

**Faculty of Arts & Sciences**  
**March 3, 2026, 3:30 – 5:00 pm**  
**Sadler Center, Tidewater A**

- I. Approval of minutes from meeting on February 3, 2026
- II. Provost's remarks - Peggy Agouris
- III. Dean's remarks - Suzanne Raitt
- IV. March Elections (Helen Murphy, NEC)
  - Faculty Assembly, Area II
    1. Reya Farber (Sociology)
    2. Sarah Stafford (Economics)
  - A&S Personnel Policy Committee, Area III
    1. Jen Bestman (Biology)
    2. Robin Looft-Wilson (Health Sciences)
  - Committee on Academic Culture & Values, Area II TF
    1. Andra Hiriscau (Economics)
    2. Alan Kennedy (Public Policy)
  - Retention, Promotion, and Tenure Committee, Area I
    1. Michael Daise (Religious Studies)
    2. Elizabeth Mead (Art & Art History)
  - Retention, Promotion, and Tenure Committee, Area III
    1. Danielle Dallaire (Psychological Sciences)
    2. William McNamara (Chemistry)
  - Educational Policy Committee, Area I
    1. Erin Minear (English)
    2. Anne Rasmussen (Music)
  - Educational Policy Committee, Area II (2 positions)
    1. Andrew Dustan (Economics)
    2. Brianna Nofil (History)
    3. Paula Pickering (Government)
- V. Motion to approve: 1) significant revisions to the major in Religious Studies (BA in Religion), 2) a new major in Judaic Studies (BA in Religion) offered by the Religious Studies department, and 3) a new major in Contemplative Studies (BA in Religion) offered by the Religious Studies department - Annie Blazer and Michael Daise (Religious Studies) - *NOTE: EPC approval is anticipated on 2/25/2026. If substantial revisions are requested by EPC, we will delay this discussion.*
- VI. Motion to Amend the Faculty Handbook - FAC

*Current language (section III.B.1.a): All tenure-eligible and tenured appointments must be made by a department or school; however, faculty members may hold one or more joint appointments with another program, department, or school (see Section III.B.7).*

*Proposed language:* All tenure-eligible and tenured appointments must be made by a department, program, or school. Faculty members may hold one or more joint appointments with another department, program, or school (see Section III.B.7). Tenure is held in the College of Arts & Sciences or a school.

*Background*

FAS has been moving toward amending procedures to enable faculty in interdisciplinary programs to obtain tenure. Procedures have been explored by a working group, whose report was presented at the FAS meeting on December 2, 2025. The faculty voted to adopt the recommendations of this report. The current Faculty Handbook contains language that would prevent tenure in interdisciplinary programs. This motion seeks to remove that prohibition.

- VII. Update on Effective Teaching Principles Work - Teaching Evaluation Working Group – Joshua Burk ([effective-teaching-principles-framework-fa-endorsed-032525.pdf](#))
- VIII. Faculty Assembly Report - Andrea Wright
- IX. New Business

# Religious Studies - Religious Studies

## Curriculum Addition/Change Application

### Curriculum Change Application

*Use this form to change curriculum requirements, not individual courses.*

#### Individual Submitting this Application:

**Name\*** Annie Blazer

**Academic Unit\***

**Email\*** ablazer@wm.edu

#### Home Academic Unit:

**Chair\*** Michael Daise

**Email\*** madais@wm.edu

**Program, if applicable\*** Religious Studies

**First semester addition/change will be in effect\***

Fall  
 Spring  
 Summer

**First year addition/change will be in effect\***

2025  
 2026  
 2027

**Please provide a description/rationale of the addition or requested changes\***

We are proposing a revised major in “Religious Studies” as well as two other majors: “Judaic Studies” and “Contemplative Studies.” These changes will more explicitly define opportunities of study within the BA in Religion degree program and emphasize different areas of academic inquiry in the broader field of Religious Studies. To clarify these majors in PATH, we propose adding the attribute JDST to courses that fulfill requirements for the Judaic Studies major/minor and CNST to courses that fulfill requirements for the Contemplative Studies major/minor. Religious Studies, Contemplative Studies, and Judaic Studies majors will all receive a BA in Religion, which we believe will increase student demand for the BA in Religion.

