



Fostering Advising Relationships Through Empathy

Literature

[Faculty Focus: Reclaiming the Joy of Teaching](#)

Things to Consider

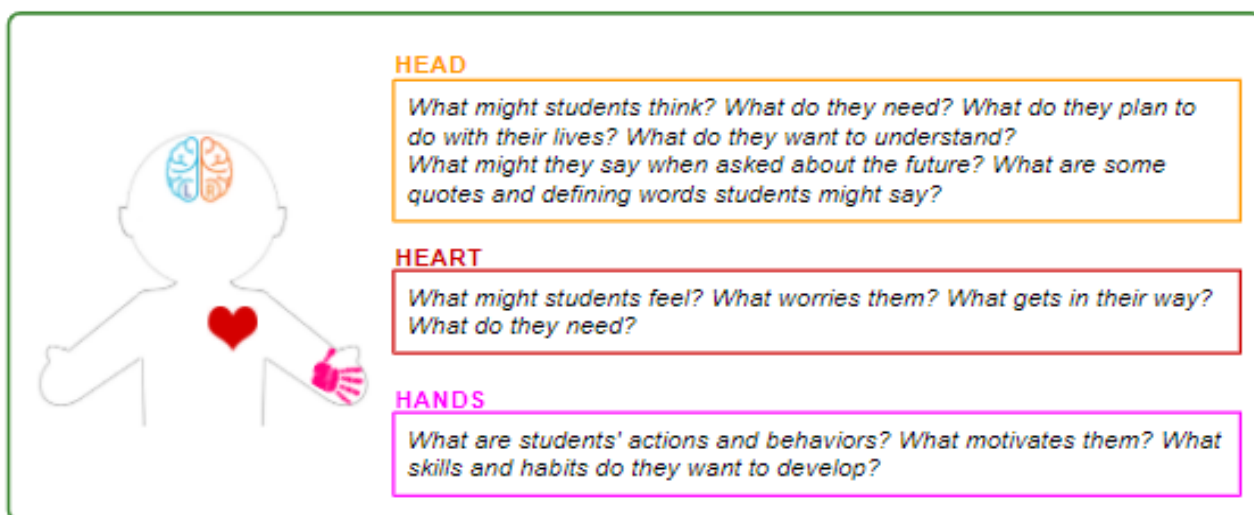
Being mindful about a student's challenges, barriers and goals will aid you in preparing to be an effective advisor as well as building empathy which can combat advisor fatigue and burnout.

Advising Tips

Take a moment before an advisement meeting to focus on your empathy map and think about what you enjoy about advising students.

Resource/Tool:


Empathy Map



HEAR & SEE

What might students hear? From other students? From other teachers? From advisors and career counselors? From the media? From their families?

What do students encounter in their environment? What kinds of things are they surrounded by? What implicit or explicit expectations do they experience?



HEAD

HEART

HANDS

HEAR & SEE

OPPORTUNITIES AVAILABLE TO STUDENTS

BARRIERS STUDENTS MIGHT ENCOUNTER