



GREATER GOOD EDUCATORS
SUMMER WORKSHOP 2024

KINDNESS IN SCHOOLS

JULY 28TH-30TH, 2024

COMPASSION | BELONGING | COMMUNITY

EVENT DETAILS

Education professionals are invited to apply to join a transformative three-day, two-night experience. Learn, connect, and workshop with educators and experts from around the world to bring more kindness into our schools and classrooms.

GREATER GOOD
SCIENCE CENTER
GGSC.BERKELEY.EDU

CLARK KERR CAMPUS
2601 WARRING ST
BERKELEY, CA 94720

[BIT.LY/KINDNESSINSCHOOLS](https://bit.ly/kindnessinschools)





Greater Good in Education

SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

Greater Good in Education is produced by UC Berkeley's Greater Good Science Center (GGSC). The GGSC studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society—what we call "the science of a meaningful life."

As part of the GGSC, our Education Program presents education professionals with practical, scientific insights that help them bring the science of a meaningful life into their lives, schools, and classrooms. It draws on disciplines such as social-emotional learning (SEL), mindfulness, character education, and related topics. Our goal is to help them better understand the roots of kind, helpful—or "prosocial"—behavior and emotional well-being, and how they can build those skills in themselves, their colleagues, and their students.

Greater Good in Education (GGIE) advances the work of the GGSC Education Program by distilling key strategies for the social, emotional, and ethical development of students and for the well-being of the adults who work with them, synthesizing the top insights and practices from science, programs, and practitioners. It takes the science that the GGSC has been covering for years and puts it into a format tailored to the needs of educators, building on the other programs and activities of the GGSC Education Program.

Ultimately, we hope to work alongside education professionals to help them build kinder, happier school communities where everyone belongs.



WHAT EDUCATION PROFESSIONALS ARE SAYING

97% of our audience reported that GGIE resources positively influenced the interactions they had with students.

96% of our audience reported that our resources have helped positively influenced their classroom climate.

94% of our audience reported that our resources have helped them approach others with compassionate curiosity and create a welcoming and inclusive environment.

94% of our audience reported that our resources have positively influenced their own well-being.

93% of our audience reported that our resources positively influenced their students' well-being.

93% of our audience reported that GGIE has helped them create a sense of safety, connection, and belonging among young people.

90% of our audience reported that our resources have helped them find greater meaning in their work and the ability to exercise self-compassion, and develop agency to create the kind of spaces they themselves want to inhabit.



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PROGRAMMING FOR EDUCATORS

Greater Good Science Center's education program offers a suite of in-person and virtual opportunities for educators and school leaders to build and grow their foundational knowledge in the fields of social and emotional learning, mindfulness, and character education.

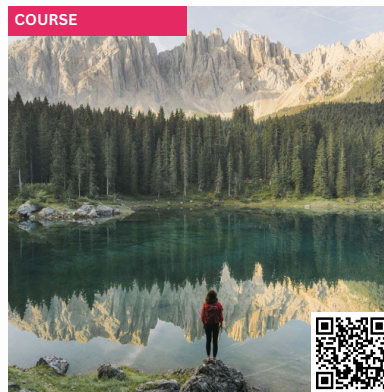
From workshops at UC Berkeley to online, self-paced courses, education professionals can explore and learn to apply research-based concepts, strategies, and practices in their schools and classrooms, and share cutting-edge learnings with their communities through take-aways and resources.



COURAGE IN EDUCATION

Facing Challenges with Strength, Determination, and Hope

7 modules, 5-10 hours of learning, and videos and resources featuring educator stories, practical strategies, and research.



AWE IN EDUCATION

Creating Learning Environments that Inspire, Motivate, and Heal

13 modules, approximately 6-10 hours of learning, and videos featuring talks by Dacher Keltner, Ph.D., UC Berkeley psychology professor and leading awe researcher



TEACHING AND LEARNING FOR THE GREATER GOOD

Our flagship course for educators that puts the science of social-emotional learning and mindfulness into action, featuring experts Elena Aguilar, Dacher Keltner, Kamilah Drummon-Forrester, and Meena Srinivasan



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LETTER FOR ORGANIZATIONAL FUNDING

Dear School Leader,

I'm seeking professional development to grow my knowledge and skills around the science of compassion and kindness.