### **Degree Core for the BA in Religion**

The three majors will share a common “Degree Core,” and each major will also have specific requirements. The Degree Core includes:

- An introductory survey course (RELG 201, Studying Religions of the World)
- A group of courses on religious traditions from which students will choose two (Buddhism, Christianity, Hinduism, Islam, and Judaism).
- A capstone course (RELG 401, Advanced Seminar), limited to juniors and seniors.
  - o There will be multiple versions of the Advanced Seminar with course numbering RELG 401A, RELG 401B, RELG 401C, etc. These courses share the pedagogical objective of incorporating multiple theoretical perspectives and use a common set of assignments to guide student-driven research projects, conducted over the course of the semester and culminating in research papers.
  - o The capstone requirement can be met via Honors Thesis in RELG.
  - o Our current capstone class (RELG 391) will become RELG 401A, Theory and Method in the Study of Religion, and this will be taught in Fall 2026.
  - o We will submit proposals to EPC next semester for 401B (focused on Judaic Studies) and 401C (focused on Contemplative Studies) for COLL 400 approval to be taught in Spring 2027.

### **The Major in “Religious Studies”**

The revised major in “Religious Studies” offers students a clear pathway through coursework, resolving a concern with our current major that too many requirements are at the introductory level.

The Religious Studies major provides in-depth study of religious traditions, spiritualities, and experiences within a variety of historical, cultural, and social contexts. Courses expose students to diverse worldviews and interdisciplinary methods. Students will complete the degree core (above) as well as:

- One course from “Foundations”
- One course from “Historical Perspectives”

- One course from “Contemporary world”

- Remaining credits for the degree will be fulfilled through RELG electives, with at least two courses at the 300/400 level.

*See the attached proposed catalog language for “Religious Studies (BA in Religion).”*

### **The Major in “Judaic Studies”**

Our new majors stem from existing infrastructure and student demand. The Program in Judaic Studies has long offered a minor in Judaic Studies and has the interdisciplinary support to grow this minor into a major.

The Judaic Studies major introduces students to the history, texts, political and philosophical thought of the Judaic tradition as it has developed throughout the ancient, medieval and modern periods. Students will be exposed to a range of methodological approaches including biblical criticism, comparative analysis, theology, anthropology and history. Students will complete the degree core, within which one of their two “traditions” courses must be RELG 254, History of Judaism, as well as:

- Two courses from “Judaism in Antiquity”

- Two courses from “Judaism in the Medieval and Modern World”

- Remaining credits for the degree will be fulfilled through JDST electives, with at least one course at the 300/400 level.

*See the attached proposed catalog language for “Judaic Studies (BA in Religion).”*

### **The Major in “Contemplative Studies”**

A curriculum for Contemplative Studies has been under discussion for some time and the proposed major incorporates the interdisciplinary work that has been underway.

The Contemplative Studies major explores the nature, practices, and effects of contemplative experience across cultures and traditions, examining how practices like meditation, mindfulness, prayer, and ritual shape human consciousness, ethics, and well-being. Contemplative Studies bridges the disciplines of neuroscience, psychology, philosophy, religious studies, education, and the arts, and involves active experiential learning, to explore fundamental questions of self and one’s being in the world—how we think, feel, relate, and flourish.

Students will complete the degree core (above), within which their two “Traditions” courses must be RELG 250 (Buddhism) and RELG 252 (Hindu Traditions), as well as:

- o PSYC 201 Intro to Psychology as a Natural Science *Credits (3)*

- o RELG 202 Meditation & Wellness: Introduction to Contemplative Studies *Credits (4)*

- o One CNST course that also carries the PSYC or BIOL or NSCI attribute

- Options include (**pending approval**): BIOL 345 Neurobiology, PSYC 311 Cognitive Psychology, PSYC 313 Physiological Psychology, PSYC 355 Cognitive Science, PSYC 457 Plastic Brain, PSYC 470 Special Topics:

