

# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

Great! Now what?



## Takeaways

Constant Growth



# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

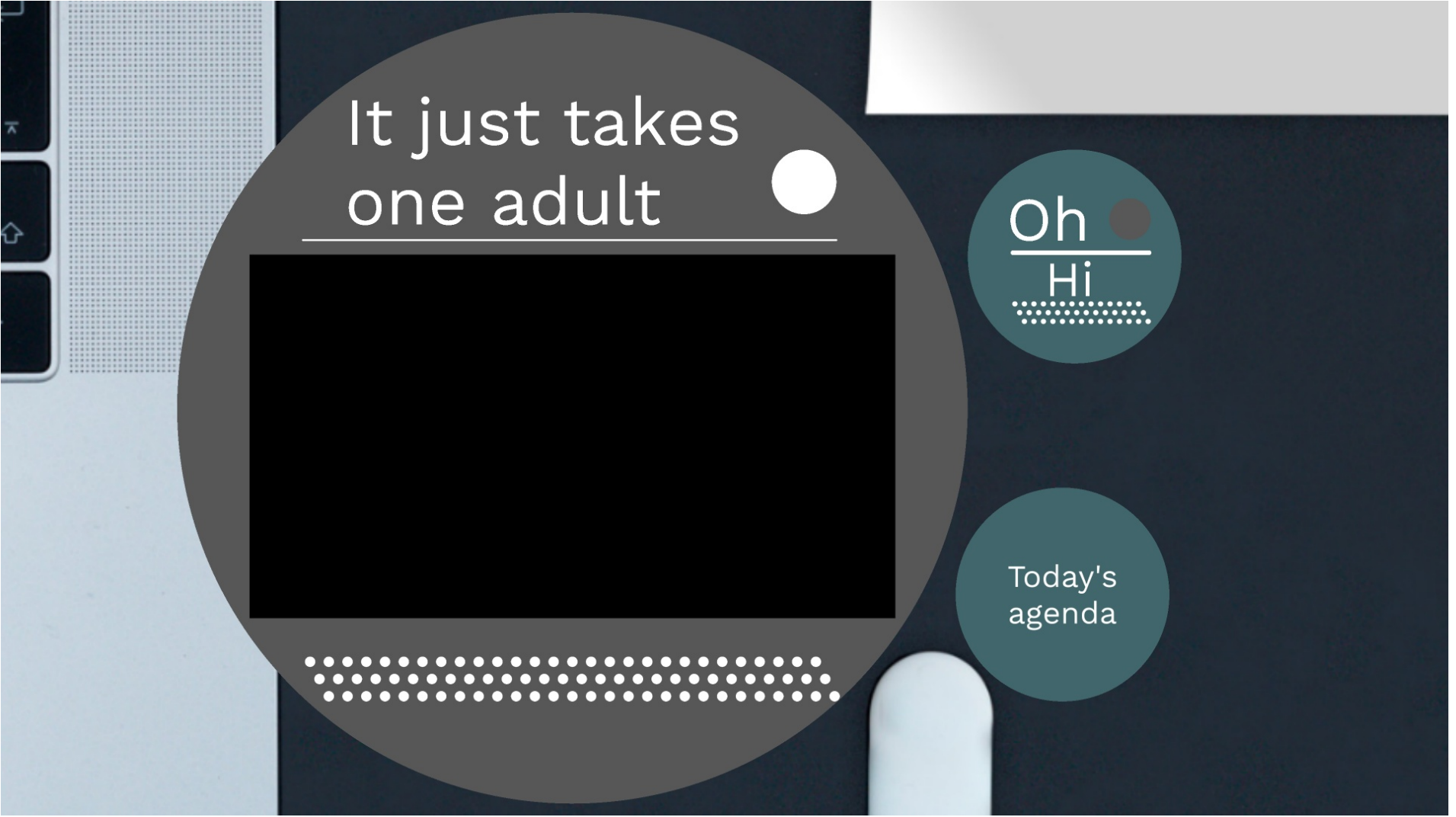
Great! Now what?



