Empathy and Tech

Brodie Kaster
State Leadership Coach

Intros
Nice to meet you

Moving Forward
Great! Now what?

Tech
is it bad?

Takeaways
Constant Growth
It just takes one adult

Oh Hi

Today's agenda
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
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Building Bridges

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

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

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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
Building Bridges

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

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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
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

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

Vyv Evans - Linguists 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
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Good Tech Habits
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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
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