**Their Lives/Our Lives Facilitator Guide**

**Overview:** This activity is designed to prompt participants to think about the complexities of their lives in comparison to the complexity of the lives of their students. The activity is designed to build empathy by either:

a). illuminating how little a participant may know about their students’ lives, and/or

b). illuminating the similarities of complex student, resident, and faculty lives.

**Total Time: 20 minutes**

**Begin with the following “Our Life” prompts (3-4 minutes):**

* Begin by finding a traditional piece of paper. Fold it in half vertically or draw a line vertically down the middle of the page. On one side write the words “My Life.” *Note: if we were doing this training face-to-face we would use a fancy graphic that didn’t require this step. A sample is attached.*

***Be sure to remind folks they will not have to share this list with anyone. Give folks 2-3 minutes to finish the list.***

***Facilitation tip: You may want to drop ideas as you notice folks start to slow down in their writing/list making. Sprinkle examples from your own life to help prompt some additional reflection. For example, you may say, “One of the things happening for me now is that my mother is struggling with isolation during Covid 19 and I’ve been trying to help her manage her frustration,” or “I am working with the League of Women Voters to improve voter turnout in the region.”***

* Beneath the “My Life” words, I’d like you to make a list of all the things you have going on in your life right now.
* Reflect on their clinical obligations, your teaching obligations, your familial obligations, and your community obligations.
* You may also want to think about physical or emotional struggles happening in your life right now.

**Continue with the following “Their Life” Prompts (3 – 4 minutes):**

* Now that you have a good comprehensive list of things happening in your life, write the words “their lives” on the other half of the piece of paper you are working from.
* Think about a student you have worked with in the last year.
* Picture their face. Think about their work and their contributions.
* Try to retrieve and list all you know about them and those things that are going on in their lives.

**End the activity with the following debriefing questions (this is where the important work happens- 12-14 minutes):**

* Did you have a difficult time recalling a student? Why or why not? Di you have have a hard time thinking about what you know about them?
* What is similar about your list and the list of the student you thought about?
* What is different about these lists?
* Why should you think about the lives of your students?