UC Berkeley's Greater Good Science Center is inviting education professionals to apply to join a three-day, two-night experience to gather together and work to change the dominant narrative in education to one that values compassion, kindness, forgiveness, and cooperation.

Prior to attending the event, participants will receive access to an online module that provides an overview of the science of kindness, why it matters for education, and ideas for applying it in classrooms and schools. The module will include videos, articles, reflection questions, and practices.

At the Summer Workshop, participants will work together to create research-based strategies for integrating the science of kindness into their classrooms and schools that are relevant and appropriate for each participant's school context. Participants will receive a certificate of completion with fifteen clock hours, a Greater Good Toolkit for Kids, and materials.

The tuition for the course(s) I am seeking is _____. I kindly request we use our organization's professional development budget to cover the cost of this training.

Thank you for your consideration.



WHY KINDNESS?

Research has found that practicing compassion and kindness can improve health, well-being, and relationships, as well as academic achievement.

Kindness and compassion make us happier.

- Compassion training programs, even very brief ones, strengthen reward circuits in the brain and lead to lasting increases in self-reported happiness.

Compassion makes us more resilient.

- Feeling compassion helps us to overcome empathic distress—or the feeling for others that makes us so upset that we want to run away rather than help. We are better able to handle the strong emotions that occur when faced with others' suffering.

Kindness and compassion are good for our health.

- Feeling compassionate can reduce the risk of heart disease by helping slow the heart rate, and compassion training has been shown to reduce stress hormones and boost the immune system.

Kindness and compassion benefit education.

- Prosocial behavior in elementary school predicts higher academic achievement in middle school, and it predicts academic achievement in high school.
- When high schoolers see their school as a kind place, they are more interested and motivated to learn.



Educator Voices

Testimonials from Greater Good Workshops



I came to the Summer Institute knowing that I would gain new insights and full of enthusiasm without any expectations. I walked away changed as I was able to see and experience a fuller picture of SEL. I will be a more effective leader because of all of you.

School Principal, California



Thank you for creating such a powerful conference so that people like me can begin to conceive and apply the learning to support the communities we work with, connect with amazing professionals, and inspire us to continue to develop our own practices.

Kindergarten Teacher



Educator Voices

Testimonials from Greater Good Workshops



The institute was indeed a transformative experience both interpersonally, intrapersonally and intellectually... I feel privileged to have been in the company of such incredible people who were present at the institute.

Professor



I found myself at home right away. The program brought to life all the ideas that were budding inside me. Even better, I was surrounded by kindred spirits, allies, in the movement to make social emotional learning an important part of our students' days at school.

Education Leader



Educator Voices

Testimonials from Greater Good Workshops



I'm having the best beginning of school ever due to this summer's institute and all of the work I did after based on your materials, suggestions, presence, etc.

Teacher



I'm thankful for the awesome people I met there who will always be my family, regardless of how far we are but we're very close in heart. And I am forever grateful on how this experience has changed my life for the better.

Elementary School Teacher



Educator Voices

Testimonials from Greater Good Courses



The videos and materials were just so rich. I was saving and discussing with others so much content from the course. It mixed the practical aspects for an educator with strong, developed research references and then wove in plenty of the individual inspiration and mindfulness practice.

***Educator and Social-Emotional,
Academic Skills Curriculum Author***



This course was life-changing as I promise to live by the principles of some beautiful techniques to manage my emotions and realize how my energy and emotions can affect those around me in a great way.

Educator



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LEARN MORE

Based at UC Berkeley, the Greater Good Science Center provides a bridge between the research community and the general public. <http://ggsc.berkeley.edu>

Our education program brings "the science of a meaningful life" into the lives of education professionals and the students they serve. http://ggsc.berkeley.edu/who_we_serve/educators

Greater Good in Education is our free online resource hub offering over three hundred research-based practices to support the social, emotional, and ethical development of students and the adults who work with them. <http://ggie.berkeley.edu>

Find self-paced, online courses for education professionals to explore well-being topics—such as awe, courage, character education, and mindfulness—and our flagship course, Teaching and Learning for the Greater Good.

<http://ggie.berkeley.edu/courses>

CONTACT

Questions about our education program and offerings for educators? Please let us know how we can support you or your district. Contact us at ggsceducation@berkeley.edu.