



## Compassionate Pedagogy in Virtual Reality

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# What is Compassion?

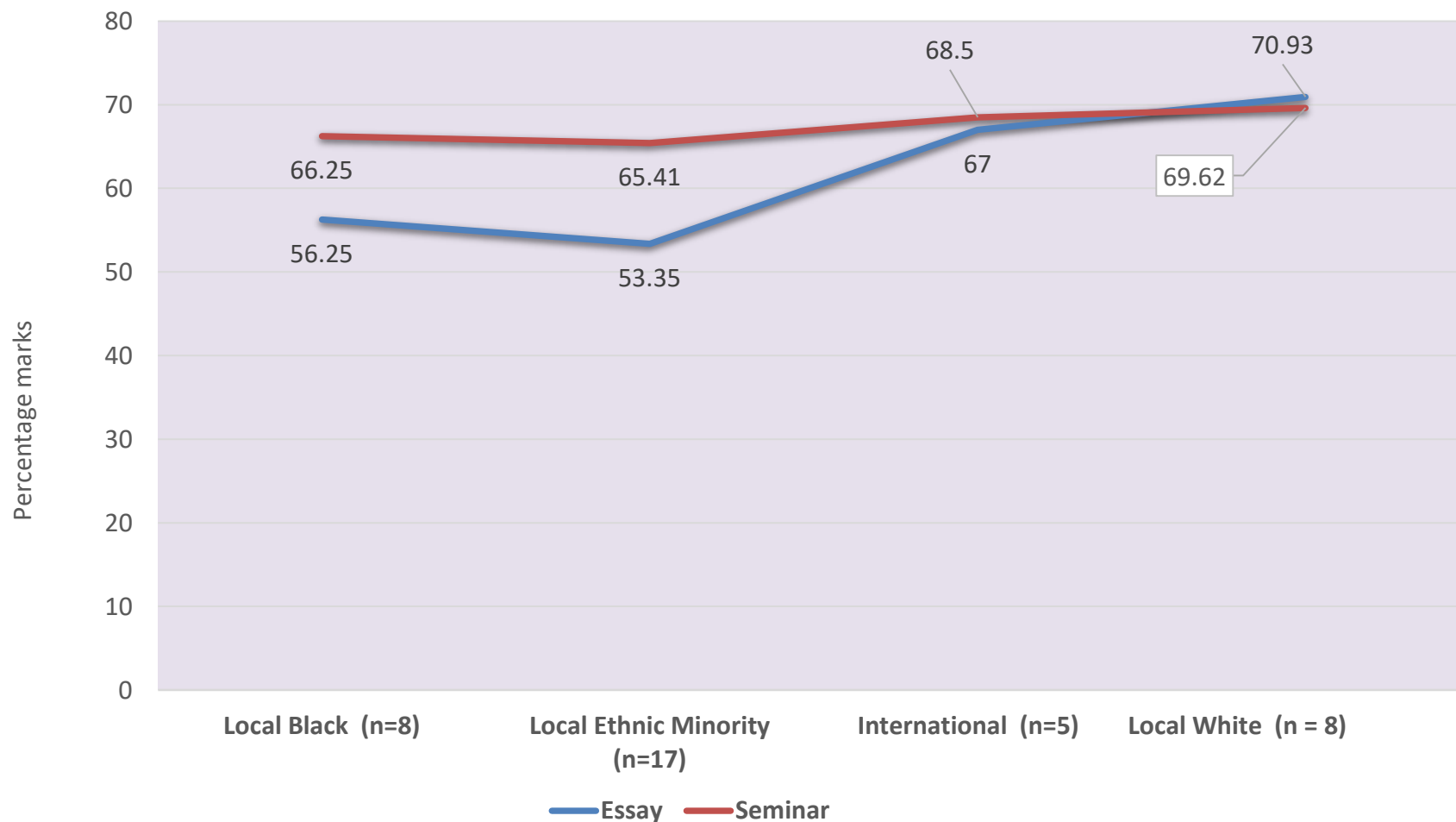
Noticing/anticipating disadvantaging of others and/or their  
social or physical distress  
*and*  
Doing something to reduce or prevent that.

