CONTEMPLATIVE STUDIES

The Contemplative Studies minor is broadly interdisciplinary, incorporating coursework in the humanities, arts, and sciences to explore the theory, practice, history, and scientific study of diverse contemplative traditions. In addition to the intellectual study of these topics, students train in the daily application of secularized contemplative techniques. Critical reflection on subjective experience is a key component, and research as well as creative expression are encouraged and supported.

The minor offers students a foundation in four primary areas:

1) the theory of contemplation across traditions and history
2) the application of contemplation in various human endeavors, including philosophy, religion, art, and performance
3) the scientific study of meditation, its cutting-edge technologies, and the modes of gathering quantifiable psychological data to document its effects on the brain and well-being
4) significant training and experience in contemplative practice towards the development of concentration, empathy, stress-reduction, creativity, etc.

Minor Requirements

Code	Title	Credits
CPRD/RELG 108	Peacefulness: Here and Now	3
CPRD/RELG 350	Happiness: Here and Now	3
PSYC 100	General Psychology	3
Select three courses of the following: [1, 2]		9
ARTH 350A	Neoclassicism to Impressionism	
ARTH 351A	Post-Impressionism to Abstract Expressionism	
ARTH 352A	American Art	
ARTH 354A	Pop Art to the Present	
ARTH 355	Modern Architecture	
ARTH 356	Global Modernisms in East Asian Art	
ARTH 470	Seminar: Special Studies in Art History	
ARTS 311A	Ceramics II	
ARTS 331B	Sculpture II	
ARTS 341	Multiple Imaging	
ARTS 342	Painting II	
BIOL 410	Neurobiology	
CLAS 202C	Ancient Tragedy	
GEOG 335	Sacred Spaces	
PHIL 201	Ancient Greek Philosophy	
PSYC 273	Cognitive Psychology	
PSYC 274	Biological Psychology	
PSYC 305	Cognitive Neuroscience	
PSYC 351	Positive Psychology	
PSYC 372	Sensation and Perception	
RELG 283	Hinduism	
RELG 284	Buddhism	
RELG 298	Ethics of Religion and Violence	
THEA 111	Theatre and Society	
THEA 112	Principles of Acting	
THEA 218	Voice and Body Movement	
THEA 318	Stage Dialects	
THEA 321	Acting I	
THEA 322	Acting II	
Any 491 (with approved topic)		
Total Credits		**18**

1 At least six (6) credits at the 300/400-level

2 Special topics courses in related fields (ANTH 271 Special Studies in Ethnography, ANTH 371 Special Topics in Anthropology; ARTH 470 Seminar: Special Studies in Art History; ARTS 381 Special Topics in Studio Art; ARTS 470 Special Studies in Studio Art; CPRD 100 Topics in Classics, Philosophy, and Religion; CPRD 299 Mysterium Humanum Studies; IDIS 350 Study Abroad; PHIL 231 Topics in Philosophy, PHIL 331 Topics in Philosophy; RELG 231 Special Studies in Religion, RELG 331 Special Studies in Religion) as well as other courses with relevant content may be substituted with permission, including towards the 300/400-level requirements, with approval of the program coordinator.

Contemplative Studies Program

Angela L. Pitts, Program Coordinator

Affiliated Faculty

Kalpesh Bhatt, Cultural and Philosophical Inquiry
Joseph G. Dreiss, Art History
Caitlin C. Finlayson, Geography
Miriam N. Liss, Psychological Science
Deborah A. O'Dell, Biological Sciences
Angela L. Pitts, Cultural and Philosophical Inquiry
Holly H. Schiffrin, Psychological Science
Hilary E. Stebbins, Psychological Science