



UPCOMING WOMEN project

Low skilled women' empowerment
through global competence and
mentorship

INTERACTIVE MICROLEARNING COURSES

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union

Welcome to the Module 3!

Perspectives and Viewpoints

Recognise perspectives and world views
of others

Developed by Right to Childhood
Foundation



What I will find in this module?

0

Learning outcomes

1

An scenario-based
narrative

2

Did you know that...?

3

Reflecting questions & tips

4

Visual contents

5

Learning inquiries

6

Self-monitoring of competition

7

Additional resources for
professionals



0 Learning outcomes



What I will be able to
at the end of the
module?

- ☐ Increase my interpersonal understanding of others;
- ☐ Recognize and distinguished my own believes and expectation form those of others.
- ☐ Will understant the underlying process behind the perspective taking.





0

A scenario

based narrative

Mary's story



Module 3

Mary's story



Mary is 36, single refugee women with two kids.

Mary is looking for job. She urgently need it in order to be able to take care of herself and her children.

With the help of a social worker, she manage to find a responsible job in a good company, and she is now having her first week there.

Mary's story



At her first days Mary is nervous. It is difficult for her to overcome her strong emotions of fear for not being accepted by her new colleagues. She is also afraid that she will be looked as a “risky employee” because of her situation of vulnerability – single refugee mother with a two kids.

Mary's story



During her first week Mary thought she's being criticized too much from her supervisor. She felt that he does not like her because her working attitudes were different. Because she was sure in her expertise, she decided to show her supervisor that her way of doing things is better. This decision of her lead to new conflict situation with her supervisor.

Mary's story



Mary now is considering to look for another job, which is not an easy task for a single mother in a foreign country.



0

Did you know
that...?



Perspective is..

The ability to see the world from the perspective of others who might differ in their cultural backgrounds, beliefs, attitudes and practices depends on self-awareness and understanding of one's own perspective, as well as those of others.



Perspective is..

Perspective is the way individuals see the world. It comes from their personal point of view and is shaped by life experiences, values, their current state of mind, the assumptions they bring into a situation, and a whole lot of other things.

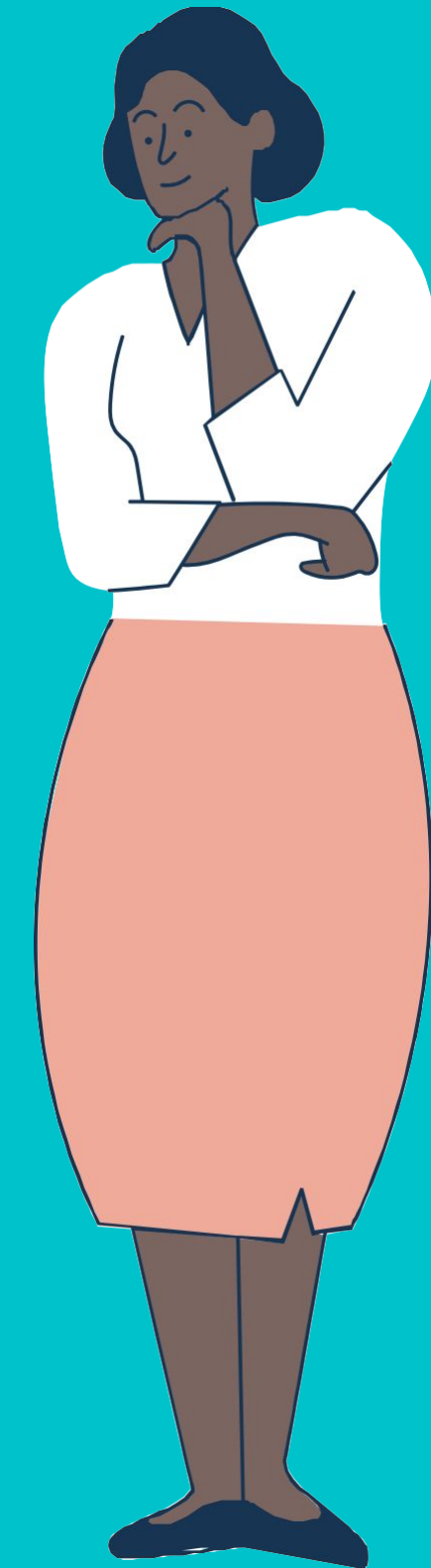


Other's view point and perspectives:

We need to learn how to understand the perspectives of others. Others view us differently than we view ourselves, and our shared circumstances don't result in shared conclusions.



