MICROPROGRAM
CONTEMPLATIVE STUDIES
AND WELL-BEING

Contemplative Studies 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 Contemplative Studies 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/administration-and-governance/academic-regulation-3-program-of-studies/) for information on the possible combinations available within the Faculty of Arts.

Compulsory courses:
AHL 2150 Introduction to Contemplative Studies and Well-being 3 Units
AHL 3156 Meditation: Theory and Practice 3 Units
SRS 3354 Mysticism and Spiritual Experience 3 Units
AHL 4150 Mindful Tech 3 Units

3 optional course units from:
AHL 2155 Special topics in Contemplative Studies and Well-being I 3 Units
AHL 3155 Special topics in Contemplative Studies and Well-being II
AHL 4150 Mindful Tech
EAS 3103 Indigenous Spiritualities in the Americas
ENG 3318 Romantic Literature
LSR 2110 Leisure: Concepts and Values
PHI 2122 Ancient Wisdoms
PHI 2190 Philosophy of Religion
PHI 2389 Asian Philosophy
PSY 1101 Introduction to Psychology: Foundations
PSY 1102 Introduction to Psychology: Applications
PSY 3303 Personality
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

Total: 15 Units