



**ST. XAVIER'S INSTITUTE OF EDUCATION (AUTONOMOUS)  
MUMBAI**

**&**

**SEE LEARNING INDIA**

**ACADEMIC YEAR 2022-23**

**VALUE ADDED PROGRAM:**

**SOCIAL, EMOTIONAL AND ETHICAL LEARNING  
(SEE LEARNING)**

**About the Program**

Education must be expanded to foster values that lead to greater happiness for the individual and for society. Today, more than ever before, educators require tools to develop social, emotional, and ethical skills for themselves and their students. While acknowledging that it is very essential to create compassionate classrooms that engage students in active learning as responsible, real-world problem solvers, and encourage empathy, equity and diversity, we ourselves may not always feel equipped to do this.

There are several social emotional learning or SEL programmes available today. SEE Learning™, a K to12 education program developed by Emory University's Centre for Contemplative Science and Compassion-Based Ethics (Atlanta, USA), offers a high quality, easy-to-use curriculum. This programme has a comprehensive framework for educators and students based on scientific research and the latest knowledge in educational practice.

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 His Holiness the Dalai Lama. His Holiness 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™ builds on the best practices in social-emotional learning (SEL) programs based on the rich work of globally recognized experts in SEL namely, Dr Daniel Goleman, Linda Lantieri and Kimberly Schonert-Reichl and Organizational Learning and Systems Thinking expert, Peter Senge. This curriculum cultivates practices and skills such as attention training, the cultivation of compassion for self and others, resiliency skills, systems thinking and ethical discernment.

The National Education Policy 2020 (NEP 2020) underscores the importance of SEL to ensure holistic development of children and states that education system must aim to “develop good human beings capable of rational thought and action, possessing compassion and empathy”.

## Course Outcomes:

### At the end of the course the learner will be able to

1. equip students with skills like attention training, compassion, and ethical discernment.
2. engage ethically with confidence.
3. appreciate human values and ethics.
4. explore the values and competencies that lead to greater resilience for both individuals and the society.
5. demonstrate the skills in the classroom teaching as well as in day-to day life.
6. Create resources reflecting the strategies of developing the skills

## Details of the Program

**Course Fee:** Free Course

**Participants:** B.Ed. students, St. Xavier's Institute of Education, Mumbai

**Duration:** 35 hours Mode of completion: Blended model (Online and Offline mode)

### Modules

Work through collectively on "SEE 101" an online, self-directed course consisting of seven modules. Each module introduces key components that will be important for the implementation of the SEE Learning curriculum into an educational setting. The student will gain access to the curriculum upon completing the course, which takes approximately 4-5 hours, at your own pace. The link for this course is <https://seelearning.emory.edu/user/register>. Thereafter the facilitator will support the students and guide them into how to bring SEE Learning into practice. The workshops above are a pilot project with the St. Xavier's Institute of Education and SEE Learning, India organised by certified SEE Learning Facilitators. Dates and times of the workshops can be set at our mutual convenience. Once the initial training is completed, there will be further support so that the teachers may in take these practices and integrate it into their classrooms.

**Duration:** 35 hours

**Certificate authority:** SEE Learning India and St. Xavier's Institute of Education, Mumbai. India.

**Attendance:** 90 %

**Assignment task:** Submission of all assignments

**Evaluation:** Choice exam reflective Essay, Journal Writing, Feedback form submission

Ms Mona Seervai  
Facilitator and Representative  
SEE Learning India

Ms Kalpana Chavan & Dr Bijoy Thomas  
Faculty Coordinators and Representatives  
SXIE