

Empathy – building in the EFL classroom: what it is and why it matters



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“The most ‘real’ world we live in is that of our fellow human beings. ... we are made or marred by our relations with other people.”

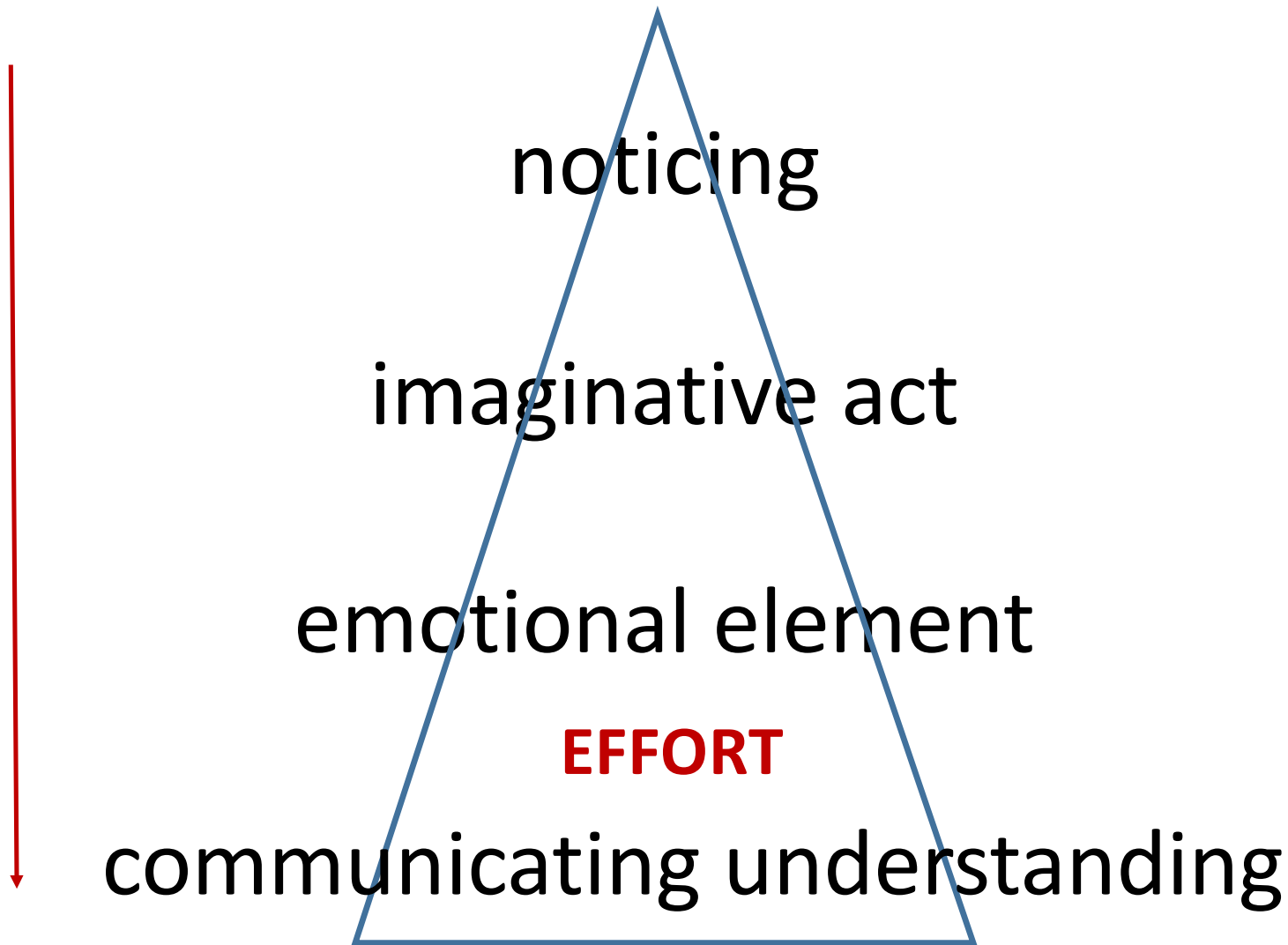
Schumacher, E.F. (1977) *A Guide for the Perplexed*. London. Abacus.



Have you ever experienced **empathy** or know of a real-life example?

What did **the act** of showing empathetic understanding involve?





Are we **hard-wired**
for empathetic understanding?

SHARING



COMFORTING



HELPING



”Empathy among young people has declined significantly over the past few decades.

[A University of Michigan study](#), which analyzed data on empathy from almost 14,000 college students gathered between 1979 and 2009, found a **48% decrease in empathetic concern** and a **34% decrease in perspective taking**, which is the ability to look at things from another person’s point of view.”

