COUNSELOR CORNER ISSUE #6 UNDERSTANDING OTHERS' PERSPECTIVES

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I AM THE SCHOOL COUNSELOR AT BOTH PERUVIAN PARK ELEMENTARY AND SUNRISE ELEMENTARY. PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS, OR YOU NEED SOMEONE TO TALK TO ABOUT HOW YOU ARE FEELING.

CONCEPTS

- Other people can have different perspectives
- Recognizing the perspective of others helps us to get along with them

OBJECTIVE

We can learn how to take someone else's perspective.

PERSPECTIVE TAKING

Taking someone else's perspective is an important skill when working in a group, and working through conflicts with others. When we don't think about someone else's perspective, or automatically assume that someone has a hostile intention, (they are trying to hurt us in some way), we might act inappropriately towards them. We might act aggressively, and make the conflict worse.

Thinking about how others feel is an important part of empathy. When we have increased empathy, (thinking about how someone feels), we are less likely to bully them, because we can imagine how it would feel. Students with more empathy have fewer conflicts, and get along better with others.

DIFFERENT FEELING ABOUT SAME THINGS

We often have different feelings and perspectives about the same things. All of us see things from or own point of view. Many things can go into how we develop our point of view, including our family background, and different experiences we've had previously. Thinking about people's backgound can help us to understand why they might have the point of view that they do.

We can also find clues in how people feel by the look they have on their face, the tone of their voice, and what they say. We can also look for clues in how people are standing and moving.

WE CAN ALL BE FRIENDS

Friends can have different perspectives and still get along, as long as they respect their differences. When we can put ourselves in someone else's shoes, we can understand how they want to be treated, and then treat them in a respectful way.