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In our society today, we are captured by technology and money, and we fail to think frequently about people in need. It seems that we only think about ourselves, and never stop to remember how fortunate we are. To remove this way of thinking, we must treat other people with kindness.

My name is Suneeti Chambers and I am here to present my capstone project: Compassion and how it plays into my future. I’m going to talk about 3 components that define compassion. First, perspective and understanding, second, being compassionate to others, and third, why does it matter at all?

Before, I officially start my presentation, I would like you all to look at the quote shown. This quote embodies the message of this entire presentation.

1. Perspective and Understanding

As we walk by people, we rarely stop to think what they have done today, or what they’re going through. Personally, I find it very hard to understand what is going on with a person, just by looks. Even a physical disability cannot tell the entire story of a person. It takes a heartfelt discussion to know what someone is going through. Even then, we can’t fully grasp what that person feels. Thus, we must have a sense of perspective and understanding to grasp what a person feels. With perspective and understanding, we are forced to see a person’s true nature. In To Kill A Mockingbird, an African-American man named Tom Robinson is accused of abusing a white girl. Throughout the trial, it is revealed that Tom is not the abuser. However, Tom is an African-American man, and for that reason the jury decides he should be sentenced to death. If Tom was a white man, he would have easily been released, but he was judged by his skin color. (Show the picture)In To Kill a Mockingbird, Tom is the mockingbird. The famous quote, “Shoot all the bluejays you want, if you can hit’em, but remember it’s a sin to kill a mockingbird” has a significant meaning. It means that you should never hurt someone who is innocent, which is what happened to Tom Robinson. In this case, the members of the jury were completely blind to the fact he had done nothing wrong; they had failed to understand the man’s innocence. This proves how important it is to understand people and see it from his or her perspective.

2. Being compassionate to others

As said in the words of John C. Maxwell, “People may hear your words, but they feel your attitude.“ Compassion must also come with integrity. There is no use in being kind if you cannot truly mean it. I feel that’s why kindness carries such gravitas; it has to have meaning. As defined in the Online Merriam Webster’s Dictionary, the definition of compassion is: a feeling of wanting to help someone who is sick, hungry, in trouble, etc. If someone aspires to be compassionate, there should be a purpose of wanting to help people.

3. Why does it matter at all?

The lack of kindness has led to many consequences. War, crime, poverty are all consequences of the lack of compassion and caring. When people do not care or treat each other with respect, no one can hope to achieve anything good. Without kindness, people think blindly and make wrong decisions. Kindness, however, reveals our true humanity and shows that we are capable of helping one another. Compassion plays in my future through my choice of occupation: doctor. I believe that it not only takes good grades and hard work, but also genuine kindness to help people. Doctors have a huge responsibility, and the initiative to take care of a patient must rely on kindness. Many famous, religious leaders such as the Dalai Lama and the Pope (stop to show picture) are avid believers of kindness and preach to people about the importance of kindness. Kindness is the most important because it can restore us to our true selves and make us reach out to people. I consider compassion as a quality that should not set us apart, but one that should unite us all.