

# TeachME Professional Development

## Developing Teamwork, Empathy, and Support Among Students

1. Which of these is not a demonstrable benefit of teamwork?

- A. Teamwork helps students overcome shyness and helps improve a student's speaking and listening skills
  - B. Teamwork helps students build conflict resolution and socialization skills
  - C. Teamwork helps increase concentration and focus and enhances efficiency
  - D. Teamwork helps students grow in productivity and helps prepare them for successful and engaging careers
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2. Productive teamwork requires organization, commitment to a group effort, and:

- A. Each team member being aware of individual and group responsibilities
  - B. The ability for each team member to decide what to do and when, based on their own capabilities
  - C. A lack of external pressure and interference
  - D. Challenging and thought provoking tasks for each member
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3. When students are given the opportunity to take credit and criticism as a team, rather than individually, they are learning valuable lessons about support and:

- A. Clarity
  - B. Accountability
  - C. Humility
  - D. Adversity
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4. Which of these is most crucial for the proper functioning of a team?

- A. Avoiding conflict throughout the process
  - B. Mutual information sharing
  - C. Flexibility within the team
  - D. Access to updated resources and technology
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5. Each of the following is an accurate statement about empathy except:

- A. Empathy is described as our ability to walk in someone else's shoes

- B. Empathy is also a foundational skill that can lead to other valuable behaviors and skills, such as critical thinking and good leadership**
  - C. Through empathy, we are better able to evaluate and identify with the way other people may be struggling and growing**
  - D. Empathy cannot be taught; a person must be born with it in order to be truly understanding and compassionate**
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**6. What skills does empathy require?**

- A. Perception, logical thinking, courage, and compassion**
  - B. Strong emotional responses and recognition of subtleties**
  - C. Heightened self-awareness and openness**
  - D. Politeness and persuasiveness**
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**7. What is one of the entryways into empathy?**

- A. Objectivity**
  - B. Adherence to rules**
  - C. Imagination**
  - D. Reasoning**
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**8. Which of these is not a direct result of practicing empathy as a member of a team?**

- A. Increased problem-solving aptitude**
  - B. Enhanced ability to predict outcomes**
  - C. Increased ability to innovate**
  - D. More happiness for all involved team members**
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**9. What do team members need to practice in order for the team members to report higher satisfaction and emotional well-being?**

- A. Mutual respect, personal openness, and giving honest feedback**
  - B. Concentration, determination, and motivation**
  - C. Perseverance, integration, and free thinking**
  - D. Self-management, reflection, and accountability**
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**10. Why is personal growth more efficient when people are open and empathetic in a team?**

- A. A team will naturally be more critical in its overall feedback**
  - B. A team setting will encourage self-examination**
  - C. Team members grow for each other in a symbiotic fashion**
  - D. Team members can learn not only from their own mistakes, but from others' as well**
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**11. Which of these is not a trait that an empathetic student might exhibit?**

- A. Emotional literacy**
  - B. Emotional lateral thinking**
  - C. A stronger moral identity**
  - D. A stronger moral imagination**
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**12. What does it mean to be morally courageous?**

- A. To meet danger and difficulties with firmness and strength**
  - B. To pick up on cues and seek out ways to be kind and reduce pain, even if it's not immediately obvious, easy, or popular to do so**
  - C. To defend your own values and beliefs, even if it's unpopular to do so**
  - D. To adhere unflinchingly to your chosen stance at all times, in every occasion**
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**13. What is emotional contagion?**

- A. The ability of one person to perceive the emotions of another or to share their own emotions with another**
  - B. The ability to exert control over one's own emotional state**
  - C. The ability to practice mindfulness when feeling triggered by intense emotions**
  - D. The ability to anticipate how one will feel in a specific situation and devising a plan to alter the emotional impact**
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**14. What is the Theory of Mind?**

- A. The theory by which humans evolved to have mental capacities**
  - B. The cognitive method of seeking out truth**
  - C. The cognitive aspect of empathy, or the ability to take on another perspective for a short period of time**
  - D. The theory by which we know that dynamic transactions involve multiple emotion-related components**
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**15. What is at the root of many roadblocks to practicing empathy?**

- A. Fear**
  - B. Lack of awareness**
  - C. Negative experiences**
  - D. Indecision**
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**16. What is a useful example of a way to keep students quiet while practicing teamwork in class?**

- A. Incorporate writing exercises that require calm reflection**
  - B. Encourage team members to use the chat functions on their devices so that each person will get an opportunity to speak and respond to others**
  - C. Have your teams work on silent projects together so they can practice nonverbal clues**
  - D. Find an application on your phone or computer that measures the ambient decibel level of your classroom and challenge your students to keep their dull roar under a certain decibel limit**
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**17. Which of these is not a recommended title of a helpful team role assignment?**

- A. Relationship manager**
  - B. Timekeeper**
  - C. Motivator**
  - D. Project leader**
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**18. When we're helping young people unlock and practice empathy, what is one specific skill we're passing on?**

- A. How to be more emotional**
  - B. How to tell someone else about their emotions**
  - C. How to take on the perspective of another person by imagining what it's like to stand in their shoes**
  - D. How to act based on an assumption about how another person is feeling**
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**19. What is one way you can model empathy?**

- A. Teach students how to build harmony**
  - B. Create a challenge that will require taking action**
  - C. Describe your own emotions and connected actions in an overly-exaggerated or oversimplified way**
  - D. Have students act out empathetic situations in class**
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**20. What is one practical way to learn about the emotions other people are experiencing?**

- A. Asking them to describe their emotions on the spot**
  - B. Observing their stature and actions (e.g., crossed arms, facial cues)**
  - C. Closing your eyes and really listening to what they are saying**
  - D. Paying attention to the tone of voice and pitch of others**
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