

First assignment: simply answer the following three questions.

Second assignment: must pick different goals

Assign journals to keep up progress.

1) Self-Assessment and Goal Setting: Self-assess your current level of empathy and active listening skills.

2) Pick one goal to work on Empathy:

A) Enhance Perspective-Taking Skills: Develop the ability to put yourself in others' shoes by regularly practicing perspective-taking exercises, such as journaling from different viewpoints or discussing diverse life experiences with others.

B) Practice Daily Acts of Kindness: Set a goal to perform at least one act of kindness each day, whether it's helping a classmate with their work, volunteering, or simply offering a supportive ear to a friend in need.

C) Improve Non-Verbal Communication: Focus on refining your non-verbal cues, such as maintaining eye contact, using open body language, and mirroring others' gestures to create a more welcoming and empathetic presence.

D) Seek Out Diverse Perspectives: Make an effort to engage with people from diverse backgrounds, cultures, and perspectives to broaden your understanding of different life experiences and develop a more inclusive outlook.

E) Practice Empathetic Listening: Set a goal to actively listen and empathize with someone each day. This could involve having a deeper conversation with a friend or family member, actively listening to a colleague's concerns, or volunteering as a peer counselor.

3) Pick one goal to work on Active Listening:

A) Reduce Distractions: Commit to minimizing distractions when engaged in conversations by putting away electronic devices and giving your full attention to the speaker.

B) Develop Patience: Practice patience by resisting the urge to interrupt or finish someone's sentences. Allow them to express themselves fully before responding.

C) Use Open-Ended Questions: Challenge yourself to use open-ended questions more often to encourage others to share their thoughts and feelings in greater detail.

D) Improve Feedback Skills: Work on your ability to provide constructive and supportive feedback to others, demonstrating that you've not only heard their words but also understood their message.

E) Enhance Empathetic Responses: Set a goal to respond empathetically in challenging or emotional conversations by acknowledging the speaker's feelings and offering validation and support, even if you don't agree with their viewpoint.