

# Empathy

People who are especially talented in the Empathy theme can sense the feelings of other people by imagining themselves in others' lives or others' situations.



## General Academic Life Tips

- When studying a particular author, seek personal experiences and writings that help you identify with his or her thoughts and emotions.
- Whenever possible, write papers about people. This activity will engage your natural ability to pinpoint individual perspectives.
- Keep a journal in which you reflect on what you learned from other people and their passions, fears, joys, and other emotions.
- You will sense when friends are academically frustrated in courses you are taking. Let them know that you realize what they are feeling, and continue to encourage and support them.



## Extracurricular Activities

- Become involved in activities, clubs, or organizations that will help you feel like you're making a difference with individuals through your empathy.
- Consider working with children to help them to better understand their own feelings and sort through their emotions.
- Position yourself as a confidante for one or two people. Many students feel overwhelmed at school; you'll understand and help them get through the difficulties they're facing.
- Because you're nonjudgmental and understand the feelings of individuals, you'll be a welcome addition to most groups.



## Career Development Tips

- Talk to your mentor about the career planning process. Use that relationship as a sounding board for making decisions.
- Interview people who are currently in jobs that interest you. Talk to them about how they feel in those roles.
- Environments that provide regular social interaction and an opportunity to collaborate with others will allow your Empathy talents to flourish.
- The "emotional tone" of your work environment is important. You might find that surrounding yourself with others who are positive and upbeat is highly rewarding.
- Seek work environments in which emotions are valued and not repressed. The rich emotional economy will be the perfect environment for your Empathy talents.
- Interview teachers, counselors, and clergy members and ask them how they use their talents in their work.