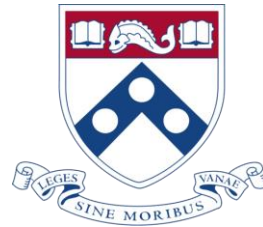


Taking Change to Scale in Education

27-28 October 2016



Positive Education: Educating for Well-being and Academic Excellence

Alejandro Adler, PhD
University of Pennsylvania

VIII NIS International Research-to-Practice Conference
27th – 28th October 2016
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1. What is well-being?

2. How do we measure well-being?

3. Can we increase well-being?

Positive Education in Bhutan



Education for Gross National Happiness



“Educating for GNH” Initiative

- Goal: GNH Curriculum in all 507 secondary schools
- Target life skills in curriculum
 1. Mindfulness
 2. Critical thinking
 3. Decision making
 4. Communication
 5. Creative thinking
 6. Empathy
 7. Problem solving
 8. Interpersonal relationships
 9. Resilience
 10. Self-awareness

Our RCT in Bhutan

- 18 secondary schools (~8,000 students) in three representative regions of Bhutan
- Randomly assigned to:
 1. GNH Curriculum condition (11 schools)
 2. Control condition (7 schools)

Methods

1. Baseline measurement



Methods

2. Introduction of “Educating for GNH” in all 18 schools



Methods

3. GNH Curriculum implementation (15 months)

GNH Schools:

