

**Division of Student Affairs
Student Staff Training
Culture of Care
Free-Write Reflection Activity**

Based on the information shared with you, how might the experiences of your partner result in a different USD/life experience from you?

What personal experience have you had that allows you to empathize with your partner? If you do not have a personal experience that directly relates, how can you still show empathy to your partner?

How can you show compassion to others in our community, and ensure they feel welcomed and valued at USD?

“Empathy is the most mysterious transaction that the human soul can have, and it’s accessible to all of us, but we have to give ourselves the opportunity to identify, to plunge ourselves in a story where we see the world from the bottom up or through another’s eyes or heart.”

~Sue Monk Kidd