EMOTION AND COGNITION IN THE AGE OF AI

A well-being agenda for 21st century skills

Emotional well-being is a component of a student’s overall development. The ability to balance and understand different emotions is important in managing stress, building interpersonal relationships and resilience.

Emerging technologies offer new opportunities to support student well-being. Digital tools can help educators identify unmet needs and support targeted interventions, while enabling individuals to recognize and manage their emotions better. However, the use of technology to promote wellness should be guided by a well-being strategy that ensures a balance between development and learning. An emphasis on a holistic approach to student well-being is essential for holistic education. A cohesive policy is necessary to plan and ensure integration of digital tools in the learning environment.

Top three technologies to support student well-being:

1. Educational applications or software, because they complement and extend the learning experience.
2. Collaboration tools, because they encourage development of foundational literacies.
3. Data and analytics about student emotional literacy, because visibility leads to accountability.

80% of educators believe students benefit from well-being policies in place.

53% of educators say emotional well-being is a predictor of academic and employment success.

70% of educators mention well-being as the engine of learning and cognition.

80% of educators say they have a formal well-being policy in place.

6% of schools have an explicit A well-being agenda for 21st century skills.

Well-being is at the heart of global education reform

Leaders are more likely to have:

77% put positive, stable environments at the heart of their strategy.

70% encourage development of creativity, interpersonal understanding, and empathy.

66% of leaders encourage development of emotional literacy.

66% of educators believe students benefit from a well-being policy.

64% of educators believe it is important to develop effective strategies to promote well-being.

62% of teachers believe students benefit from well-being policies.

82% of teachers believe they can overcome implementation challenges they may encounter.

80% of students surveyed value a school where well-being is a priority.

75% of educators support student learning outcomes, and to prepare them for a fast-changing labor market.

46% of educators agree that emotional well-being is important for developing healthy adults and responsible citizens.

43% of educators say emotional well-being is crucial for self-awareness and navigating through life. As artificial intelligence transforms the labor market, the importance of human skills like creativity, interpersonal understanding, and empathy will become more valuable. Educators play a key role in developing these foundational literacies and emotional literacy is crucial for self-awareness and navigating through life.

58% of educators agree that emotional well-being is a predictor of academic and employment success.

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Educators see well-being as the engine of learning and cognition

Well-being is maximized both inside and outside the classroom

In the classroom:

• 93% believe there is a causal link between student learning and student freedom of expression.

• 93% believe there is a causal link between student learning and student social learning.

• 96% believe there is a causal link between student learning and student collaboration.

Outside the classroom:

• 99% believe there is a causal link between student learning and extracurricular activities.

• 99% believe there is a causal link between student learning and student out-of-school activities.

Well-being is at the heart of global education reform

Leader schools

Educators were more likely to be:

66% believe students benefit from well-being policies.

64% believe it is important to develop effective strategies to promote well-being.

71% think change needs to come from leadership level.

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50% of the top ten improvers in PISA rankings accounted for more than one-third of the total gain.

Leaders from Latin America accounted for more than one-third of the total gain.

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Implementation challenges:

67% of educators believe it is more difficult to develop positive education in schools that already have a strong focus on foundational literacies.

4% believe there are too many constraints and barriers to well-being initiatives.

64% believe there are too many constraints and barriers to well-being initiatives.

71% think change needs to come from leadership level.

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