## Takeaways

Constant Growth

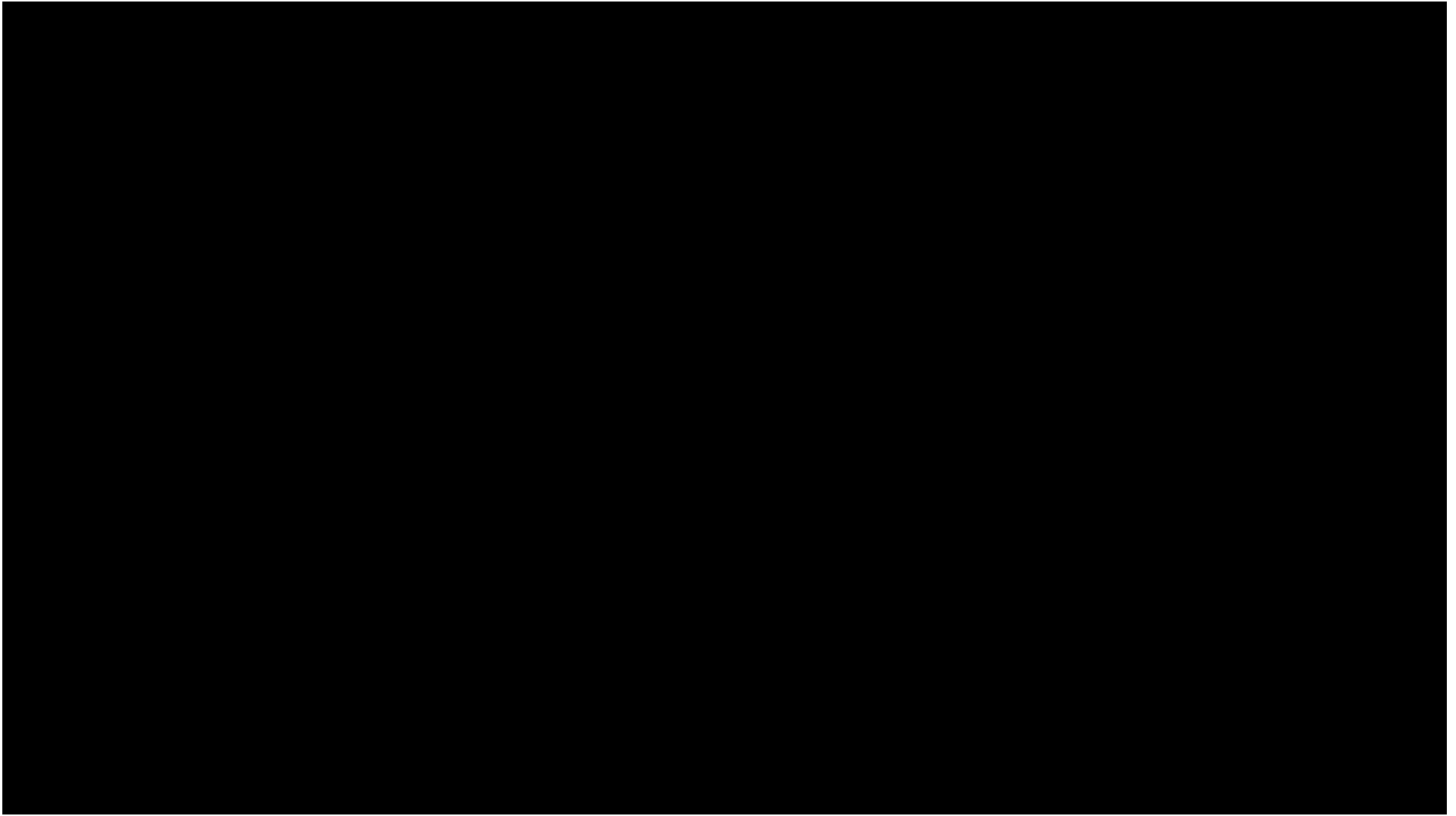




It just takes  
one adult

Oh  
Hi

Today's  
agenda





Brodie Kaster





# Brodie Kaster

State Leadership Coach





# Brodie Kaster

---

State Leadership Coach

Leadership Development Days



# Brodie Kaster



---

State Leadership Coach

Leadership Development Days

CASL Advisor





# Brodie Kaster



---

State Leadership Coach

Leadership Development Days

CASL Advisor

Quitter



## For Today:

- ☒ The Introductions
- ☐ The Technology and Empathy
- ☐ The Experiential Learning Activity
- ☐ The Reflections
- ☐ The Reference Guides

# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

Great! Now what?



