



Strength in community

Building peer support networks in STEAM

This activity helps mentees connect with their peers, share experiences, and support each other in their STEAM journeys. By building a strong support network, mentees can learn from one another, overcome challenges, and celebrate successes together.

Through experience sharing and peer partnerships, this activity fosters a sense of belonging and resilience within the STEAM community.

Process:

1. Introduction to Peer Support (5 minutes)

- Learn why peer support is important in STEAM, especially for women and underrepresented groups.
- Discuss how sharing knowledge and experiences helps build confidence and resilience.

2. Experience Sharing Circles (10 minutes)

- Form small groups (or reflect individually).
- Each person shares a STEAM-related experience, challenge, or success.
- Practice active listening and offer constructive feedback to each other.

3. Peer Support Partnering (10 minutes)

- Pair mentees with a support partner to regularly check in and encourage each other.
- Share goals, progress, and tips for overcoming obstacles.
- If working alone, identify a peer or mentor you can connect with for support.

4. Reflection (5 minutes)

- Reflect on the benefits of peer support and how it can strengthen your STEAM journey.
- Discuss or note ways to stay connected and continue supporting each other over time.

By participating in this activity, mentees will develop lasting connections, learn from shared experiences, and feel empowered within a supportive STEAM community.

