

Using Your Strengths to Achieve Success: Empathy

You can sense the feelings of other people by imagining yourself in others' lives or others' situations. Your talent is valuable because it enables you to form very close, supportive relationships in which you help and encourage others.



CAREER SERVICES

Applying to Academics

General Academic Life

- 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.

Study Techniques

- As soon as you have an idea, write it down, including your feelings about it.
- When you read, identify how you can relate the emotions of characters to your own or those of people you know. This will make the material come alive for you and help you remember it better.
- Ask yourself what the professor wants you to understand about the material, then try to master those aspects.

Relationships

- Discuss issues that are on your mind with your friends. You are usually there for them. Allow them, likewise, to be there for you. Share your feelings with them, because they may not be able to identify feelings as easily as you do.
- Use your empathy talents when conflicts arise at work and other group settings.

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.

Applying to Major/Career Path

- Interview teachers, counselors, and clergy members and ask them how they use their talents in their work.

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Apply to Job Search

In the Job Search

- Your empathy helps you get the feel of an organization's culture. You may be more patient during the job search and understanding that the process takes time. You are great at making new contacts and establishing a network.
- Search for careers that have service opportunities. Your natural ability to listening, offering advice, and showing compassion will be an asset to those who need understanding and resources to help.
- Tips: Keep notes on the jobs you have done research on, and especially pay attention to your feelings about them.
- Tips: Make sure that your empathy does not take away your competitive edge in the market; it's okay to put yourself first sometimes.

Apply to Careers

In the New Position

- Your empathy will help you make quick connections with your co-workers. You help make a workplace friendly, so others will accept you as part of the team in less time than others may experience.
- Remember to balance interpersonal skills with accomplishing the tasks you have been hired to do.

In the Interview

- You can highlight your very strong interpersonal skills and that you are conscious of others' feelings. Give solid examples of ways your empathy has helped make a difference in someone's life.
- In the job interviews your non-verbal skills are very strong. You portray warmth and have engaging body language in interviews (nods, smiles, etc.). You think carefully and respond well when asked about how you might fit in the work environment.