

Three steps involved in engaging empathy:

Three steps involved in engaging empathy:

1. Empty yourself of your own point of view or any association of yours that comes to mind as the other person speaks. You will be able to come back to your own point of view later; for now, it is important to simply listen.
2. Ask the person who has just spoken some open-ended questions about what he or she just said. Such questions might begin with "What other factors...?" "How did you come to realize...?" "Where might you seek resources...?" "Why have you ruled out...?" "Who else might be thinking about/working on...?" "When else have you noticed...?" Repeat in your own words to the person what you have understood him or her to have said, and then ask if you have it right or where you have misunderstood it.
3. Ask this: Given all the comments made, the feelings or meanings reported, where do we go from here? What does the person see as a good direction to take from here? What might some of the person's goals be for now and for the future?

List adapted from "Appendix: A Sequence of Five Steps in Empathy" in Bly's anthology *Changing the Bully Who Rules the World: Reading and Thinking about Ethics*. Minneapolis: Milkweed Press, 1996: 537.

Origin of the Term “The Big Five” African Animals

- ▶ How did these five animals – the lion, elephant, buffalo, rhinoceros and leopard – come to be called the Big Five?
- ▶ It was originally a hunting term used by the so-called ‘great white hunters’ in the hunting heyday of the 19th and early 20th centuries, when professional hunters bagged as many trophies as possible in as short a time as possible.
- ▶ Considered a rite of passage for seasoned travelers, everybody from American presidents to European royalty and heads of state came to Africa to shoot a large, dangerous animal.
- ▶ The Big Five quickly became known as the most dangerous animals to hunt on foot, and the name stuck – although now ‘shooting’ is done through a camera lens.

(<http://big5.southafrica.net/#intro>)

Classification of Waterfalls

- There is not a standard way to classify waterfalls. Some scientists classify waterfalls based on the average volume of water in the waterfall. A Class 10 waterfall using this scale is Inga Falls, Democratic Republic of Congo. The estimated volume of water discharged from Inga Falls is 25,768 cubic meters per second (910,000 cubic feet per second).
- Another popular way of classifying waterfalls is by width. One of the widest waterfalls is Khone Phapheng Falls, Laos. The width of the Khone Phapheng Falls is about 10,783 meters (35,376 feet).
- Waterfalls are also classified by height. Angel Falls, the world's tallest waterfall, plummets 979 meters (3,212 feet) into a remote canyon in a rain forest in Venezuela. The water, from the Gauja River, often does not reach the bottom. The fall is so long, and so steep, that air pressure is stronger often than the water pressure of the falls. The water is turned to mist before it reaches the small tributary below.
- (http://education.nationalgeographic.com/education/encyclopedia/waterfall/?ar_a=1)