



BLOOMING
Inclusion and Diversity in STEAM

Student Guidelines for Completing and Empathy Map

A. Understanding the Empathy Map Template

The empathy map will help you explore your personal thoughts, feelings, and influences about pursuing a career in STEAM

A typical empathy map has 4 sections:

Think & Feel: What are your internal thoughts and emotions when you consider a career in science?

Hear: What are the opinions, advice, and comments you hear from others about your interest in science?

See: What do you observe in your environment that influences your career decisions? Consider role models, media representations, and educational opportunities.

Say & Do: What actions are you taking towards exploring a career in science? What have you said to others about your aspirations?



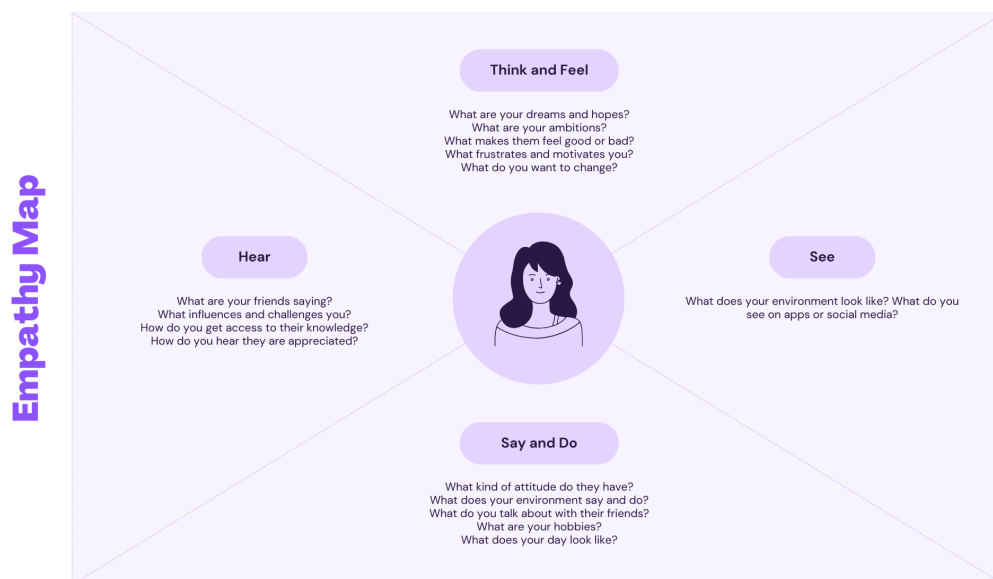
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B. Empathy map template





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C. Filling in the Empathy map Quadrants

'Think & Feel' Quadrant

Reflect on your personal feelings and thoughts about a science career. Are you excited, curious, intimidated? Write down your honest feelings and any thoughts that shape these emotions.

Examples: "I feel inspired when I read about successful women scientists" or "I think I might not be good enough for a high-tech science job."

'Hear' Quadrant

Instructions: Consider the input from around you. What do your teachers, family members, and friends say about your interest in science? Include both positive and negative comments.

Examples: "My teacher says I have a knack for biology" or "My uncle thinks science is a tough path for women."

'See' Quadrant

Instructions: Think about what you see in your daily life and media that influences your perception of a science career. This could be science programs on TV, articles about scientific discoveries, or even the gender ratio in your science classes.

Examples: "I see more men than women in my physics class" or "I read a profile of a female astronaut and felt really inspired."

'Say & Do' Quadrant

Instructions: Reflect on your actions and conversations related to your career interest. What steps have you taken? What have you discussed with counsellors or peers?

Examples: "I joined the science club to learn more" or "I asked my teacher about careers in environmental science."





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Review and Reflect

Look over your completed map. Think about the patterns and insights you can draw from the different quadrants.

Discussion: Share your findings with a classmate or in a group discussion. This can help you articulate your thoughts and refine your career aspirations.

Set Goals Based on Insights

Based on the insights from your empathy map, set specific, actionable goals that will help you move forward in your career journey.

Examples: "I will contact a local scientist for an informational interview" or "I will participate in a science fair to gain more experience."



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