- One Wellness Application
  - o INTR 110F Flourishing *Credits (1)*
  - o INTR 110M Mindfulness Meditation *Credits (1)*
  - o INTR 110Y Yoga *Credits (1)*
  - o INTR 110 Intro to East Asian Medicine *Credits (1)*
  - o INTR 110 Sound Wellness *Credits (1)*

· 6 credits of electives with CNST attribute:

· One elective at any level. This can include any of the below electives at 300/400 level, select RELG 100s, select RELG 150s, transfer RELG credit in the field of Contemplative Studies, or any course that carries the CNST attribute. Consult with your advisor to see if your COLL 100/150 or transfer credit can fulfill this requirement.

· One elective at the 300/400 level. This can be any course at the 300 or 400 level that carries the CNST attribute. Options include the PSYC, BIOL, and NSCI courses listed above as well as:

RELG 302 History of Religions in East Asia, RELG 356 Yoga: Histories & Philosophies, RELG 357 Buddhist Philosophy, RELG 362 Buddhism & Science, RELG 366 Spiritual But Not Religious, PHIL 345 Philosophy of Mind, DANC 304 Mind-Body Unity

\*\*The instructors of the Dance and Philosophy courses (PHIL 345, DANC 304) and the INTR (Wellness Application) courses have given their approval to have the Contemplative Studies (CNST) attribute applied to those courses. We are in conversation with the PSYC department and NSCI program. They will be discussing our proposal and requests at their next department faculty meeting, in less than a week.

*See the attached proposed catalog language for “Contemplative Studies (BA in Religion).”*

### **Renumbering and Renaming Courses**

We propose renumbering and renaming courses to more closely reflect subject matter and level of study. The attached “Renaming & Renumbering” document includes existing course numbers/titles, new numbers/titles with new short titles (30 characters), and attributes. Some courses have been taught as topics courses and need permanent course numbers. Those courses are identified in the attached document, and EPC proposals for permanent course numbers are forthcoming.

*See the attached “Renaming & Renumbering” document.*

To clarify our programs and course offerings, we also attach a revision for the departmental “Religious Studies” course catalog page in “Academic Departments, Programs, and Schools.”

*See the attached “Religious Studies (Academic Departments, Programs, and Schools)”*

**New material to  
appear in the  
catalog:\***

Please see attached.

1. Religious Studies (BA in Religion)
2. Judaic Studies (BA in Religion)
3. Contemplative Studies (BA in Religion)
4. Renaming & Renumbering
5. Religious Studies (Academic Departments, Programs, and Schools)

## **Proposal Completed?**

**Scroll back to the top of this pane and click the right-directional triangle located at the top-left of this pane to LAUNCH your proposal.**

**If any required fields are incomplete, the form will highlight the required fields with a contrasting orange font color. Complete the required fields and again click the arrow to LAUNCH your proposal.**

# Religious Studies

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◀ Return to: [Academic Departments, Programs, and Schools](#)

## Faculty

[View the Religious Studies Faculty.](#)

## BA in Religion

The BA in Religion is designed to equip students with the fundamentals of the study of religions of the world, a sense of the diversity of religious experience, and tools of critical inquiry into a wide range of phenomena. The Religious Studies department offers three majors (Religious Studies, Judaic Studies and Contemplative Studies) as well as a minor in Religious Studies.

### **Degree Core for all BAs in Religion**

All majors are required to take RELG 201: Studying Religions of the World, our introduction to the big picture of global religious practices and to the basics of scholarly methods. From there, students will further develop proficiency in these methods with the dedicated study of two different religious traditions, chosen from a set of five “Traditions” courses. Students complete the major with a senior seminar, engaging the entirety of their experience with the discipline to perform advanced investigations into important religious phenomena.

### **Majoring in Religious Studies**

The requirements for the major in Religious Studies are designed to develop broad-based competencies in the study of religion through more sophisticated inquiries into religious texts, practices, and modalities organized into three categories. Students will take the degree core and one course each of “Foundations” courses, “Historical Perspectives” courses, and “Contemporary World” courses, which offer grounding in the major sources for the study of various forms of religious experience, capacity for the diachronic study of religion, and consideration of the enduring relevance of the study of religion for understanding the world around us. Elective courses in Religious Studies round out the major.