Video on assessing and embedding compassion:

<https://www.youtube.com/watch?v=3jFVTCuSCOg>

# Academic Outcomes

The same sample of students (n=38) completed both assignments on a single UG Business module



Mean percentage marks awarded per student 'category' for critical thinking

# Compassion reorganises the brain

- S28: “When I go into seminars I find any other Muslim people there.... Most of the others, I’m probably not gonna talk to them to be honest.
- So I was thinking, ‘Oh my God. What if no-one talks to me?’ But as soon as I got into a group I was fine, I was fine. ... I did the research so I was really lucky [sic]. We just got into the discussion and took it from there. It flowed really well.”

*S28 Local ethnic minority female, stage three, mid module focus group transcript, p5, lines 133-135*

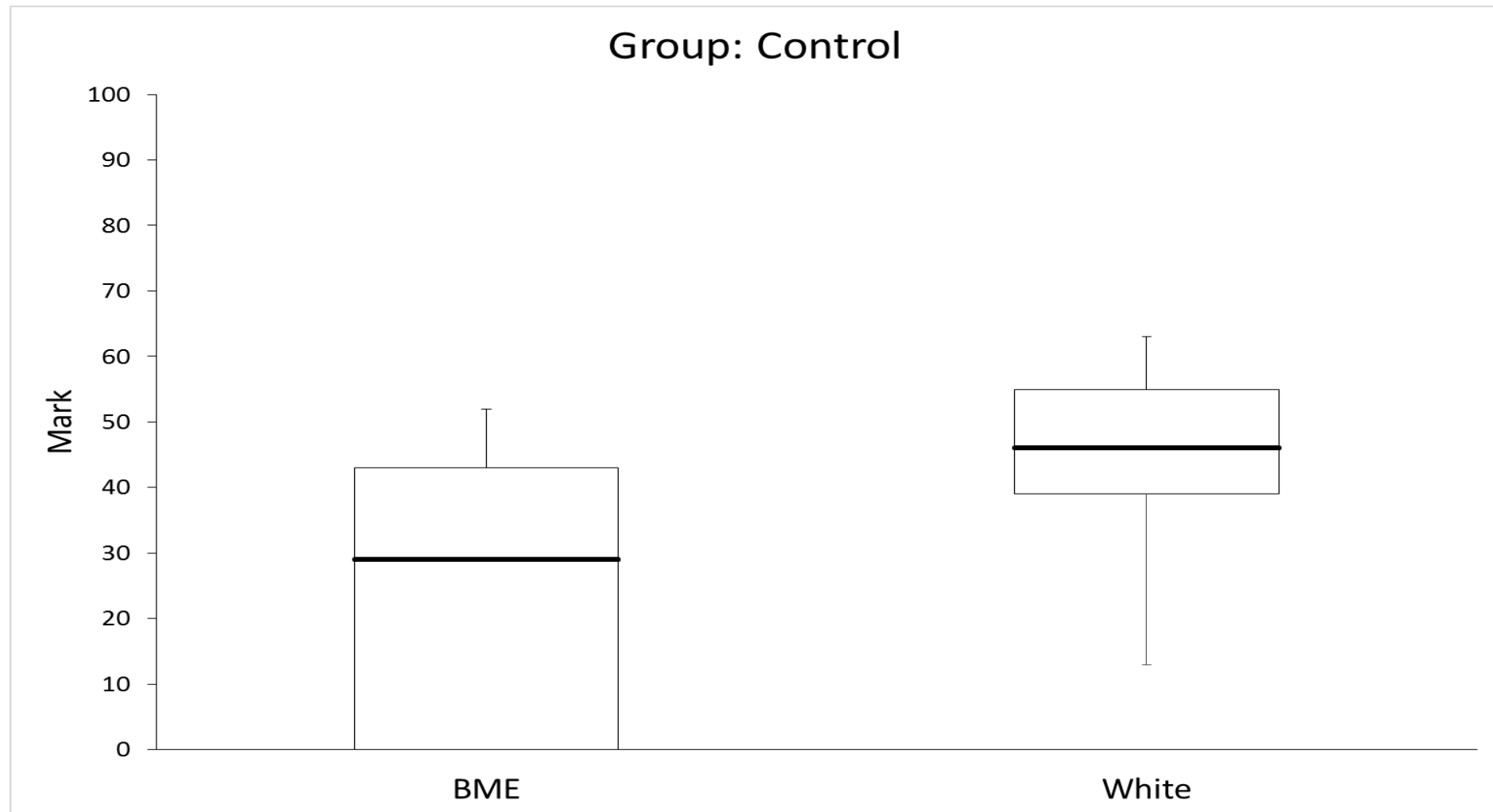
# Compassion reorganises the brain

- S29: I felt not as one person but I felt as a person within an entity and the entity was my group. . . . I felt that I was part of the group and I didn't feel like an individual at that point. It didn't make me feel like I'm focused on it. It made me feel like we're *all* focussed on it.

*S29 Local ethnic minority male, stage three, post assessment focus group 3 transcript, p15, Lines 491-494*

# Academic Outcomes

Computer science undergraduate module (27 students)      Doolan et al  
(forthcoming)



# How compassion reorganises the brain

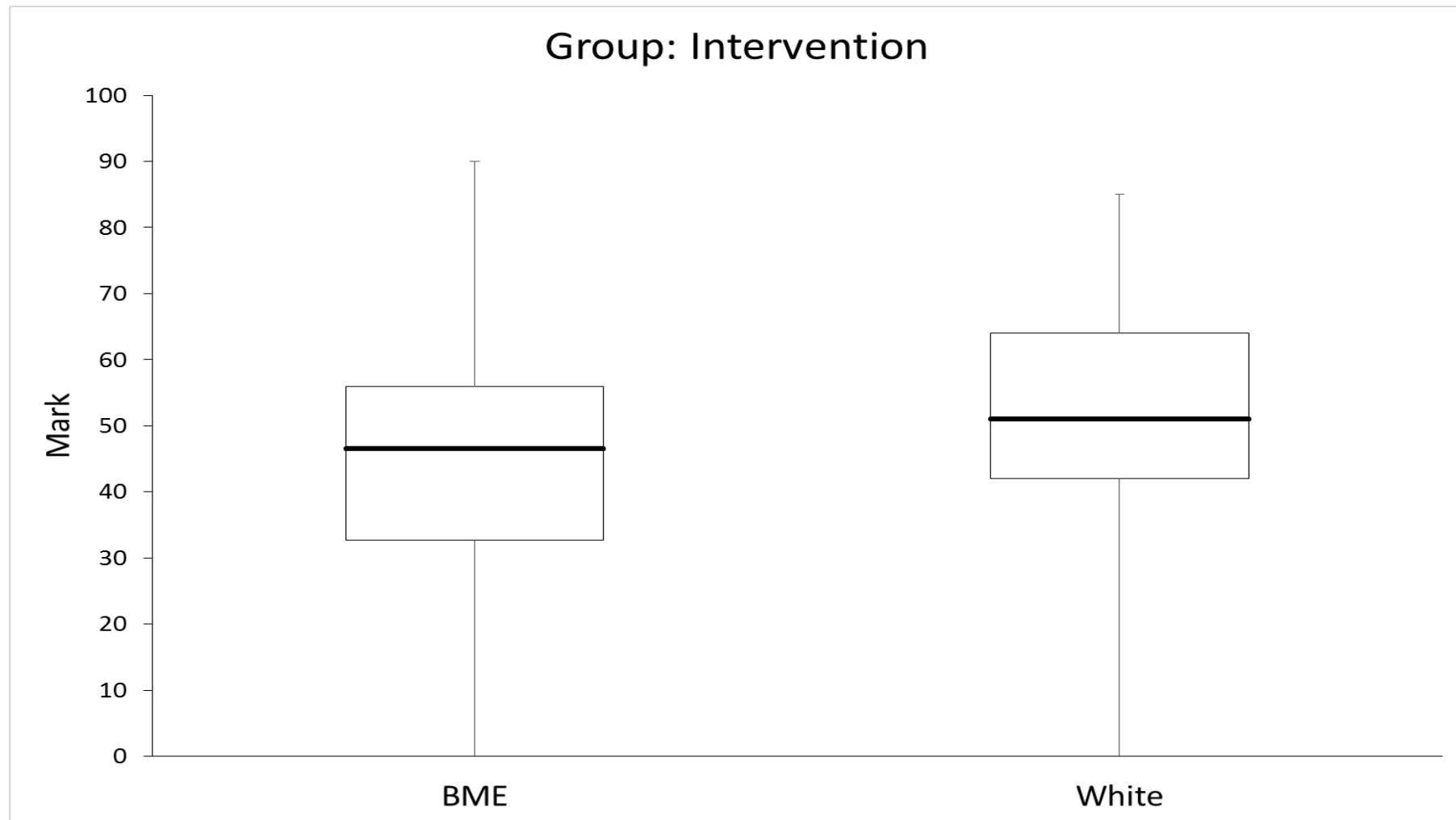
“...on their piece of work, I would listen to how they achieved this... how valued their input is. I also made sure I was showing gratitude.” (S185)

