

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.