Teaching life skills co-curricularly

Infusing subjects with life skills

Control Schools

Placebo curriculum: teaching physical health, psychology, and nutrition

Methods

3. GNH Curriculum implementation (15 months)



Methods

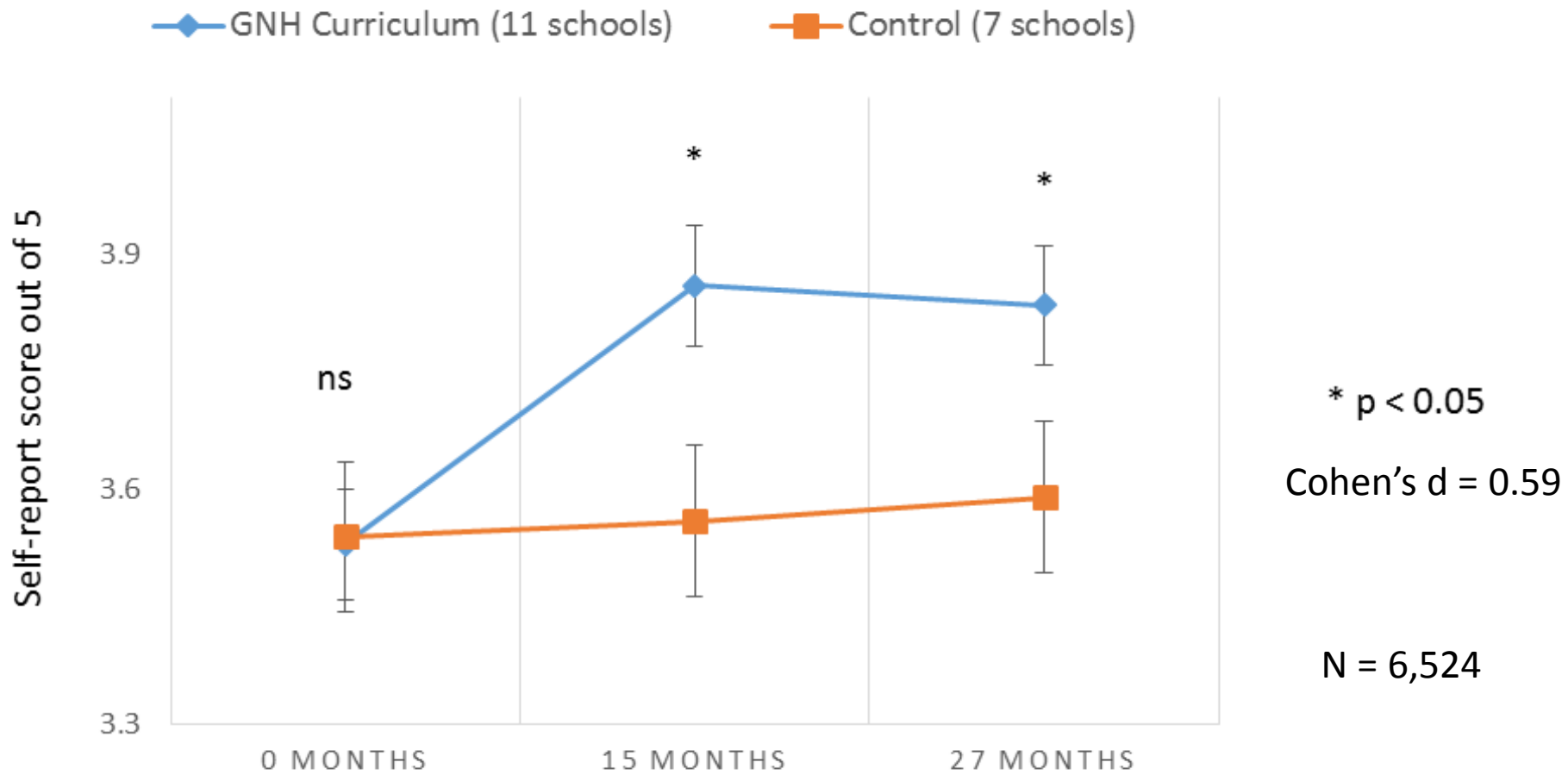
4. Post-intervention measurement

N = 7,396 (same 18 schools)