“....during discussions I always made sure to leave spaces for other people.” (S100)

“I was worried being the oldest person and the only non-native English person... ....having ten years of working experience with people from different cultures and backgrounds, I never found it as smooth as this time. Outside of university, we’re still hanging out together.” (S110)

# Academic Outcomes

Academic Results: After Compassionate micro skills taught for group work  
(228 students)





# Aims

Our project involves developing a Virtual Reality simulation that helps stimulate a growing awareness of the critical role of compassion for enhancing group learning, decision making and problem-solving in socially cohesive ways, wherever teamwork occurs.

We believe VR will accelerate the internalisation of psychosocial processes involved with compassionate behavior.

# What do we mean by Virtual Reality?

## Decoding the literature by interface mediums

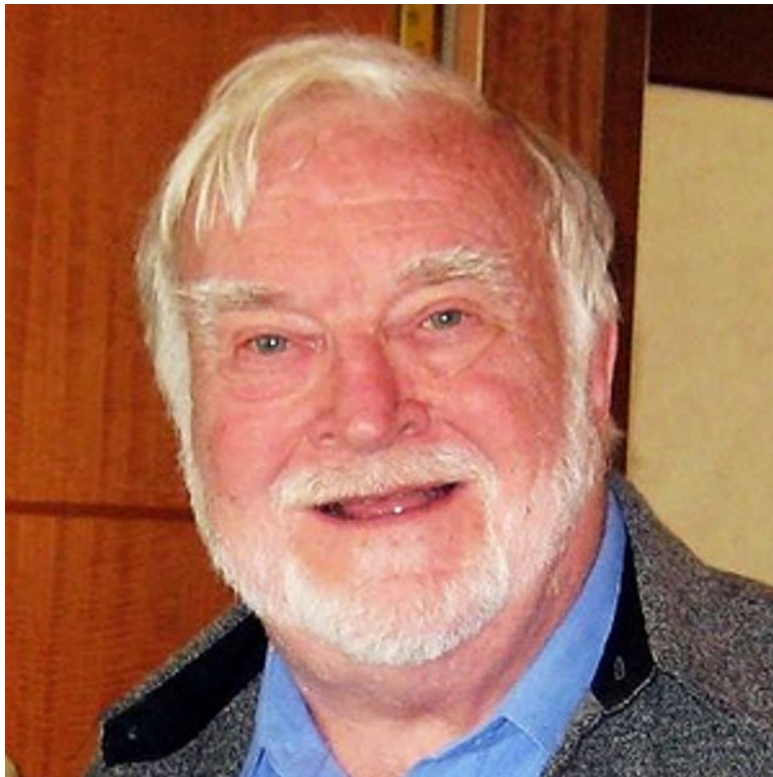
- Desktop VR
  - Keyboard and Mouse
- Immersive VR
  - A bit of a catch-all term, it includes:
  - Cave Systems
  - Head Mounted Displays (HMDs)
  - Other implementations, usually abstractions of the above
- Head Mounted Immersive VR\*
  - A screen on your head!
  - It's what everyone's talking about!

