

# MICROPROGRAM MINDFULNESS AND CONTEMPLATIVE SCIENCE

Contemplative Science is the theoretical and applied exploration of contemplative traditions and practices. As an interdisciplinary field, it unites the Humanities, Social Sciences and Health Sciences in the study of the full range of human contemplative experiences. It employs first-person experiential modes of inquiry (including meditation) combined with traditional methods of analysis in the study of states of mind. The program seeks to foster empathy, altruism, and creativity with the goal of advancing human flourishing.

The Mindfulness and Contemplative Science microprogram offers students the unique opportunity to discover the potential, and richness, of the human mind. This will be gained through the practice of meditation (in its different forms) and mindfulness practices, through the mindful use technology and information acquisition, and through the psychological study of positive mental states and human wellbeing. In addition, students will become acquainted with different contemplative and spiritual traditions of the West and Asia through a comparative historical and philosophical overview.

## Program Requirements

The table below includes only the microprogram-specific courses. Please refer to the Academic Regulations (<https://www.uottawa.ca/about-us/policies-regulations/academic-regulations/b-2-program-studies/>) for information on the possible combinations available within the Faculty of Arts.

### Compulsory courses:

AHL 3156	Meditation: Theory and Practice	3 Units
SRS 3354	Mysticism and Spiritual Experience	3 Units

### Optional courses:

3 optional course units from: 3 Units

AHL 2160	Mindful Tech
AHL 3180	Mindful Aging
PHI 2122	Ancient Wisdoms
IPA 2125	Positive Psychology and Spirituality <sup>1</sup>

3 optional course units from: 3 Units

AHL 2155	Special topics in Mindfulness and Contemplative Science I
AHL 3155	Special topics in Mindfulness and Contemplative Science II
EAS 3103	Indigenous Spiritualities in the Americas
ENG 3318	Romantic Literature
LSR 2110	Leisure : Concepts and Values
PHI 2190	Philosophy of Religion
PHI 2389	Asian Philosophy
PSY 1101	Introduction to Psychology: Foundations
PSY 1102	Introduction to Psychology: Applications
PSY 3303	Personality
PSY 4391	Special Topics in Psychology
SRS 1112	The Religions of the World I
SRS 2113	The Religions of the World II

SRS 2115 Religious Ways of the Aboriginal Peoples

SRS 2172 Religion, Animals, Nature

SRS 2393 Religion and Death

SRS 3312 Hinduism

SRS 3313 Buddhism

**Total:**

**12 Units**

1

This course is offered at Saint Paul University.