The Value of Empathy
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Personally, a core value that means the most to me is Empathy. This is because I feel it is very important to learn, understand and connect with others around you. At the end of the day, the friendships made throughout high school will contribute to having connections when you're older. There is no point in arguing with fellow classmates and having bad relationships because, at the end of the day, you will want to have people who you can laugh with, study with and enjoy these final years before adulthood. Being able to understand and share feelings with one another is an essential value that I believe is very important in the world. I would want to make memories with my classmates and friends, looking back at these times with a smile and reminiscing about the good old days. I wouldn't want to complain and say how awful these years were. And in order to do that, empathy is needed because only through empathy can we truly understand each other and be friends. I have spent my life questioning how I could deal with empathy and to be honest, I would have to say that I feel empathy for everyone around me because I want to know how I could help someone feel better when they aren't feeling good just as much as I would want to know that someone is there for me no matter what happens. Dealing with empathy in life is an essential value to not just students, but humans in general. Without empathy, learning about the struggles of the world and improving our relationships with each other is not possible hence why everyone should have empathy. Empathy must exist in order to identify those in need of help and how we can provide it to them. I want to be there for my friends and classmates even if we don't get along well because you never know what someone has been through until they speak up about it. I keep remembering this time when one of my friends was going through a lot at home and it really affected how she would be at school. However, she would always try to hide it behind a fake smile and tell me that nothing was wrong despite that, I felt something was wrong. One day I tried talking to her alone after school because I could tell she was hiding something and that is when she started crying and telling me about her situation and why it hurt her. I truly felt bad for her and I think that if I hadn't noticed, she

am always eager to try and understand everyone's perspective. I believe that being empathetic will remain a core value to me even later on in life because ultimately, that is how I will make friends and be able to lend a hand to whoever and whenever.