### **Majoring in Judaic Studies**

The Judaic Studies major introduces students to the history, texts, political and philosophical thought of the Judaic tradition as it has developed throughout the ancient, medieval and modern periods. Students will be exposed to a range of methodological approaches including biblical criticism, comparative analysis, theology, anthropology and history. Majors will complete the degree core, within which one of their two “Traditions” courses must be RELG 254: History of Judaism. Two courses from “Judaism in Antiquity” provide students with a firm grounding in the textual and historical roots of early Judaism. They will gain literacy in the study of biblical texts and its commentary traditions, and examine early Judaism within the wider context of the larger Mediterranean world. Two courses from “Judaism in the Medieval and Modern World” offer an interdisciplinary approach to the study of Judaism as it is impacted by changing historical conditions. Students will be exposed to a variety of literary, philosophical, and historical texts, and to the enduring relevance of the study of Judaism in the present. Elective courses that carry the JDST attribute round out the major. The Judaic Studies program often hosts visitors who teach various courses, so other courses that are being offered can generally be substituted for courses in the area requirements listed above with program director approval.

### **Majoring in Contemplative Studies**

The Contemplative Studies major explores the nature, practices, and effects of contemplative experience across cultures and traditions, examining how practices like meditation, mindfulness, prayer, and ritual shape human consciousness, ethics, and well-being. Contemplative Studies bridges the disciplines of neuroscience, psychology, philosophy, religious studies, education, and the arts, and involves active experiential learning, to explore fundamental questions of self and one’s being in the world—how we think, feel, relate, and flourish.

Majors will complete the degree core, within which their two “Traditions” courses must be RELG 250: Buddhism: History and Traditions and RELG 252: Hindu Traditions, through which students engage two of the world’s richest contemplative lineages through historical and textual case studies. Students must also complete PSYC 201: Intro to Psychology as a Natural Science and RELG 202: Meditation & Wellness: Introduction to Contemplative Studies, which together provide the interdisciplinary foundation of the major. A required 1-credit Wellness Application (INTR) course further ensures the personal, experiential dimension of the major. These requirements are designed to ensure that students (a) understand the psychological and neurological mechanisms underpinning awareness, emotion, mental health, and self-regulation; (b) examine and compare diverse contemplative traditions, practices, and conceptions of the self across cultures and time periods; and (c) themselves engage in mind-body practices and meditative techniques that support wellness and enhance empathy, focus, regulation, and resilience. In this way students put humanistic, scientific, and first-person experiential learning into productive conversation. Electives that carry the CNST attribute round out the major.

## **Programs**

- Religious Studies (BA in Religion)
- Judaic Studies (BA in Religion)
- Contemplative Studies (BA in Religion)
- Religious Studies, Minor
- For the Judaic Studies, Minor, see (link to Judaic Studies [https://catalog.wm.edu/preview\\_entity.php?catoid=34&ent\\_oid=2535&returnto=5208](https://catalog.wm.edu/preview_entity.php?catoid=34&ent_oid=2535&returnto=5208))

## Courses

List all courses in chronological order by course number

# Religious Studies (BA in Religion)

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Return to: [Majors & Minors](#)

The Religious Studies major provides in-depth study of religious traditions, spiritualities, and experiences within a variety of historical, cultural, and social contexts. Courses expose students to diverse worldviews and interdisciplinary methods. Consultation with a department advisor is expected.

## Required Credit Hours: 30

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## Degree Core Requirements:

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- RELG 201 – Studying Religions of the World *Credits (3)*
- RELG 401 – Advanced Seminar *Credits (4)*
  - \* Limited to juniors and seniors. Topics vary. Can be repeated once from two different categories (401A, 401B, 401C, etc.). The second 401 serves as an elective course for the major.
  - \* Can be fulfilled by Honors Thesis (RELG 495/496)

## 2 Courses from Traditions:

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Religious literacy is essential for understanding how diverse traditions shape human thought, ethics, politics, and cultural practices. By engaging with at least two major traditions, students gain comparative insight into how different communities construct meaning, authority, and ritual

life. These case studies foster critical thinking about global diversity and provide interdisciplinary depth central to the major.