# Considerations Safety!

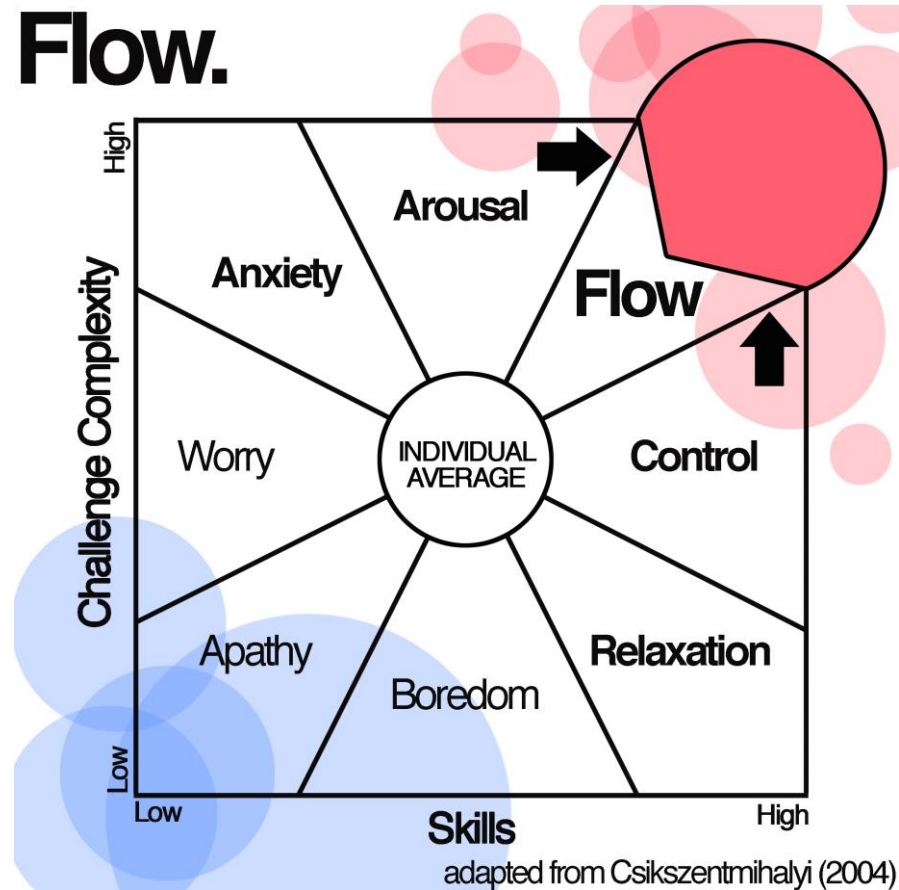


# Immersive Fidelity

What are the secret ingredients?



