DEVELOPING COGNITIVE EMPATHY: HOW A PINCH OF COMPASSION CAN BE A GREAT HELP TO STUDENTS

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We are now living in an age wherein technological advancements are only at the tip of our fingers. Because of this advancement, we teachers are currently having an easier way of teaching as we can freely download teaching resources in the internet.

However, despite this massive shift, we have some students who do not easily jive in what we are teaching, they are having a hard time in learning sometimes because of the advancements in technology or even because they are not that interested. So, as teachers, how can we improve this? It is by employing cognitive empathy with the kids.

According to Daniel Goleman (2007) cognitive empathy is a way to know the feelings of another person and the things that they might be thinking. In layman’s term, cognitive empathy is referred to as perspective-taking.

In the industrial fields, most managers are using cognitive empathy to help their workers. Whenever the manager feels that his workers are feeling down, he will try to motivate and help his worker to overcome his battle.

But, in the teaching field, we are experiencing a very different way of doing this – instead of purely motivating our students we need to feel compassion and to try to put on their shoes.

Let us put it this way, how will a student feel if he or she is overloaded with school work despite it being a two-week vacation? Based on what I experienced as a teacher, my students would complain and would tell me that they also need to rest. I also tell them that Google is always there, but they do not want to be that reliant to technological
advancements. With this, I felt a bit of compassion and I decided to lighten my workload for them.

Sometimes being compassionate is important as we also felt the need to rest as students and by doing the same with our present kids we can make them feel safe and healthy while still learning.
References:

http://www.danielgoleman.info/three-kinds-of-empathy-cognitive-emotional-compassionate/

http://blog.teleosleaders.com/2013/07/19/emotional-empathy-and-cognitive-empathy/