EDUCATE THE HEART AND THE MIND WILL FOLLOW

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Learning, is such a big word for today’s education system. Most teachers are having a hard time on how to make learning easier for every young mind. But, we should always remember that one big factor on how to make our students learn is that they should “learn how to learn.”

On a deeper concept of learning, as defined by Merriam Dictionary, it is the activity or process of gaining knowledge or skill by studying, practicing, being taught, or experiencing something for a student to learn. One should not merely define a certain word without comprehension. It is not simply memorization of facts or even formulas.

As Aristotle once said “Educating the mind without educating the heart is no education at all”. Educating the heart refers to the importance of not only focusing on developing the cognitive aspects (our minds) but also all the qualities that make us human (our hearts) and ultimately give us meaning in our lives. We should realize that in order for our students to learn intellectually we should first touch their hearts. We should let them discover the values, the significance of every topic which is more important than letting them identify every facts or figures in every subject matter.

Based on a Heart – Mind Well-Being has the following positive human qualities:

GETS ALONG WITH OTHERS - the ability to form positive and healthy relationships with peers and adults.
COMPASSIONATE AND KIND - the ability to be aware of other people's emotions and a desire to help when a person is in need

SOLVES PROBLEMS PEACEFULLY - the ability to behave in a peaceful and respectful way in a variety of situations and relationships

SECURE AND CALM - the ability to take part in daily activities and approached new situations without being overwhelmed with worries, sadness or anxiety.

ALERT AND ENGAGED - the ability to stay calm, focused and alert; to demonstrate self-control and to slow down and think before acting.

Educating the heart is the highest form of education that we can instill our students. A form of education that will make an easier way for them to learn how to learn. Not detailing knowledge but weighing each of them and absorbing the importance to their lives and to the society as well.

We are educators, and learning is a one big word that we have to deal with every day. As educators, we should always consider having a big heart for our students so that they could also learn what is educating the heart is all about.

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