0 Reflecting 4 questions & Tips





Why do you think the way you do?

Tip:

We all disagree on all sorts of issues. That much is easy to recognize. Instead of simply asking what someone thinks, what their opinion is, and stopping there, we need to actually move one step beyond this in order to figure out why we disagree with others and what harmonious conclusions we can reach from there.

UPCOMING



WOMEN

Is it subjective or is it objective?

Perspective taking relies not only upon our ability to share emotions with others, but also upon our capacity to regulate *our* own emotions. To be effective with others we must be aware of what might trigger us so we can quickly refocus ourselves on what is happening with the other. When it comes to empathy, the point is not to ask ourselves what we would do in any given situation; it's to try and understand what another would do.



What is the ability that helps to understand others point of view?

Social perspective-taking is the ability to understand how a situation appears to another person and how that person is reacting cognitively and emotionally. The opposite of perspective-taking is egocentrism or being unaware that other perspectives exist and that one's own view of the situation or issue is incomplete and limited.



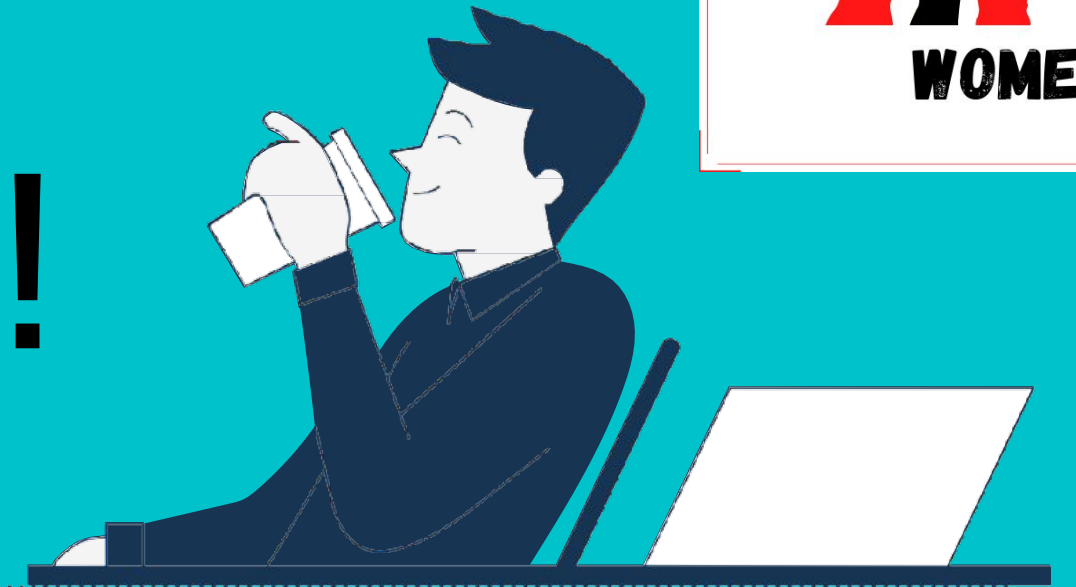
What's the difference between wordview and perspective?

Perspective refers to how things look from your current position.

Worldview refers to how you see the world, regardless of your current position.

0 Visual contents

5 Watch these videos!



Link:

<https://www.youtube.com/watch?v=jX20LUhf8ZM>

Have you ever wondered what makes us to emphases with others? This process start at our very early age and puts the foundation of the ability for understanding other persons perspective.

0 Visual contents

5 Watch these videos!



Link:

<https://www.youtube.com/watch?v=eQzrFVTbqvE>

Pre-judgment is something to better avoid. As humans, we are most likely to look at the events from our own perspective, which is not every time the true.



0 6 Learning inquiries Ready for quizzing?

