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# EMPATHY



## What is empathy and types.

Empathy can be defined as the cognitive and affective recognition of one person's state of mind by another. An act that entails an important emotional understanding and connection. In other words, to be empathetic means to put oneself in another person's shoes.

Empathy can be classified in several ways.

1. In terms of the predominant component:

- **Cognitive predominant empathy;** when people are able to mentally put themselves in the other person's point of view, however, there is no emotional involvement.
- **Emotional empathy;** this is true empathy and occurs when people are not only able to put themselves in the other person's shoes, but also feel moved or concerned.

2. In terms of its dispositional character.

- **Dispositional empathy** is a stable way of being in relation to empathy. In this way we can say that there are people who are not very empathetic and people who are very empathetic.
- **Situational empathy,** which is given to a specific situation.

### MAIN FOCUS

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**WHAT IS EMPATHY ?  
TYPES OF EMPATHY.**

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**EFFECTS OF EMPATHY**

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**WHY IT IS IMPORTANT IN  
EDUCATION?**

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**HOW TO BE A MORE  
EMPATHETIC TEACHER?**

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# Effects of Empathy

## FOR ONESELF

-  FACILITATES SUCCESS IN SOCIAL AND PERSONAL RELATIONSHIP
-  IT ALLOWS TO GIVE HELP IN AN EFFECTIVE WAY
-  ENABLES TO ASK FOR AND GIVE HELP TO OTHERS
-  REDUCES THE LIKELIHOOD OF CONFLICTUAL RELATIONSHIPS
-  THEY ARE MORE LIKELY TO SOLVE PROBLEMS IN A PEACEFUL WAY, WITHOUT RESORTING TO AGGRESSION TOWARDS OTHERS

## TO OTHERS

-  EMPATHETIC PEOPLE ARE MORE LIKELY TO HELP OTHERS
-  THEY ENJOY THE WELL-BEING AND HAPPINESS OF OTHERS
-  THEY FAVOUR A GOOD CLASSROOM CLIMATE, FRIENDLY RELATIONS AND CONFLICT RESOLUTION.





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## Why it is important in education?



Empathy is essential for education professionals. The only genuine and fruitful way to promote personal development in educational institutions is to create an atmosphere of cordiality and trust that allows the learner to feel accepted, valued and secure. Empathy plays an important role in all teaching relationships, as it is a dimension that facilitates the improvement of the personality. Without attunement, acceptance, respect, consideration and care for people, education is interrupted.

Empathy allows us to get closer to others, to tune in to them, and is therefore a key aspect of the educational relationship. Empathy favours what we can call the "educational alliance" between teacher and pupil. Every pedagogue/educator must acquire in a theoretical-practical way during their training period a basic cognitive-emotional competence that allows them to manage and adequately channel relational events during the educational process, especially at critical stages and in critical situations. It is far from being a question of teachers becoming psychologists, but it is a question of them acquiring the empathy and communication skills necessary to develop their work in heterogeneous environments and in potentially difficult situations.



The educator who adopts an empathetic attitude towards the learner opens the door to dialogue, participation and cordiality. Such a psychological stance favours educational personalisation, because it shows a healthy concern for each learner, according to his or her uniqueness. In summary, the empathic educational style can be conceptualised as a cognitive and affective process of approaching the emotional reality of learners. Empathy, in particular, occupies a central place in the inter-human relationship and while its appropriateness can facilitate the intellectual and emotional enhancement of the learner or counsellor, if insufficient or inappropriate attention is paid to it, it can negatively impact on the learner's development.



## How to be a more empathetic teacher?



- ➔ Have high expectations of what the learner can achieve.
- ➔ Provide an atmosphere in the classroom where they feel honestly accepted and respected.
- ➔ Practising active listening: taking an interest in the learner's opinion, understanding and offering emotional support to understand how the learner is feeling at a given moment.
- ➔ Interpret students' non-verbal cues, show understanding and provide personalised emotional support..
- ➔ To achieve a balance between authority and trust, so that the teacher does not lose his or her role as a reference and responsible for what happens in the classroom.