## Takeaways

Constant Growth





# Empathy and Technology



Activity  
Based  
Learning



# Building Bridges

Breaking  
Bridges

Discussion  
Questions

The  
Research

# Building Bridges

Find a partner with the same [or close] birth month as you (not from your school)

Breaking  
Bridges

Discussion  
Questions

The  
Research

# Building Bridges

Find a partner with the same [or close] birth month as you (not from your school)

Say your school, position and the most boring fact about yourself

Breaking  
Bridges

Discussion  
Questions

The  
Research

# Building Bridges

Find a partner with the same [or close] birth month as you (not from your school)

Say your school, position and the most boring fact about yourself

Your goal is to lift the longest bridge above your collective head height and back down to the floor without breaking the bridge

Breaking  
Bridges

Discussion  
Questions

The  
Research



# Building Bridges

Find a partner with the same [or close] birth month as you (not from your school)

Say your school, position and the most boring fact about yourself

Your goal is to lift the longest bridge above your collective head height and back down to the floor without breaking the bridge

Each of you may only use one pointer finger on opposite ends of the bridge to lift it

Breaking  
Bridges

Discussion  
Questions

The  
Research

# Building Bridges

Find a partner with the same [or close] birth month as you (not from your school)

Say your school, position and the most boring fact about yourself

Your goal is to lift the longest bridge above your collective head height and back down to the floor without breaking the bridge

Each of you may only use one pointer finger on opposite ends of the bridge to lift it

If your bridge breaks, continue to add blocks - 10, 15, 20, 30. The goal is to lift the longest bridge between the two of you

Breaking  
Bridges

Discussion  
Questions

The  
Research

# Breaking Bridges

# Breaking Bridges

Return all blocks to the bag



# Breaking Bridges

Return all blocks to the bag

Grab two blocks. Stand together and make a four block bridge with your partner, again, only using your pointer finger

# Breaking Bridges

Return all blocks to the bag

Grab two blocks. Stand together and make a four block bridge with your partner, again, only using your pointer finger

When I say go, you may walk around and try to break as many bridges of the pairs around

# Breaking Bridges

Return all blocks to the bag

Grab two blocks. Stand together and make a four block bridge with your partner, again, only using your pointer finger

When I say go, you may walk around and try to break as many bridges of the pairs around

If you and your partner's bridge breaks, collect your two blocks and find a different partner to make a bridge with

# Breaking Bridges

Return all blocks to the bag

Grab two blocks. Stand together and make a four block bridge with your partner, again, only using your pointer finger

When I say go, you may walk around and try to break as many bridges of the pairs around

If you and your partner's bridge breaks, collect your two blocks and find a different partner to make a bridge with

Continue to switch partners every time your bridge is broken

# Discussion Questions

**Question 1**

**Question 2**



# Discussion Questions

A commonality we see in many Gen Z'ers is their ability to move quickly to and from friendships.

**Question 1**

**Question 2**

# Discussion Questions

A commonality we see in many Gen Z'ers is their ability to move quickly to and from friendships.

Building a friendship is difficult and takes time and effort. As we place on more blocks (experiences), we feel successful, but it is more precarious.

**Question 1**

**Question 2**

# Discussion Questions

A commonality we see in many Gen Z'ers is their ability to move quickly to and from friendships.

Building a friendship is difficult and takes time and effort. As we place on more blocks (experiences), we feel successful, but it is more precarious.

With the rise of technology, it is easier to have many friendships that we can move on quickly from if need be (round 2).