- Same students, except for 12th graders who graduated and new 7th graders

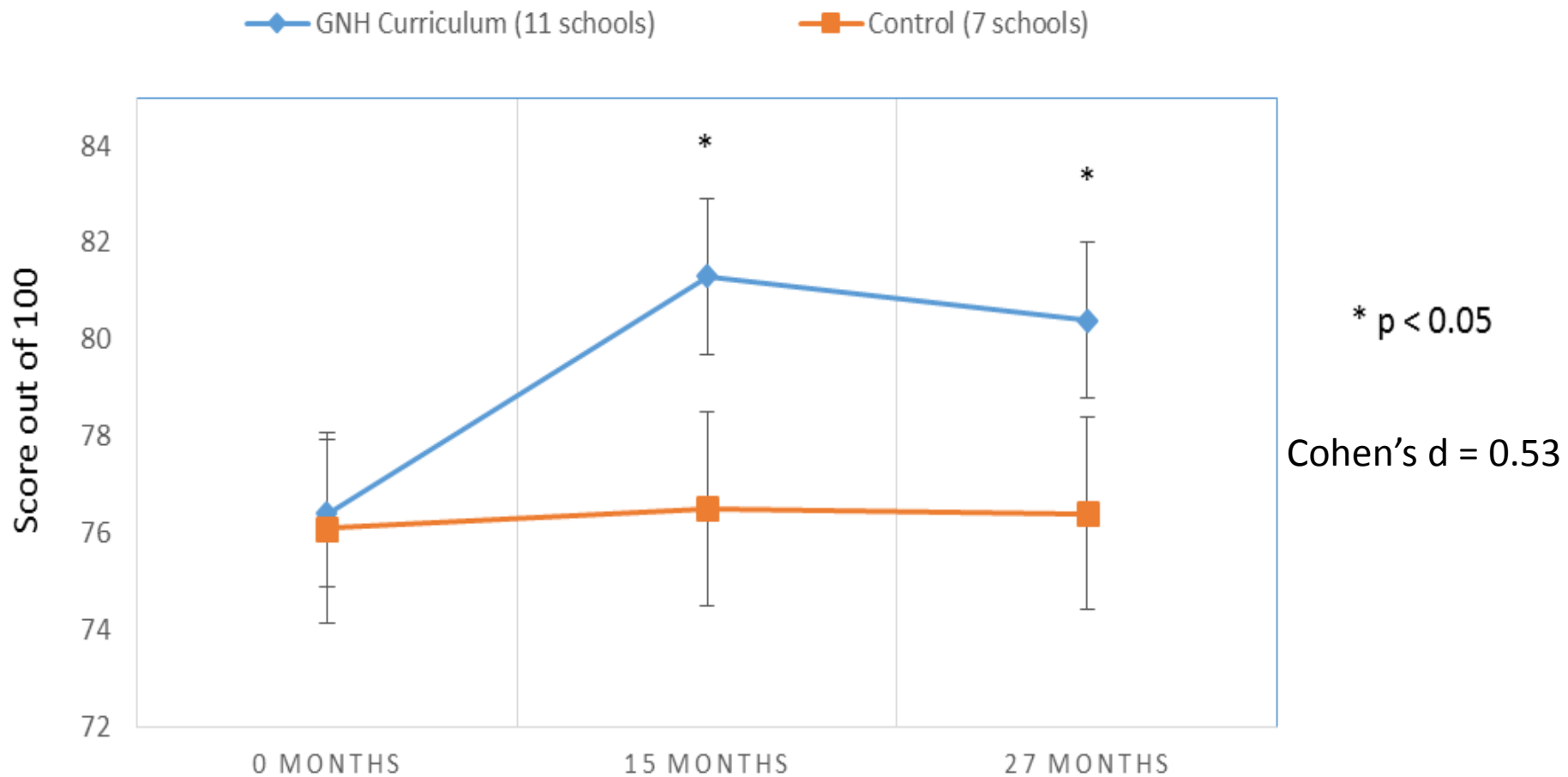
Results: PERMA in Bhutanese Students

Youth Well-being (EPOCH)



Results: Academic Achievement

STANDARDIZED TEST SCORES



GNH and Positive Education in Bhutan

Additional results also showed that increased well-being (PERMA) contributed to:

1. Better physical health
2. Decreased absenteeism
3. Higher satisfaction with school
4. Lower drop-out rates

Ministry of Education has taken program to a national scale since the beginning of 2015

