



Recognize Others Needs & Values: Empathy Map

Proving Ground Overview

The purpose of this assessment is to give you an opportunity demonstrate your ability to recognize others needs and values and successfully put yourself in someone else's shoes.

Proving Ground Directions

Choose someone you frequently disagree with or get into arguments with, this could be a teacher, a sibling, a classmate, etc.

Follow the directions to create an empathy map for this person to really understand where they are coming from. In the template provided below on the next page, start by writing the person's name and your relationship to them in the center of the middle circle.

As best you can, try to project yourself into that person's experience and understand the context you want to explore. Then start to fill in the diagram with real, tangible, sensory experiences. If you are filling in the "hearing" section, for example, try to think of what the person might hear, and how they would hear it. In the "saying" section, try to write their thoughts as they would express them. Don't put your words into their mouth – the point is to truly understand and empathize with their situation.

Rubric

Criteria	Description	Yes	Not Yet
Derive insights	<i>You summarize your learning/reflection from this experience</i>		
Rich descriptions	<i>You provide sensory details</i>		
Ideation	<i>You came up with several ideas for each section</i>		
Demonstrates respect for other person(s)	<i>Your word choice exhibits respect</i>		
Articulates understanding	<i>You exhibit a deep understanding of the person's needs and values</i>		

