

# **SOF-201 F24 – Empathy (1)**

## Self-Assessment Activity

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### **Evaluation**

75 / 100

### **Explanation**

During the past semester, I have observed that I have expressed my empathy towards many members of the CMKL community, no matter if they are classmates or friends who are in difficult times (such as, mental health issues, stress, and others), faculty members who I have had multiple conversations with about various discussion topics; in doing so, I have learned and understand more about other people's viewpoints, situations and issues, which in return, gave me a wider perspective on the world and made me understand more about different people in society; that is one of reasons why I encourage myself to try and talk to newer people with different perspectives, to understand the world better.