



Center for
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY



SEE Learning

Social, Emotional, and
Ethical Learning

Social, Emotional and Ethical Learning (SEE Learning) is a new K-12 education program developed at Emory University to provide high quality, easy-to-use curricula and resources for educators and students for their holistic development based on the latest knowledge in educational practice and scientific research. SEE Learning builds off of the best practices in social-emotional learning (SEL) programs, but goes beyond them to include new topics such as attention training, the cultivation of compassion for self and others, resiliency skills, systems thinking and ethical discernment. SEE Learning has been developed with the help of a team of experts in developmental psychology, education, and neuroscience, as well as the vision and support of H.H. the Dalai Lama, who has long called for an education of heart and mind and a universal, non-sectarian approach to bringing the ethical development of the whole child into education.

SEE Learning is a project of Emory University's Center for Contemplative Science and Compassion-Based Ethics. Designed from the start for international implementation, the project has met with great interest both in the United States and worldwide, with partnerships in India, Germany, the United Kingdom and elsewhere. In the past year, some 400 educators have attended SEE Learning workshops, a selection of whom provide ongoing feedback on the implementation of the SEE Learning curriculum in their classrooms for program evaluation and continual improvement. In the coming year, the first cohort of SEE Learning Facilitators will deliver educator preparation workshops to an estimated 2,000 teachers in their first year.

Developmentally appropriate curricula for elementary, middle and high school students are being prepared for publication in early 2019 together with a SEE Learning Companion volume for educators, administrators and parents. Following the currently ongoing feasibility study, a multi-site research study is in preparation for the scientific evaluation of the effects of SEE Learning on students, teachers and schools.

Since ancient times educators have known that a comprehensive education must include helping students to cultivate character and ethical discernment, and not merely practical skills. Now scientific research, including research on compassion conducted at Emory University, is demonstrating that basic human values can be taught as skills and that this can result in measurable benefits for physical, psychological and social health and well-being. Since the causes of our societal problems - from school violence to environmental degradation to national security - lie not only in external conditions, but also in the decisions that we as human beings make based on our values, the need for programs in emotional and social intelligence - the so called "soft skills" increasingly recognized by employers as well - has never been greater.

"It is vital that when educating our children's brains, we do not neglect to educate their hearts, a key element of which has to be the nurturing of our compassionate nature." – *H.H. the Dalai Lama*

"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends." – *Mary McCleod Bethune*

"We must remember that intelligence is not enough. Intelligence plus character - that is the goal of true education." – *Martin Luther King, Jr.*