

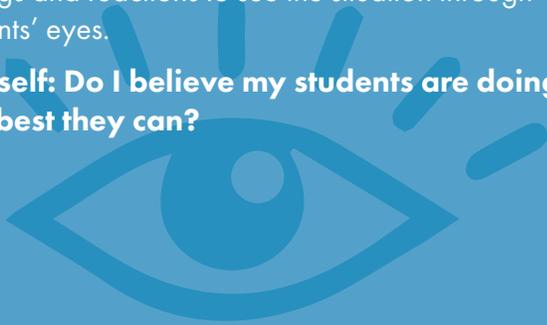
Four Main Attributes of Empathetic Teaching

Integrating these practices into your teaching can show students that you see what they're going through.

1. Perspective Taking

When you take a different perspective, you put aside your own feelings and reactions to see the situation through your students' eyes.

Ask yourself: Do I believe my students are doing the very best they can?



2. Putting Aside Judgment

It's easy to jump to and express conclusions about the situation based on what you see.

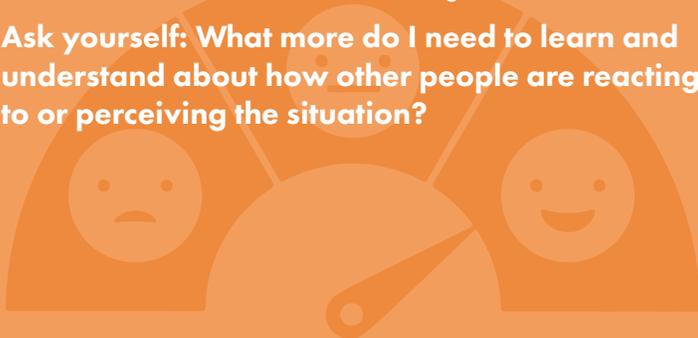
Ask yourself: What more do I need to learn and understand about the situation?



3. Trying to Understand the Student's Feelings

Tap into your own experiences to find a way to understand what the student is feeling.

Ask yourself: What more do I need to learn and understand about how other people are reacting to or perceiving the situation?



4. Communicate that You Understand

Use reflective phrases like, "It sounds like you..." or "I hear that you..." Try to build long-term trust with students and help students learn to solve problems with you, and eventually try to solve issues on their own.

Ask yourself: What more do I need to learn and understand about how I react in the moment? What more do I need to learn about how I communicate to others that I hear them, even though I am experiencing my own emotions?