

## HOW EMPATHY SHAPES EFFECTIVE TEACHING

by:

**MARY GRACE M. MEDINA, MEM**

*Teacher III, Adamson Elementary School Samal District*

Being able to understand and share other people's sentiments is an important skill for teachers. It is a conscious and careful interaction with students' emotional and cognitive experiences that goes beyond simple compassion or empathy. In recent years, educational research has grown to acknowledge empathy as a key component of effective teaching, both for improving student learning outcomes and for creating inclusive classrooms.

A teacher that is empathic does more than just impart knowledge; they also actively listen, pay close attention, and react to their students' needs. This focus allows teachers to modify their methods, making sure that classes are both intellectually and emotionally compelling. In the classroom, children are much more motivated to participate and engage when they feel seen and understood.

Empathy also fosters trust. A learning environment where everyone is respectful of each other makes people feel safe and encourages open discussion. These are essential for cognitive development. Mistakes are not seen as failures in these classes, but rather as teaching opportunities. Knowing that their attempts would be viewed with understanding rather than condemnation encourages students to take intellectual risks.

The idea that emotional connection improves memory retention and understanding is supported by research in psychology and neuroscience. Learning experiences become more effective and remembered when teachers and students engage in empathetic interactions that activate the brain's affective networks. For students dealing with issues like trauma, socioeconomic deprivation, or learning difficulties, this

is especially crucial. Empathy could be a vital strategy for these students, helping to address access and success gaps.

Furthermore, empathy aids in educators' professional development. Empathic teachers are frequently more cooperative with their peers, and resilient when faced with work-related stress. Teachers have a deeper, more complex understanding of their work when they view their pupils as complete individuals with a variety of experiences rather than just as academic performers.

All things considered, empathy is an essential part of effective teaching, not an extra talent. Students flourish in the classroom when empathy is used to influence instructional practices, not only academically but also emotionally and socially.

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