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:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>AHL 3156</td>
<td>Meditation: Theory and Practice</td>
<td>3</td>
</tr>
<tr>
<td>SRS 3354</td>
<td>Mysticism and Spiritual Experience</td>
<td>3</td>
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Optional courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>3 optional course units from:</td>
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<td>3 Units</td>
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<tr>
<td>AHL 2160</td>
<td>Mindful Tech</td>
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<tr>
<td>AHL 3180</td>
<td>Mindful Aging</td>
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<tr>
<td>PHI 2122</td>
<td>Ancient Wisdoms</td>
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<tr>
<td>IPA 2125</td>
<td>Positive Psychology and Spirituality</td>
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tr>
<td>3 optional course units from:</td>
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<td>3 Units</td>
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<tr>
<td>AHL 2155</td>
<td>Special topics in Mindfulness and Contemplative Science I</td>
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<tr>
<td>AHL 3155</td>
<td>Special topics in Mindfulness and Contemplative Science II</td>
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<tr>
<td>EAS 3103</td>
<td>Indigenous Spiritualities in the Americas</td>
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<tr>
<td>ENG 3318</td>
<td>Romantic Literature</td>
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<tr>
<td>LSR 2110</td>
<td>Leisure : Concepts and Values</td>
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<tr>
<td>PHI 2190</td>
<td>Philosophy of Religion</td>
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<tr>
<td>PHI 2389</td>
<td>Asian Philosophy</td>
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<tr>
<td>PSY 1101</td>
<td>Introduction to Psychology: Foundations</td>
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<tr>
<td>PSY 1102</td>
<td>Introduction to Psychology: Applications</td>
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<tr>
<td>PSY 3303</td>
<td>Personality</td>
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<td>PSY 4391</td>
<td>Special Topics in Psychology</td>
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<td>SRS 1112</td>
<td>The Religions of the World I</td>
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<tr>
<td>SRS 2113</td>
<td>The Religions of the World II</td>
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Total: 12 Units

1 This course is offered at Saint Paul University.