TRANSFORMATIVE CITIZENSHIP

Growing with transformative values

“My humanity is bound up in yours, for we can only be human together.”

-Desmond Tutu-

TRANSFORMATIVE CITIZENSHIP PROGRAM OFFERED BY THE DALAI LAMA CENTER FOR ETHICS AND TRANSFORMATIVE VALUES AT MIT AND THE EDUCATIONAL JUSTICE INSTITUTE AT MIT

A collaborative initiative to bring ethics and empathy learning to the prison systems and correctional facilities. The program will offer practical tools to help reframe choices and decision making for purposeful living. Through four workshop modules participants will progressively engage in discussion, introspection and experimentation, and provide the opportunity to integrate the development of cognitive skills, social-emotional understanding and ethical purpose, empowering them to make a profound and lasting impact in their community.

MODULE SEQUENCE

1. Cultivating Resilience and Critical Thinking
2. Cultivating Emotional Awareness
3. Designing Purpose
Modular Learning: A Summary

With interactive workshops that engage participants in discussion, introspection, and experimentation, Transformative Citizenship trains participants in prison systems and correctional facilities to integrate the development of cognitive skills, social-emotional understanding, and ethical purpose:

MODULE I: Cultivating Resilience and Critical Thinking
- Explore the influence of core values and vision on self development,
- Introduce and demonstrate activities for cultivating empathy, self-awareness, emotional understanding and clarity of values inside and outside the prison systems and correctional facilities.
- Development of a plan for sustained activities.

MODULE II: Cultivating Emotional Awareness
- Explore the influence of emotional states in day-to-day decision-making processes.
- Explore setting emotional tone(s) that prove most conducive to learning and wellbeing inside and outside prison systems and correctional facilities.
- Explore the correlation between emotions and values. Gather insights into the taxonomy of emotions.

MODULE III: Designing Purpose
- Evaluating role of purpose and sense-making.
- Exploring living a life of alignment.
- Reigniting motivation.
- Evaluating a personal mission for meaning.
Scientific and Humanities Advisory Team:
(Partial Listing)

- Lee Pearlman, Ph.D Co-Director, The Educational Justice Institute at MIT
- Carole Cafferty Co-Director, The Educational Justice Institute at MIT
- Emile Bruneau, Ph.D, Social Cognitive Neuroscientist at MIT and University of Pennsylvania
- Monica Youndon, Ph.D, Research and Implementation Associate, The Dalai Lama Center for Ethics and Transformative Values at MIT
- Venerable Tenzin Phiyadarshi, President and CEO of The Dalai Lama Center for Ethics and Transformative Values at MIT, Director of The Ethics Initiative at MIT Media Lab

Partners

The Educational Justice Institute
ethics initiative
When citizens can articulate and explore values across boundaries, they will see beyond differences to their common humanity and shared purpose.