Jalisco, Mexico

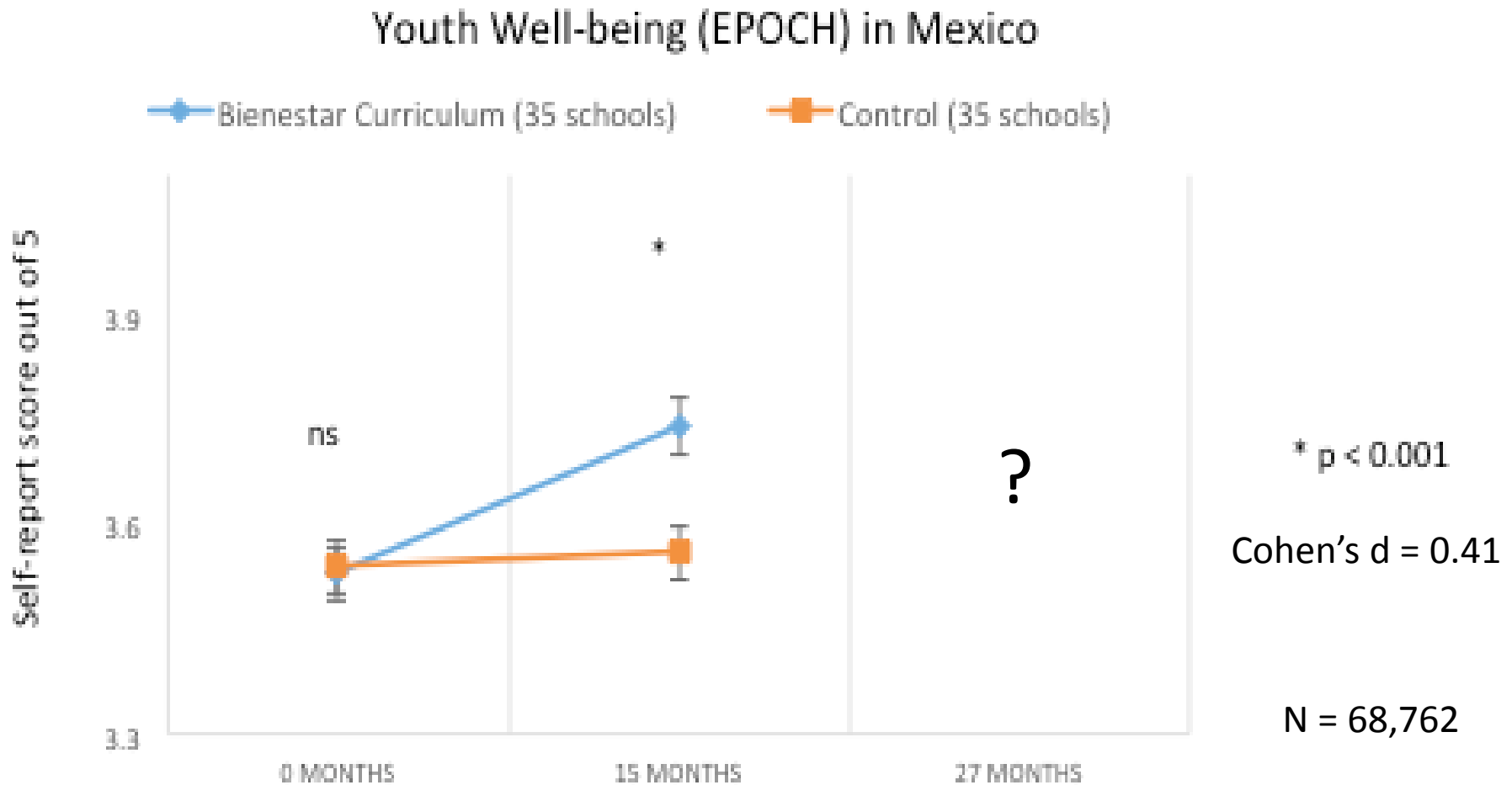


**PRESENTACIÓN DE LA POLÍTICA DE BIENESTAR
PARA EL ESTADO DE JALISCO**

Similar methodology (training of trainers)

