

# CONTEMPLATIVE STUDIES AND WELL-BEING OPTION

## Overview

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 program 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.

### What is a Transdisciplinary option?

Transdisciplinary options are microcredentials that allow you to tailor your degree and develop competencies outside of your Honours BA, Major or Minor. These thematic microcredentials range from 9 to 18 course units and can be taken from your electives. Options can be added to most of the B.A. and B.Sc. programs at the Faculty of Arts and the name of the option will appear on your transcript. Adding one or several options to your degree allows you to be the architect of your degree and develop additional competencies beyond your fields of study.

## Program requirements

The table below includes only the option-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: 3 Units

AHL 2155	Special topics in Contemplative Studies and Well-being I	
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 Wisdom	
PHI 2190	Philosophy of Religion	

PHI 2389	Asian Philosophy
PHI 4384	Philosophical Texts
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
SRS 2393	Religion and Death
SRS 3312	Hinduism
SRS 3313	Buddhism

Total: 15 Units