



SEE Learning

Educating the Heart & Mind

WHAT IS SEE LEARNING™ ?

Social, Emotional, and Ethical Learning (SEE Learning) is an education program developed at Emory University for international use with the vision of "a compassionate and ethical world for all."

SEE Learning is the culmination of an academic collaboration that began in 1998 between Emory University and the Dalai Lama, who has long called for an education of heart and mind. The program conveys a universal, non-sectarian, and science-based approach to bringing the ethical development of the whole child into education.

SEE Learning enhances SEL programming with key additional components, including:

- attention training.
- compassion and ethical discernment.
- systems thinking.
- resilience and trauma-informed practice.

This program provides educators with a developmentally-staged curriculum consisting of easy-to-implement lessons, the conceptual framework used to design the curriculum, and resources for educator preparation and development. SEE Learning empowers students to engage ethically as part of a global community and provides educators with the tools to support student well-being.



THE CURRICULUM

For K-12 schools, SEE Learning provides a full curriculum comprised of over forty, 20 - 40 minute learning experiences (lessons) developed with feedback from educators who have piloted the program in real classrooms in the US, Europe, and India. Translations into Hindi, Spanish, French, Korean, and other languages are on-going.

THE CURRICULUM SEQUENCE

1. Creating a Compassionate Classroom
2. Building Resilience
3. Strengthening Attention and Self-Awareness
4. Navigating Emotions
5. Learning About and From One Another
6. Compassion for Self and Others
7. We're All In This Together

Capstone Project: Building a Better World

To begin your SEE Learning journey, please visit:
seelearning.emory.edu.



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“This is SEL 2.0.”

- Daniel Goleman,
Author of *Emotional Intelligence: Why It Can Matter More Than IQ*

PROFESSIONAL DEVELOPMENT FOR EDUCATORS

Educators can begin their journey with SEE Learning by taking the free, self-paced online orientation course – SEE 101 – at seelearning.emory.edu. After completion of SEE 101, free access to the curriculum is available, and educators can begin teaching SEE Learning. We recommend attending in-person workshops for further training, organized by the SEE Learning program or by Emory-certified, regional facilitators who have completed the facilitator training program. The facilitator training program is available to qualified individuals wishing to offer SEE Learning workshops and ongoing support to educators and schools.

RESEARCH

SEE Learning includes an ongoing multi-disciplinary research program. The curriculum, educator trainings, and framework are all informed by state-of-the-art research on trauma and resilience, compassion science, the science of systems learning, and development studies in social and emotional learning.

EXPERT ADVISORS

The SEE Learning program has benefited from the guidance from a number of thought leaders from SEL and trauma- and resilience-informed education as well as experts in the science of compassion. These include Daniel Goleman, Ph.D., Mark Greenberg, Ph.D., Thupten Jinpa, Ph.D., Linda Lantieri, M.A., Elaine Miller-Karas, MSW, LCSW, Robert Roeser, Ph.D., and Kimberly Schonert-Reichl, Ph.D.

JOIN US

Visit our website at seelearning.emory.edu for access to all available program materials.

We seek in particular:

- Partnering organizations around the world to liaise between Emory University and local schools and educators.
- K-12 educators to implement learning experiences and provide feedback.
- Facilitators who can support educators, hold training workshops, and help develop local infrastructure for SEE Learning.
- Post-secondary professionals to collaborate on research design and assessment, development of university-level curricula, and teacher education.
- Patrons to support the ongoing work and optimize its impact.
- Qualified individuals to translate the curricula and online training materials.

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Center for
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY

Center for Contemplative Science and Compassion-Based Ethics (CCSCBE)

1599 Clifton Road NE, Atlanta, GA 30322 USA

404.712.9296

compassion.emory.edu



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