- RELG 250 – Buddhism: History and Traditions *Credits (3)*
- RELG 251 – History of Christianity *Credits (3)*
- RELG 252 – Hindu Traditions *Credits (3)*
- RELG 253 – Islamic Religious Traditions *Credits (3)*
- RELG 254 – History of Judaism *Credits (3)*

## Major Writing Requirement:

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Students can fulfill the Major Writing Requirement by completing [RELG 401](#) with a C- grade or better.

## Major Requirements:

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### 1 Course from Foundations:

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These courses provide students with a deeper foundation in the study of religion by providing survey courses on geographical regions and/or themes of study. Students gain broad knowledge that will inform their study of religions around the world and across history.

- RELG 301, History and Religion of Ancient Israel *Credits (3)*
- RELG 302, History of Religions in East Asia *Credits (3)*
- RELG 303, Christian Origins *Credits (3)*
- RELG 304, African Religions of the Americas *Credits (3)*
- RELG 305, Religion in the U.S. *Credits (3)*
- RELG 306, Religion and Ethics *Credits (3)*

### 1 Course from Historical Perspectives:

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These courses examine specific historical events, persons, communities, and/or traditions. These courses share the goal of exploring how religious traditions change and develop over time.

- RELG 351, Traditions and Memory in Ancient Israel and Greece *Credits (3)*
- RELG 352, Eastern Christianity *Credits (3)*
- RELG 353, Judaism Before the Rabbis *Credits (3)*
- RELG 354, Rabbis and Fathers *Credits (3)*
- RELG 355, Historical Muhammad *Credits (3)*
- RELG 356, Yoga: Histories and Philosophies *Credits (3)*

- RELG 357, Buddhist Philosophy *Credits (3)*
- RELG 358, Himalayan Religion *Credits (3)*
- **Other courses may fulfill this requirement. Consult with your major advisor.**

## 1 Course from Contemporary World:

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In these courses, students pursue a case study of modern religion(s) and think about the role of religion in our world today. These courses share a goal of illuminating the ongoing importance of religion in modern cultural, political, and social spheres.

- RELG 361: Modern Hinduism *Credits (3)*
- RELG 362: Buddhism and Science *Credits (3)*
- RELG 363: Modern European Jewish History *Credits (3)*
- RELG 364: Modern Jewish and Christian Thought *Credits (3)*
- RELG 365: Post-Holocaust Jewish and Christian Thought *Credits (3)*
- RELG 366: Judaism in America *Credits (3)*
- RELG 367: Spiritual But Not Religious *Credits (3)*
- RELG 368: New Religious Movements in America *Credits (3)*
- RELG 369: Religion and Sports in the U.S. *Credits (3)*
- **Other courses may fulfill this requirement. Consult with your major advisor.**

## Additional Requirements:

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9 credits of RELG electives

- One elective at any level. This can include any of the above courses, RELG 100, RELG 150, transfer RELG credit, or any course that carries the RELG attribute.
- Remaining electives at the 300/400 level. These can be any RELG courses at the 300 level listed above or any course at the 300 or 400 level that carries the RELG attribute.

# Judaic Studies (BA in Religion)

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Return to: [Majors & Minors](#)

The Judaic Studies major introduces students to the history, texts, political and philosophical thought of the Judaic tradition as it has developed throughout the ancient, medieval and modern periods. Students will be exposed to a range of methodological approaches including biblical criticism, comparative analysis, theology, anthropology and history. Students pursuing the major will be encouraged to engage in independent research with the support of faculty in Judaic Studies. Consultation with a Judaic Studies advisor is expected.