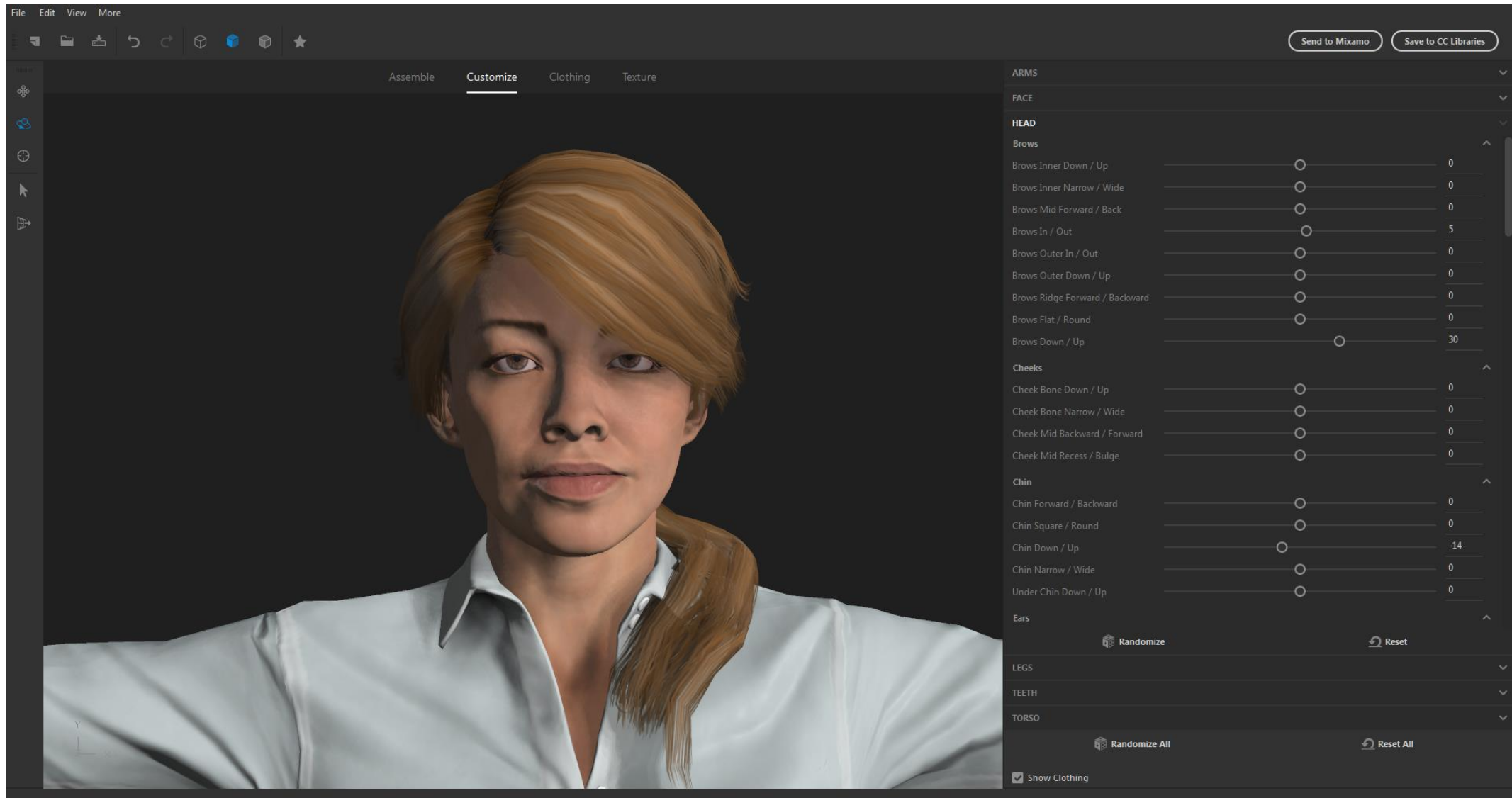
## Flow.



Flow, the Psychology of Optimal Experience (Mihaly Csikszentmihalyi, 1990)

