

EMPATHY

In this unit, we will focus on empathy:

- What is empathy?
- How is it different from sympathy?
- How can we be more empathetic in our lives?
- How does this affect cross-cultural communication?

EMPATHY: MAIN PRESENTATION

Watch Annie's lecture on the topic of empathy.



One or more interactive elements has been excluded from this version of the text. You

can view them online here:

<https://openoregon.pressbooks.pub/greentea/?p=125>

EXTRA PRESENTATION - HOW EMPATHY CAN HELP US

Watch Annie talk about one more idea: how empathy can help us.



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<https://openoregon.pressbooks.pub/greentea/?p=143>

STRESS, LISTENING, AND EMOTIONS: 3 SHORT VIDEOS

These 3 short videos each discuss important advice about stress, listening, and your emotions.

You can follow the link, sign in with your PCC email address and password, watch the videos, and answer the questions.

[Video 1: Active Listening](#)

[Video 2: Phone Anxiety](#)

[Video 3: Coping with Stress](#)

