

Middle School Guidance



Empathy A Balancing Act

November 2015

Volume 13, Issue 4

Strong social emotional skills, especially emotional intelligence and effective communication, are essential in cultivating empathy and promoting greater social intelligence. If we take a look at three types of empathy, we can enhance our understanding of its influence on our lives. The Greater Good Science Center defines three types of empathy. **Cognitive Empathy** is simply the knowledge of how another feels. We acquire cognitive empathy by taking on another's perspective.

Emotional Empathy is the feeling of what another feels. In essence, we take the feelings of another. **Compassionate Empathy** is the feeling of what another feels together with a compulsion to help. A balance of the three types of empathy is essential for a healthy human connection. If cognitive empathy exists independently of emotional empathy, one may exhibit narcissistic tendencies and even apply empathy to

exploit others. On the other hand, some professions, such as the medical profession, require a certain level of detachment that an overabundance of emotional empathy might hinder. If the scale tips too far in the direction of cognitive empathy, one may come across as indifferent, and if the scale tips too far toward emotional empathy, one may actually take on the emotions of others. If cognitive empathy is thinking and emotional empathy is feeling, then compassionate empathy is doing. Compassionate empathy is the foundation for the social capacity we need to make us better friends and better partners. It is with this final example of empathy that we find meaningful connection. Indeed, this capacity promotes better situation awareness, making us better colleagues and collaborators. Action may take several forms. Astute observers with social situations are

better prepared to communicate understanding of what another feels, offer a helping hand, or prevent conflict.

Developing this capacity to identify and find a balance in all three types of empathy from a young age prepares children for healthy bonding, so they can participate in meaningful relationships for years to come. (Discovery Education, Too Good Mendez Foundation - October 15, 2015)

Quote of the month

"I CAN'T = I Certainly Am Not Trying" - 5 Star Basketball



Happy Thanksgiving

Points of Interest:

- ✓ - Absent from school? Check out the teacher-lesson plans by logging into PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: www.bbsd.com/Page/16088

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Important Upcoming Events

The following are a listing of important dates to remember:

November 3, 2015 - End of the first nine week grading period.

November 16, 2015 - Act 80 Day. Parent/Teacher Conferences.

November 25, 2015 - Early

dismissal.

November 26, 2015 - Happy Thanksgiving.

November 27 through December 1, 2015 - Break.

December 10 through December 11, 2015 - P.T.S.O. Bazaar.

December 10, 2015 - Middle of the second nine-week

grading period.

December 24, 2015 - Christmas Eve.

December 25, 2015 - Merry Christmas!

December 26 through January 3, 2015 - Christmas Break.

December 31, 2015 - New Year's Eve.

