Science A Date: 02/06/19

1. STUDY GUIDE 1

How much do you know about empathy?

- ☐ None
- ☐ Very little
- ☒ Some things
- ☐ A lot
- ☐ Everything

Situation: Your best friend comes over to see you after being away for several weeks.

How would you feel? How would your friend feel?

I would feel delighted to see him. I bet he would feel delighted to be back. I mean come on, its been several weeks.

How empathetic do you think OTHERS are?

- ☐ Not empathetic at all
- ☐ A little empathetic
- ☒ Somewhat empathetic
- ☐ Empathetic
- ☐ Extremely empathetic

How empathetic do you think YOU are?

- ☐ Not empathetic at all
- ☐ A little empathetic
- ☐ Somewhat empathetic
- ☒ Empathetic
- ☐ Extremely empathetic

Why do you think it's important to know how others are feeling - like sadness, anger, or happiness?
Furthermore, how does knowing the feelings of others affect the way you talk or interact with them?

Knowing how others are feeling allows you to "tune" your actions to help the feel better (or worse?).

2. STUDY GUIDE 2

Empathy is _____ how another person feels in a situation.

- ☐ not knowing
- ☐ pretending to know
- ☒ experiencing for yourself
- ☐ being neutral about

Empathy is about understanding _____.

- ☒ the person, their emotion(s), and their situation
- ☐ the person
- ☐ the feelings of a person
- ☐ the situation the person is in

You and your friend decide to save your pocket money and buy something special together. A few days later your friend tells you that he has changed his mind and has spent his money. How would you feel? How would your friend feel?

I would be mad that he spent his money, because now if I still want to buy it I have to save of all the money myself. I doubt friend would care. He obviously forgot or outright did it on purpose.

You and your best friend are listening to the radio and a new song you really like comes on. Your friend tells you he doesn't like listening to the song because it reminds him of when his parents got divorced. What would you do?

Think about why he feels that way and change the song.

3. STUDY GUIDE 3

What are mirror neurons?

- ☐ All the cells that make up a brain.
- ☐ A type of brain cell that helps you touch, taste, and smell
- ☒ A type of brain cell that helps humans empathize
- ☐ A type of brain cell that helps you move, walk, and jump

How does recognizing how others are feeling help you interact with them at home, school, or work? How does this help with conflict resolution and/or solving problems?

The ability to recognize gives people the ability, the choice to help or hurt them. In generally, knowing where people are coming from allows you to work towards a better solution that doesn't leave anybody feeling left out or confused.

4. STUDY GUIDE 4

1. Emotional empathy is _____.

- ☐ taking on someone's perspective
 - ☐ understanding someone's situation
 - ☐ imagining and sharing someone's point of view
 - ☒ sharing someone's sadness, fear, joy, anger...etc.
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Cognitive empathy is _____.

- ☒ when you take on someone's point of view
- ☐ when you mildly wonder about someone's situation
- ☐ sharing someone's emotions
- ☐ the same as emotional empathy

Do you think people are naturally born (or wired) to be evil or good?

To learn

Where would you like to be shown more empathy?

I think that I am privileged enough that i'm shown empathy in most situations.

Provide one example of cognitive empathy and another for emotional empathy:

Cognitive empathy is when you can understand why someone has a different opinion. Emotional empathy is when you feel nervous for your friend because he has a big test coming up.

5. STUDY GUIDE 5

Thomas Hobbes believed people are born _____. The evidence that might support this is human violence and wars.

- ☐ good and nice
- ☐ to learn from their environment
- ☒ evil and wicked
- ☐ neither good or evil

John Locke believed people are born _____.

- ☒ good
- ☐ evil

- ☐ knowledgeable
- ☐ wicked

What is empathy, and does it support Hobbes or Locke's perspective? How so?

Empathy supports Locke's perspective, that people feel empathetic in order to help and be kind.

After this lesson, how much do you know about empathy?

- ☐ None
- ☐ Very little
- ☐ Some things
- ☒ A lot
- ☐ Everything

How much does this lesson help you in being more empathetic?

- ☐ None
- ☐ Very little
- ☒ Neither little or a lot
- ☐ A lot
- ☐ Everything

How important do you think it is for others to learn about empathy?

Very important

Would you recommend others to watch this lesson to learn about empathy?

Yes

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