



EMPATHY MAPPING

for Mindful, Effective Educators

Every educator has, at one point in time, been a student. However, the longer one teaches, the more difficult it is to remember what it was like to be unfamiliar with our subject matter.

Practicing empathy—the ability to understand and share the feelings of another—can help educators better understand their class, their students’ needs, and what drives student behaviors.

Overall, these insights can lead to greater learning experiences for students and a greater teaching experience for educators.

In addition, modeling this behavior for your students can serve as a learning tool, increasing their empathy for their future patients or students.

Additional Resources

Gray, D. (2017). Empathy map. Gamestorming. Retrieved from <https://gamestorming.com/empathy-mapping/>

Siang, T., & Dam, R. Empathy map: Why and how to use it. Interaction Design Foundation. Retrieved from <https://www.interaction-design.org/literature/article/empathy-map-why-and-how-to-use-it>

The Journey

One of the best exercises for embracing empathy is to create an empathy map.

Map your empathy journey by asking yourself:



UNDERSTANDING

Once you can answer these questions in full, you have reached the final destination of the empathy map: understanding. This understanding will help you alleviate your students’ pains and elevate their gains to promote more effective learning.



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