

Adolescence is a critical time to develop empathy. In recent years, studies have shown empathy can impact areas such as leadership, career, business, relationships, and academics. It is especially critical for our youth, as a study showed that 2010 college graduates had empathy levels 40% lower than their counterparts in the 1980s and 1990s. There has also been a rise in cyberbullying in recent years. The time for empathy training is now.

Topics and Themes

Quest Forward's approach to empathy is strength-based. In every level of this program, participants will learn and experience how the essential skills of empathy will help them be successful in many areas of life, from relationships to career. *Me to We* encourages learners to ask questions like:

- What is empathy and why is it a valuable skill?
- Why is it important to explore the motivations of others?
- What are my values and how do they inform my choices?
- How can I come to better understand myself and others?
- Why should I be kind?
- How do I relate to people that are different from me?

All of the essential skills learned in *Me to We* connect and build on each other. For instance, learners cannot safely practice perspective-taking without first learning emotional regulation skills, in case they experience challenging emotions. The capstone level of *Me to We* is a service learning project in which learners will practice all of their cultivated empathic skills.

Program Details

Me to We consists of approximately 54 quests, spread over 12 levels. The program also addresses dozens of the American School Counselor Association (ASCA) National Standards, most notably the Personal/Social Development standards.

Standards Addressed

ASCA National Standards

PS:A1.2-1.3; PS:A1.5-1.10; PS:A2.1-2.4; PS:A2.6-2.7; PS:B1.1-1.12;
PS:C1.2-1.11

Essential Skills

Me to We covers key angles of empathic development to ensure that learners not only understand the "what" of empathy, but the "why," while learning how to keep themselves healthy and safe in the process.

Emotional Literacy

Accurately identify and express your emotions while learning to identify others' emotions.

Emotional Self-Regulation

Discover different ways to regulate emotions, stay emotionally safe, and maintain healthy boundaries.

Perspective-Taking

Practice taking the perspective of other people and de-centering yourself.

Values Clarification

Clarify your personal values so that they may bolster your ethical identity.

Kindness

Strengthen your ability for empathic concern by practicing acts of kindness.

Upstanding

Learn when it is safe and appropriate to be an upstander and how to act.

Teamwork

As a productive team member, collaborate with others to reach a shared goal.

Me to We

Featured Quests



What We Talk About When We Talk About Empathy

What is empathy?

6 Activities

2 Artifacts

📌 empathy, life skills, sympathy



Feel-o-phile

What are emotions and what do they do?

4 Activities

2 Artifacts

📌 emotions, feelings, empathy, life skills, biology, brain



In My Shoes

What is perspective-taking and why is it important?

5 Activities

1 Artifact

📌 life skills, perspective-taking, perspectives, empathy



The Why of You

What are your values and how do you act on them?

5 Activities

1 Artifact

📌 choices, values, life skills



Stand Up

What is an upstander and why should I strive to be one?

6 Activities

2 Artifacts

📌 life skills, empathy, bystander, upstander

Quest Forward Learning (formerly called Next Generation Learning, or NGL) is designed to support personalized, active learning in high schools and colleges worldwide. We enable relevant, engaged learning that activates learners and helps them build real skills, using innovative materials aligned to local and national standards.

Learn more at questforward.org



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