**Question 1**


**Question 2**



When is a time you mended a  
friendship?

What happened and how did you mend it?

Bonus Points if it involves a texting conversation that  
went awry



How do you think technology and  
social media are changing our  
relationships?

Discuss both positive and negative aspects  
technology brings to the table



# Irresistible by Adam Alter

The Good

Attention  
Span

Our  
Addiction

The Real  
Issue

# **Irresistible by Adam Alter**

Technology changes how we connect with each other

The Good

Attention  
Span

Our  
Addiction

The Real  
Issue

# Irresistible by Adam Alter

Technology changes how we connect with each other

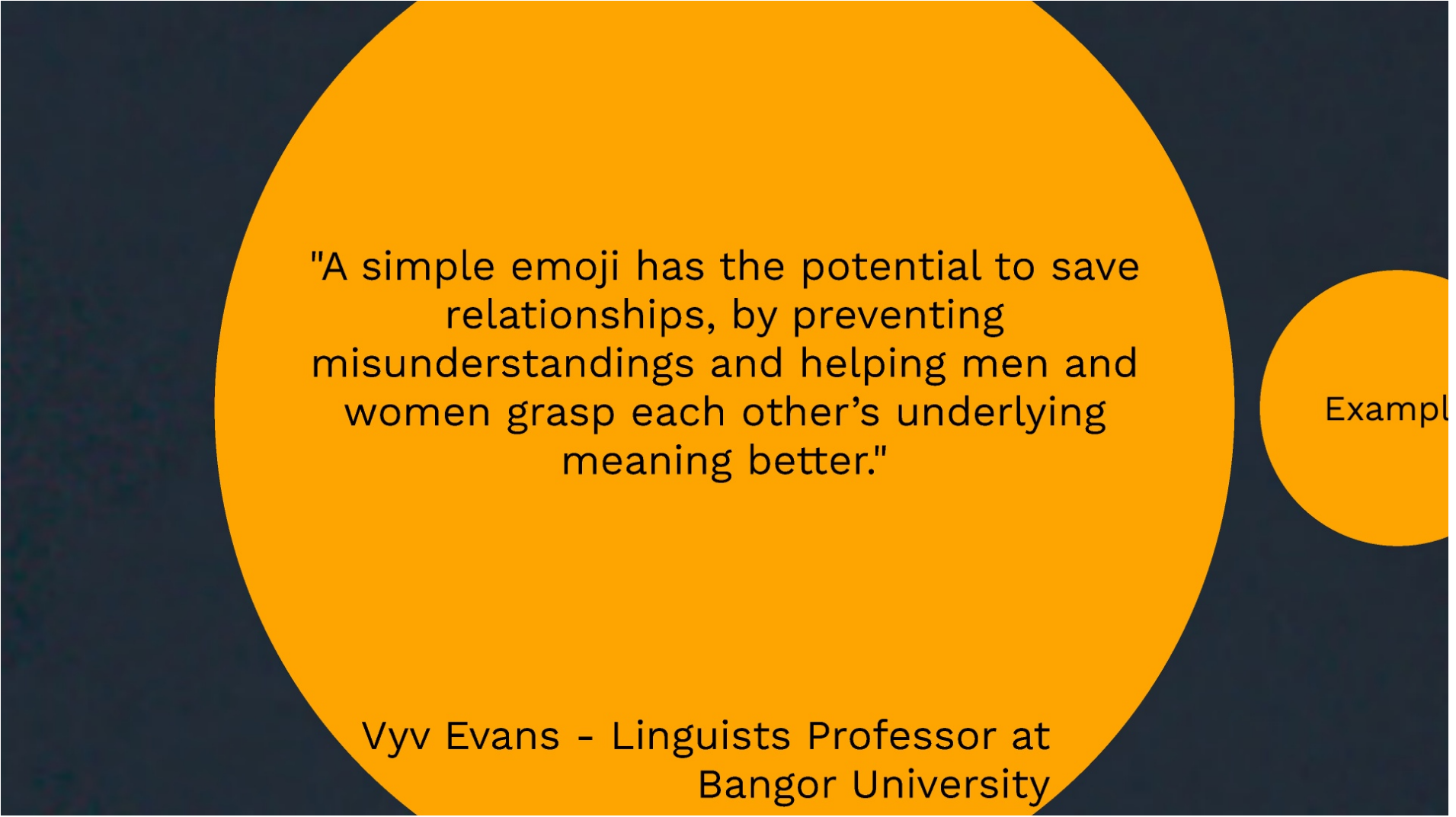
Empathy allows us to understand and connect with others. However, as connected as technology makes us, it also impedes our ability to grow empathy.