<https://takecasper.com/2020/07/empathy-2/>

Meta-Analysis > Pers Soc Psychol Rev. 2011 May;15(2):180-98. doi: 10.1177/1088868310377395.

Epub 2010 Aug 5.

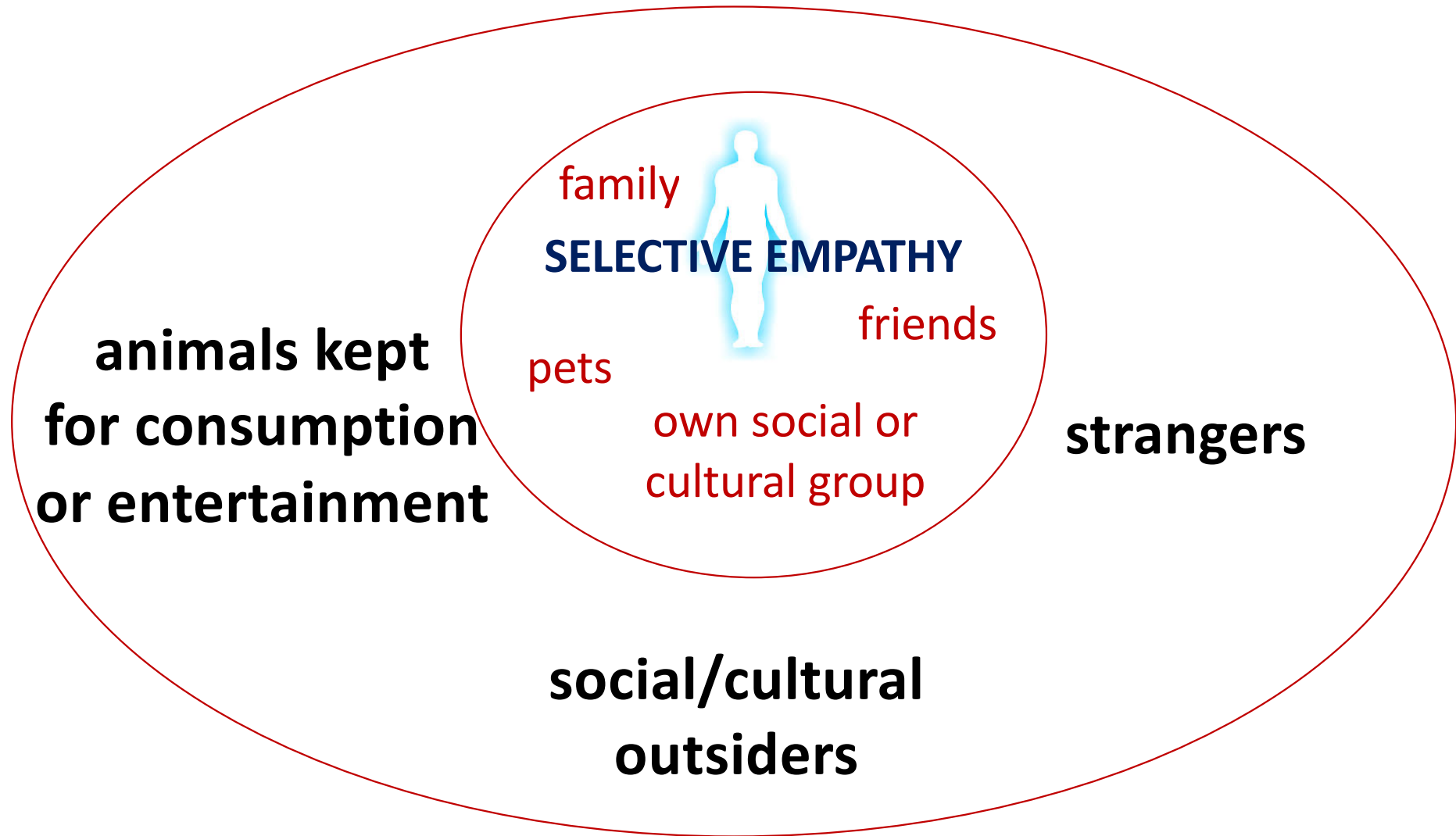
Changes in dispositional empathy in American college students over time: a meta-analysis

Sara H Konrath ¹, Edward H O'Brien, Courtney Hsing

What's the story?



'Widening the Circle of Compassion'



*“People will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.”*



Maya Angelou

Sources and resources

Bennet, Milton, J. (1998). Intercultural communication: A current perspective. In Milton J. Bennett (Ed.), *Basic concepts of intercultural communication: Selected readings*. Yarmouth, ME: Intercultural Press.

Babauta, L. (2013). Developing Selfless Compassion.

Retrieved December, 2014, from: <https://zenhabits.net/selfless/>

Anti-bullying ad

<https://www.youtube.com/watch?v=nWJut7KQhI4>