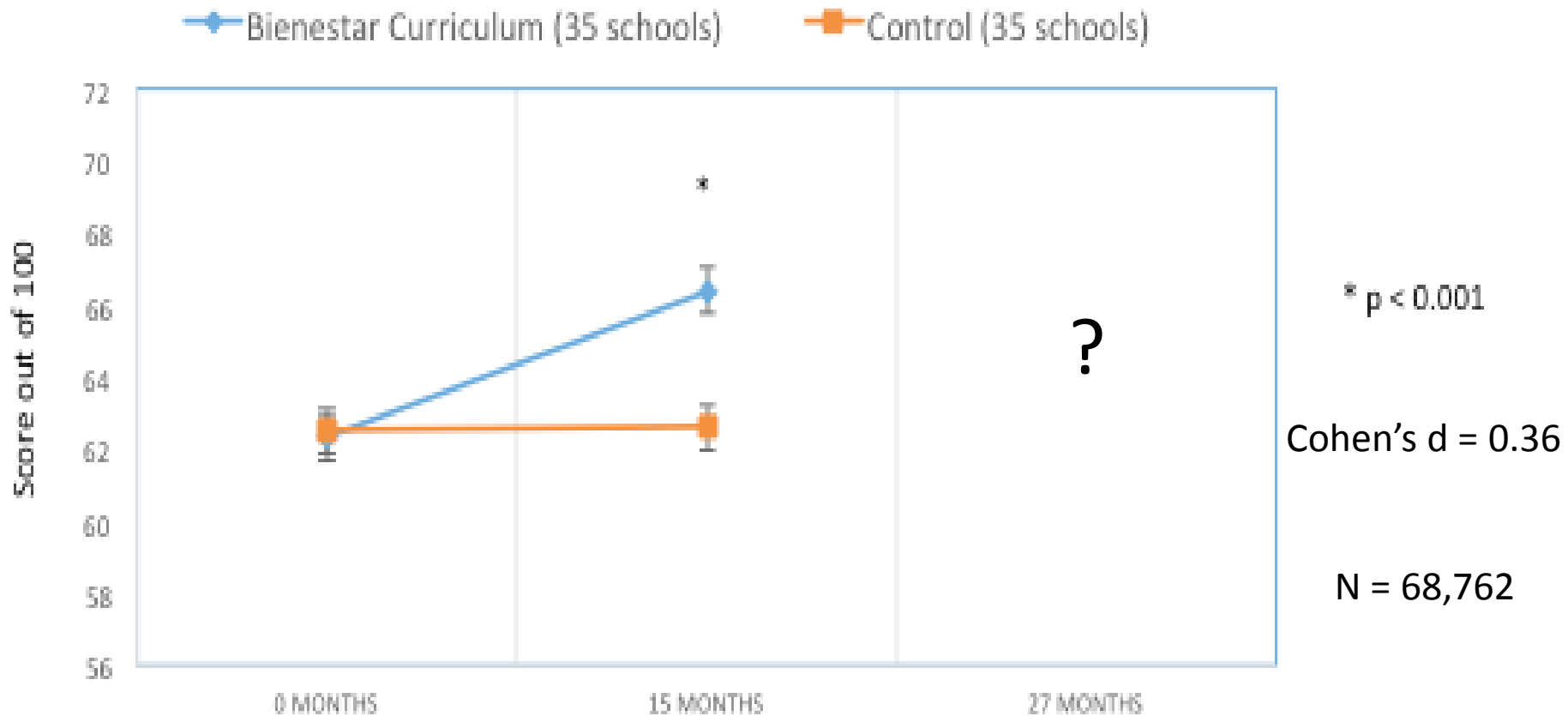


Educación para el bienestar



Educación para el bienestar

STANDARDIZED TEST SCORES



Peru



Peru – partnerships



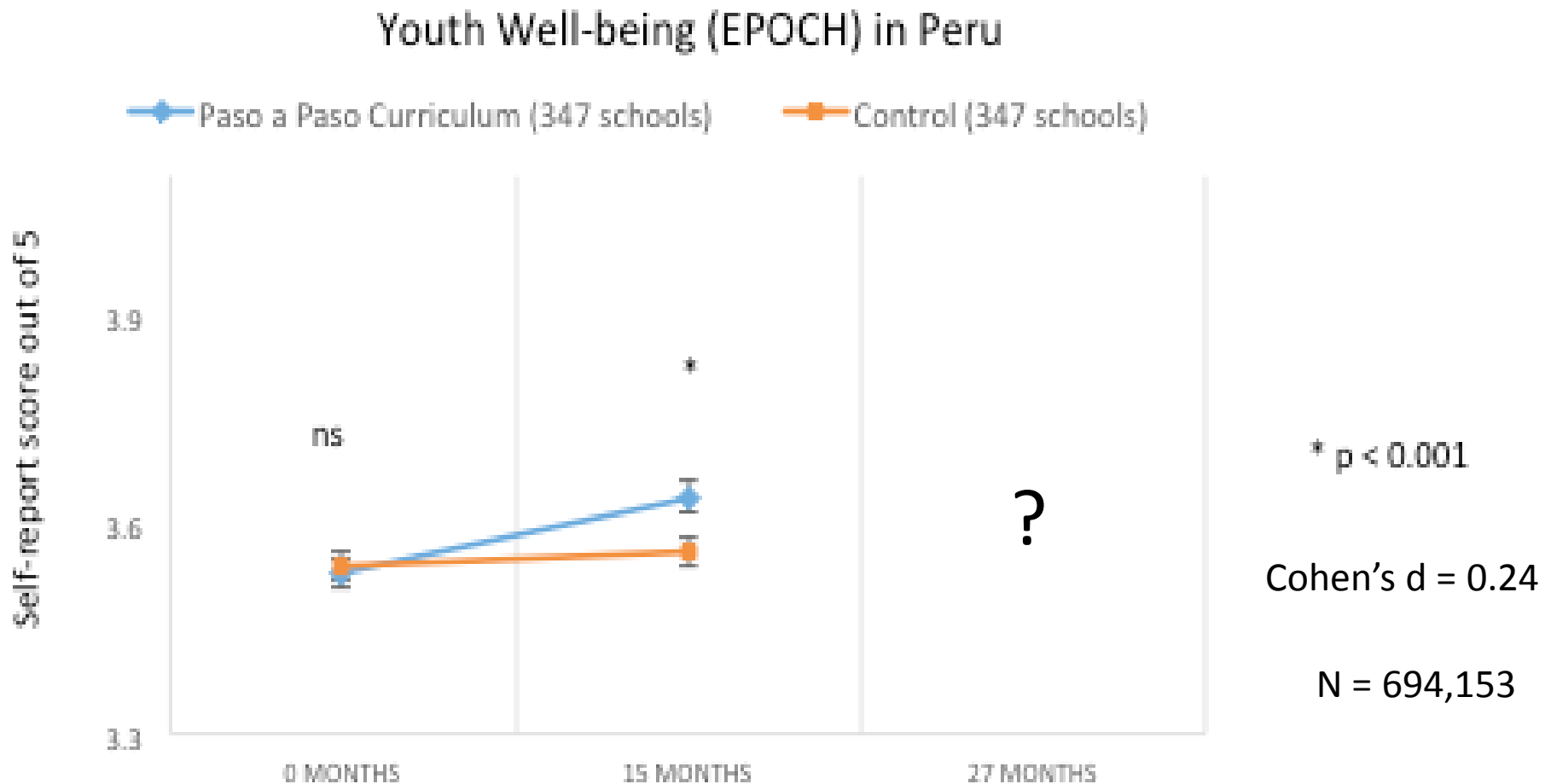
PERÚ

Ministerio