The Good

Attention  
Span

Our  
Addiction

The Real  
Issue



"A simple emoji has the potential to save relationships, by preventing misunderstandings and helping men and women grasp each other's underlying meaning better."

Exempl

Vyv Evans - Linguistics Professor at  
Bangor University

“For example, when a guy says to a woman, ‘I’m going out with my mates’, and the woman replies, ‘Fine, do whatever you want’, she is actually testing his judgement.

She is saying, ‘You should know me well enough by now to know that I will not be fine with that’.

Understanding that communicative intention is key to a harmonious relationship.

If a woman sends the message, ‘Fine, do whatever you want’ on a smartphone and adds the angry face or disappointed face emoji, it gives the recipient a non-verbal cue... showing him how to interpret the words.

A guy can’t miss it, and there is very little room for misunderstanding.”

Professor Evan, "The Emoji Code"



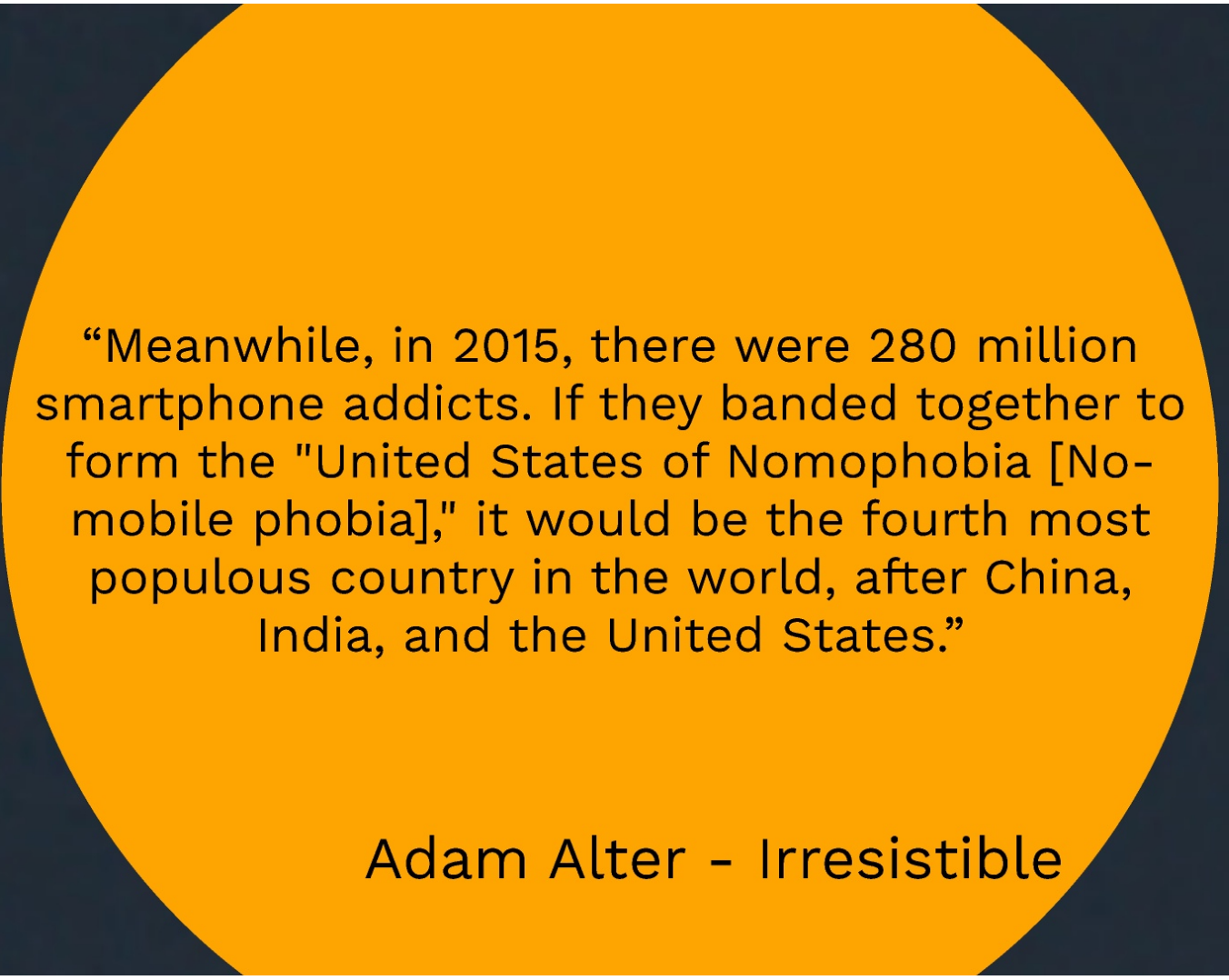
“In 2000, Microsoft Canada reported that the average human had an attention span of 12 seconds;