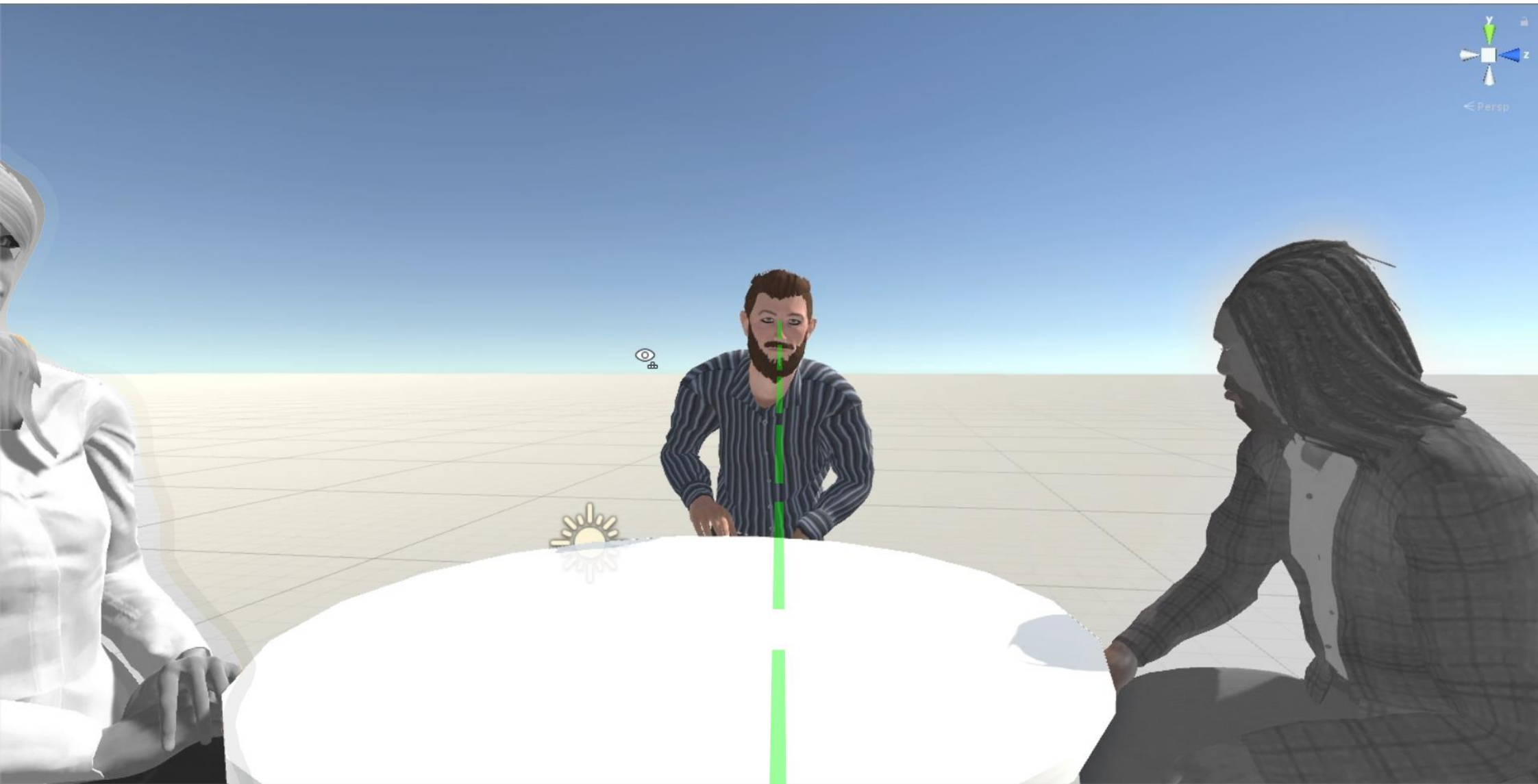
# Embodiment

## Visual and immersive fidelity





## Preliminary Visual Cues



Monopolizer excluding participants, what can you do to bring them back into the conversation

In motion...



# Why Virtual Reality and not Augmented Reality?

## VR Pros

- VR gives us *much* more control over the environment and depiction of users
- VR Headsets are currently more advanced than their AR counterparts
- It's much easier to network users in different locations using VR

## AR Pros

- AR gives you much more detail (video feed vs 3D content)
- Less acclimatization required (it shows a video feed of what is in front)



# Immersive Fidelity

## Translating flow to virtual reality 2/2

### Translating VR variables to Flow

First Person Immersion	}	Loss of self-consciousness
Spatial Immersion		Intense and focussed concentration
Roleplay Immersion	}	Merging of action & awareness
Scope for exploration		Sense of personal agency

(Andrew Marunchak 2018)

# Please contact us!

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