

TL;DR: Empathy is learning how to feel what another human beings feels and treating them the way they want to be treated.

[Sign up here](#) if you would like to meet with a Peer Advisor to talk about how things are going.

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another. – Alfred Adler

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences. – Audre Lorde

Empathy may be the single most important quality that must be nurtured to give peace a fighting chance. – Arundhati Roy

Dear Class of 2022,

We've all asked ourselves how we would feel if faced with someone else's circumstances, and we've all imagined what we would feel like to be in the world embodying different identities and guided by different values, beliefs, or commitments than our own. Asking ourselves how we would feel if we lived another person's experience is deeply human, and it is the first step towards practicing empathy. **Imagining how another human being feels and focusing on treating them the way they wanted to be treated, so that they can be seen, heard, and affirmed without having to deny, conceal, or be ashamed of what makes them uniquely them is practicing empathy.**

Lean into all of the [inspiring](#), [challenging](#), [vulnerable](#), [unexpected](#), [intersectional](#), and always miraculous ways other human beings are alive in the world with [humility](#), and you will see how practicing empathy helps us [thrive in our own lives](#).

Here are a few ways that you can practice empathy:

1. Attend TALK. This Wednesday at 7PM in the Student Org Room. Come and listen to the stories of your colleagues Hanan El Kathiri, Ivanka Canzius, and Lucy Litt. Want to get involved with TALK as a speaker or a coach? Email Harvardlawtalks@gmail.com.



TALK
HLS Student Speaker Series
10.2.19 | 7:00-8:00 PM
Hanan El Kathiri



TALK
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Ivanka Canzius



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2. [7 Steps to E-M-P-A-T-H-Y](#). Here are the seven skills you need to develop E.M.P.A.T.H.Y.

E - Eye Contact

M - Muscles for facial expression

P - Posture

A - Affect

T - Tone of Voice

[H - Hearing the whole person](#)

Y - Your response

3. [Ask someone how they are doing and mean it](#). Practice being present and focused when receiving their answer.

4. [Talk to new people](#).

5. [Seek to understand before being understood](#).

Be gentle with each other. Be gentle with yourself.

Your Peer Advisors