by 2013 that number had fallen to 8 seconds.

(A goldfish, by comparison, has an average attention span of 9 seconds.)

77% of 18 to 24-year-olds claimed that they reached for their phones before doing anything else when nothing is happening”

Adam Alter - Irresistible



“Meanwhile, in 2015, there were 280 million smartphone addicts. If they banded together to form the "United States of Nomophobia [No-mobile phobia]," it would be the fourth most populous country in the world, after China, India, and the United States.”

Adam Alter - Irresistible

“Humans learn empathy and understanding by watching how their actions affect other people. Empathy can’t flourish without immediate feedback, and it’s a very slow-developing skill.

One analysis of 72 studies found that empathy has declined among college students between 1979 and 2009. They’re less likely to take the perspective of other people, and show less concern for others. According to one study, one in three teenage girls say that people their age are mostly unkind to one another on social network sites. That’s true for one in eleven boys aged twelve to thirteen, and one in six boys aged fourteen to seventeen.”

Adam Alter - Irresistible



# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

Great! Now what?



## Takeaways

Constant Growth



# Good Tech Habits

---





# Good Tech Habits



1. Keep it away from the bed



# Good Tech Habits



1. Keep it away from the bed
2. Check it later



# Good Tech Habits



1. Keep it away from the bed
2. Check it later
3. Bye, bye red dots





# Good Tech Habits



1. Keep it away from the bed
2. Check it later
3. Bye, bye red dots
4. Put it away



# Good Tech Habits



1. Keep it away from the bed
2. Check it later
3. Bye, bye red dots
4. Put it away
5. Join a community, IRL





# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

Great! Now what?



## Takeaways

Constant Growth



Stay In Touch 



# Stay In Touch

Brodie.Kaster@CASLboard.com  
760.310.4741





# Stay In Touch

Brodie.Kaster@CASLboard.com  
760.310.4741

Read up:

Irresistible by Adam Alter

How To Have A Good Day by Caroline Webb

Quiet by Susan Cain



# Stay In Touch

Brodie.Kaster@CASLboard.com  
760.310.4741

Read up:

Irresistible by Adam Alter

How To Have A Good Day by Caroline Webb

Quiet by Susan Cain

No matter what you do, always be that one  
adult





# Stay In Touch

Brodie.Kaster@CASLboard.com  
760.310.4741

Read up:

Irresistible by Adam Alter

How To Have A Good Day by Caroline Webb

Quiet by Susan Cain

No matter what you do, always be that one adult



# Empathy and Tech

Brodie Kaster  
State Leadership Coach

## Intros

Nice to meet you



## Tech

Is it bad?



## Moving Forward

Great! Now what?



## Takeaways

Constant Growth