Quizz 1

Understanding
others view point
and perspective
is...

- A. A key global competence;
- B. Usefull common skill
- C. Somtehing to be achieved during the childhood.



Quizz 2:

Why is it important to recognize different perspectives?

- A. Perspective helps us to understand situations from other positions, to consider other beliefs, experiences and view points.
- B. To enrich our academic knowledge;
- C. To perform better at work;



Quizz 3

What is it called when you see things from someone else's perspective?

- A. Social inclusion
- B. Non discrimination
- C. Empathy**



Quizz 4

Putting yourself
in someone
else's shoes
means...

- A. Trying on someone else's shoes.
- B. Putting yourself in someone else's place and imagining how it would feel.**
- C. Something that does not fix to you.



Quizz 5

Why is it important to learn about seeing other people's perspectives?

- A. It is not important
- B. You could easily find a good job
- C. **To help us connect and understand others.**





0

Self-monitoring of competition



Module 3



How I agree the following statements?
(1 strongly disagree – 5 strongly agree)



By completing this module...

1. I can explain what perspective is.
2. I know the definition of empathy.
3. I can distinguish perspective from worldview.
4. I can list a minimum of 3 benefits from perspective taking.
5. I'm more motivate to fight stereotypes.

Copyright Disclaimer



All audio-visual material was accessed freely from free online stock image platforms and/or YouTube and apply fair use laws without intention to breach any copyrights. If you feel that copyrights were violated, kindly contact us at right@childhood.bg to resolve the matter in a restorative justice manner.

UPCOMING WOMEN project

Low skilled women' empowerment through global competence and mentorship

PROJECT NUMBER: 2021-1-BG01-KA220-ADU-000033670

Developed by: Right to Childhood Foundation



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union



Good job!

Keep improving your global competence!

Go to the next
module!

Module 3

Find more if you are a professional >>

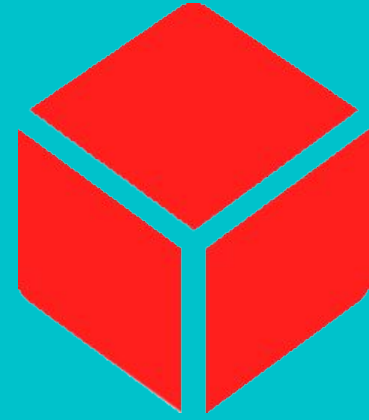


Good job!

Keep improving your global competence!

Module 3

Find more if you are a professional >>



Additional resources for professionals

Training on global competence



PERSPECTIVES AND VIEW
POINTS



Module 3

Perspective taking

UPCOMING



WOMEN

What is perspective taking?

“The ability to understand how a situation appears to another person and how that person is reacting cognitively and emotionally to the situation.”

– *Gehlbach, 2004*

In other words it is our ability to recognize the other's point of view and thus be able to put ourselves in his place. This skill is the foundation of human relationships based on understanding.