de Educación



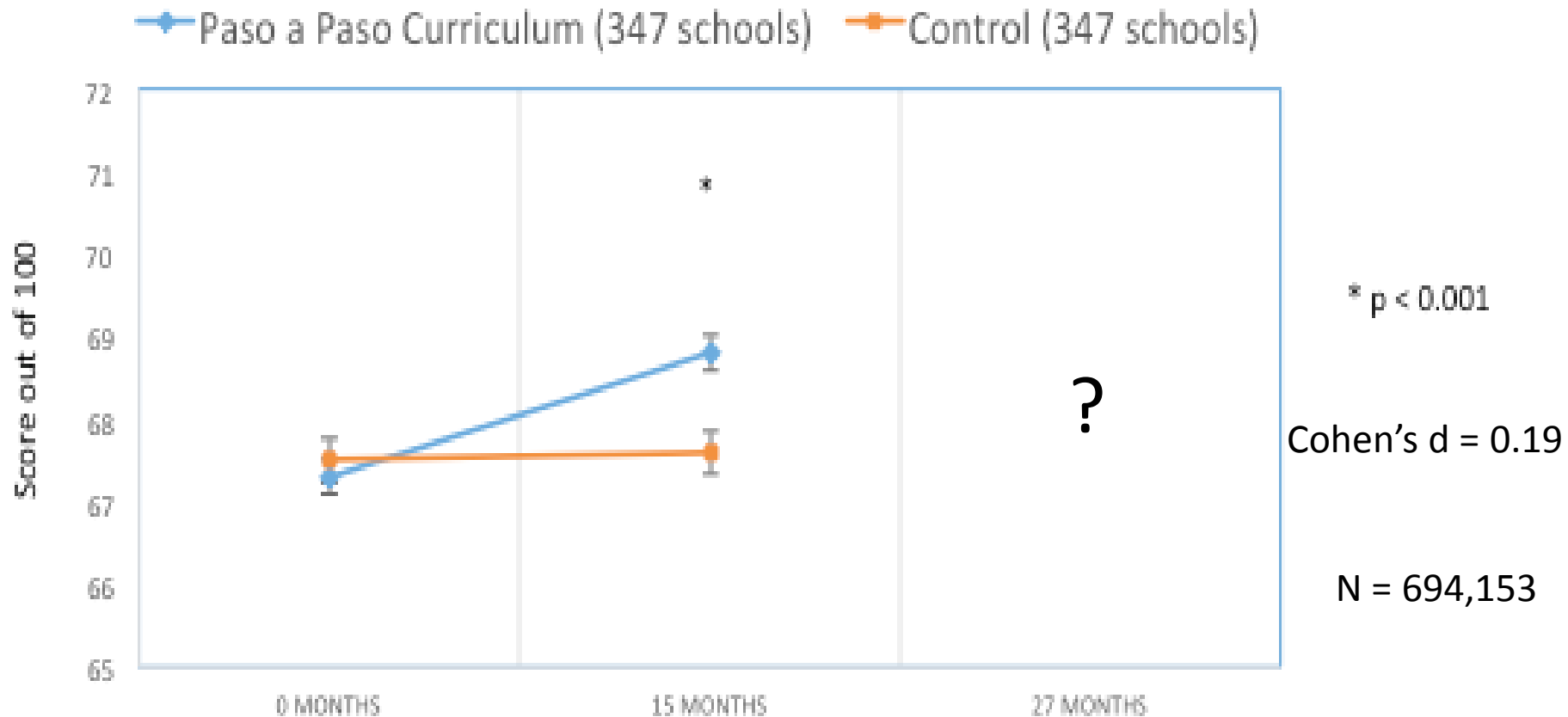
The World Bank

Peru – Paso a Paso Program



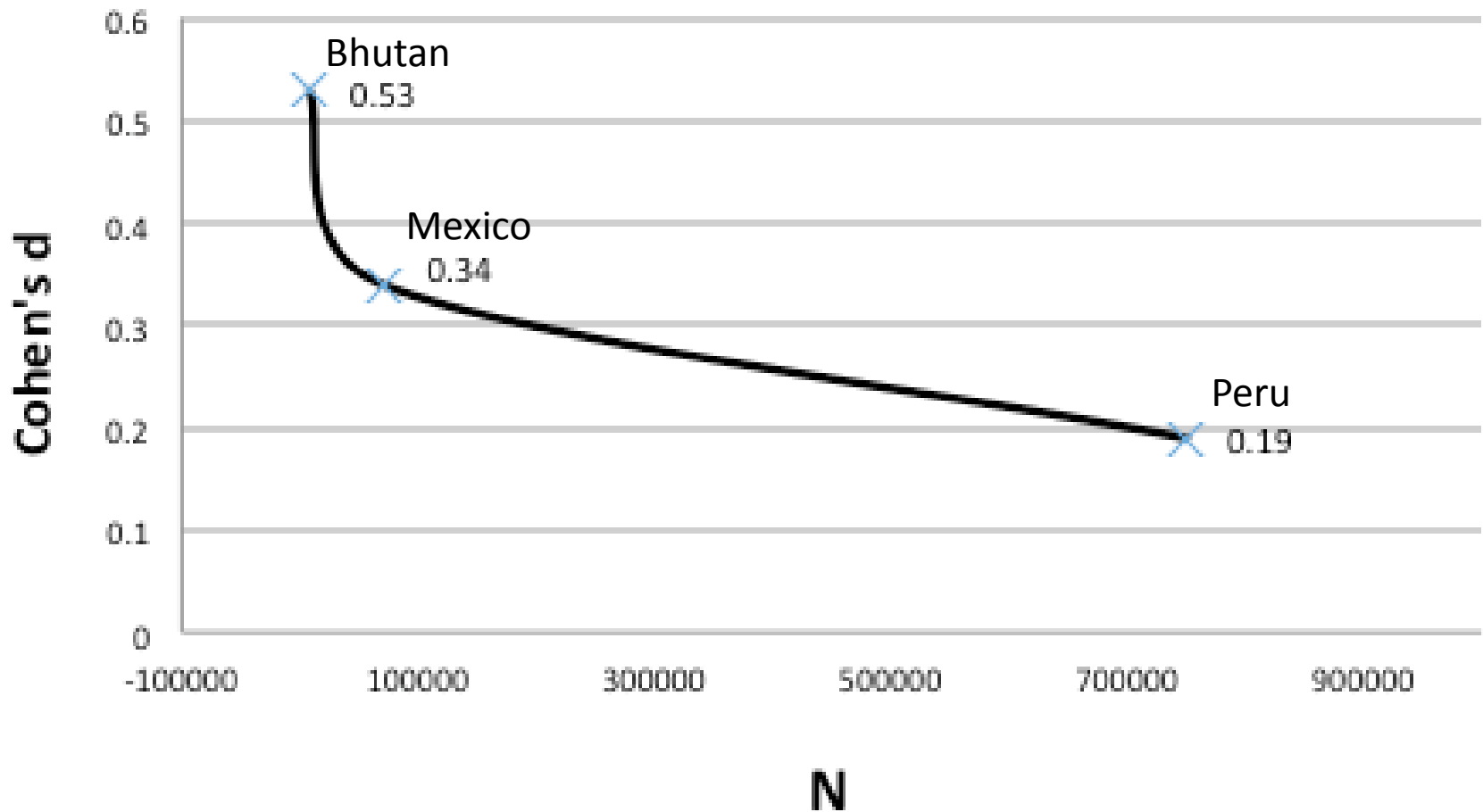
Peru – Paso a Paso Program

STANDARDIZED TEST SCORES



Tradeoff: effect size vs. number of students

Cohen's d vs. N



Why well-being in education?

1. Desirable (intrinsic and instrumental value)
2. Definable
3. Measureable
4. Changeable

Thank you dearly!

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