Perspective taking



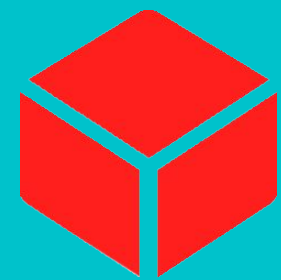
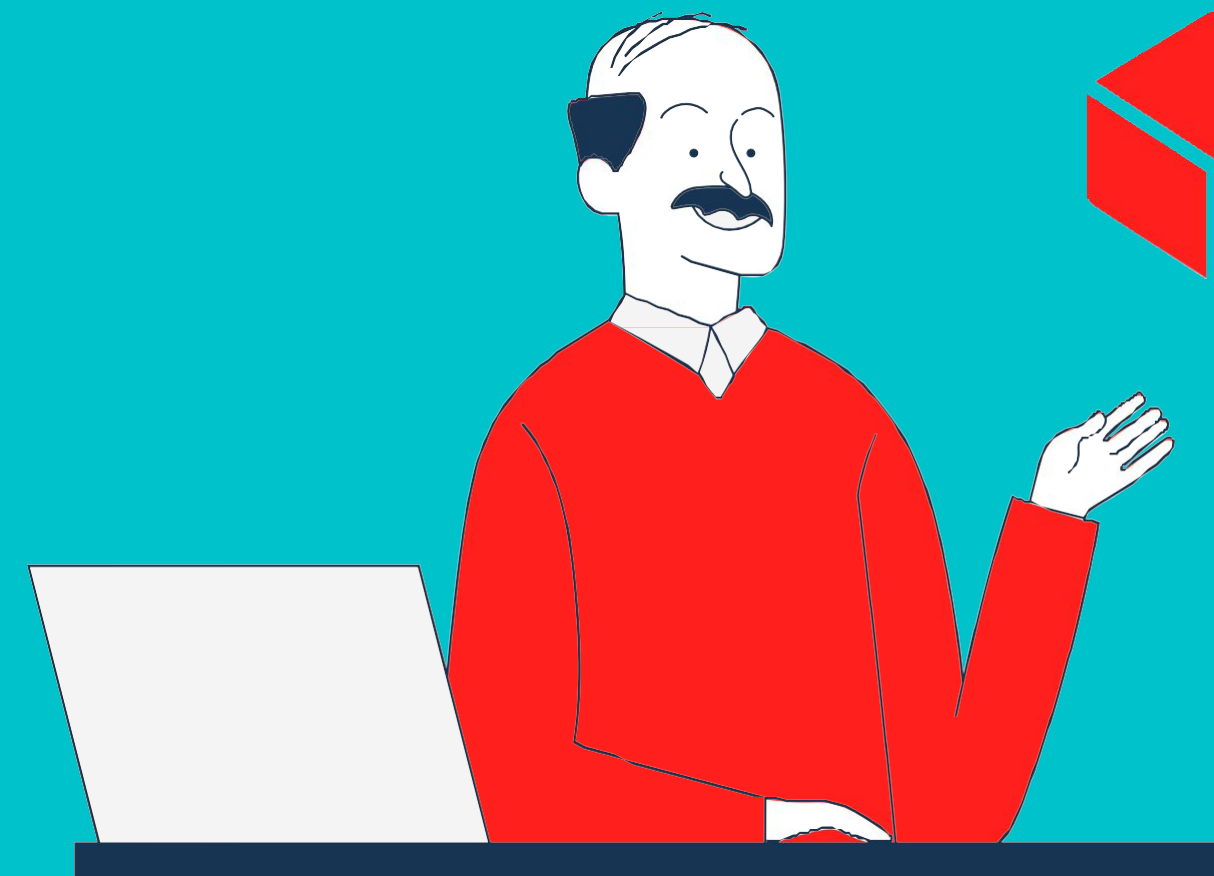
Of course, it is impossible to fully accept someone else's point of view, but trying to do so is valuable for our development. When we purposefully try to understand the position of the one who stands against us, we learn. This is a process of stimulating the creation of new neural pathways in our brain.

Understanding the other's point of view is not easy and requires diligence and perseverance on our part. The good news is that the more often we do this, the easier it is to indulge in the desire to accept and understand others.

Perspective taking's benefits:



- Counteracts expressions of bias
- Decreases implicit bias
- Reduces the expression and accessibility of social stereotypes
- Increases the positivity of group-based judgments
- Decreases in-group favoritism
- Increases team creativity
- Stabilizes marriages
- Improves conflict resolution
- Creates successful leaders



Get inspired!

Module 3

Title



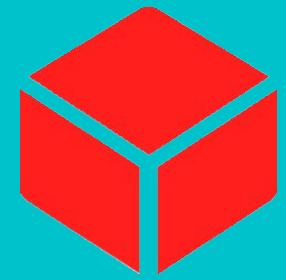
Title



Title



Text



To learn more...

UPCOMING



WOMEN



- <https://www.oecd-ilibrary.org/docserver/48138b98-en.pdf?expires=1655754372&id=id&accname=guest&checksum=A229A2D885407085C218462A38EECBA7>
- <https://study.com/academy/lesson/global-competence-recognizing-perspectives-domain.html>
- <https://www.socialstudies.org/sites/default/files/publications/se/5706/570607.html>



Good job!

Keep improving your global competence!

Go back to the
module!