## Required Credit Hours: 30

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## Degree Core Requirements:

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- RELG 201 – Studying Religions of the World *Credits (3)*
- RELG 401 – Advanced Seminar *Credits (4)*

\* **Must have JDST attribute**

\* Limited to juniors and seniors. Topics vary. Can be repeated once from different categories (401A, 401B, 401C, etc.) if both carry the JDST attribute.

The second 401 serves as an elective course for the major.

\* Can be fulfilled by Honors Thesis (RELG 495/496) directed by a Judaic

Studies faculty member

## 2 Courses from Traditions:

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Religious literacy is essential for understanding how diverse traditions shape human thought, ethics, politics, and cultural practices. By engaging with at least two major traditions, students

gain comparative insight into how different communities construct meaning, authority, and ritual life. These case studies foster critical thinking about global diversity and provide interdisciplinary depth central to the major. **Students majoring in Judaic Studies must take RELG 254 as one of their Traditions courses.**

- RELG 250 – Buddhism: History and Traditions *Credits (3)*
- RELG 251 – History of Christianity *Credits (3)*
- RELG 252 – Hindu Traditions *Credits (3)*
- RELG 253 – Islamic Religious Traditions *Credits (3)*
- RELG 254 – History of Judaism *Credits (3)*

## Major Writing Requirement:

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Students can fulfill the Major Writing Requirement by completing [RELG 401](#) with a C- grade or better.

## Major Requirements:

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### 2 Courses from Judaism in Antiquity:

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This area requirement provides students with a firm grounding in the textual and historical roots of early Judaism. They will gain literacy in the study of biblical texts and its commentary traditions, and examine early Judaism within the wider context of the larger Mediterranean world.

- RELG 301: History and Religion of Ancient Israel *Credits (3)*
- RELG 303: Christian Origins *Credits (3)*
- RELG 353: Judaism before the Rabbis *Credits (3)*
- RELG 354: Rabbis and Fathers *Credits (3)*
- RELG 351: Traditions and Memory in Ancient Israel & Greece *Credits (3)*
- RELG 421: The Biblical Prophetic Books *Credits (3)*
- RELG 422: Paul, Pharisee & Apostle *Credits (3)*
- **Other courses may fulfill this requirement. Consult with your advisor.**

### 2 Courses from Judaism in the Medieval and Modern World:

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This area requirement will introduce students to developments in the thought and the institutions of Judaism as they change throughout the medieval and modern periods. Students will be introduced to an interdisciplinary approach to the study of Judaism as it is impacted by changing historical conditions. Additionally, students will be exposed to a variety of literary, philosophical, and historical texts, and to the enduring relevance of the study of Judaism in the present.

- RELG 363: Modern European Jewish History *Credits (3)*
- RELG 364: Modern Jewish and Christian Thought *Credits (3)*
- RELG 365: Post-Holocaust Jewish and Christian Thought *Credits (3)*
- RELG 367: Judaism in America *Credits (3)*
- RELG 451: Gender and Judaism *Credits (3)*
- RELG 452: The Holocaust *Credits (3)*
- RELG 453: The Jewish Political Tradition *Credits (3)*
- ANTH 331: Culture and Society in the Middle East and North Africa *Credits (3)*
- **Other courses may fulfill this requirement. Consult with your advisor.**

## Additional Requirements:

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6 credits of electives that have JDST attribute

- One elective at any level. This can include any of the above courses, select RELG 100s, select RELG 150s, transfer RELG credit in the field of Judaic Studies, or any course that carries the JDST attribute. Consult with your advisor to see if your COLL 100/150 or transfer credit can fulfill this requirement.
- Remaining electives at the 300/400 level. These can be any courses at the 300 level included above or any course at the 300 or 400 level that carries the JDST attribute.





# Contemplative Studies (BA in Religion)

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Return to: [Majors & Minors](#)

The Contemplative Studies major explores the nature, practices, and effects of contemplative experience across cultures and traditions, examining how practices like meditation, mindfulness, prayer, and ritual shape human consciousness, ethics, and well-being. Contemplative Studies bridges disciplines like neuroscience, psychology, philosophy, religious studies, education, and the arts, and involves active experiential learning, to explore fundamental questions of self and one's being in the world—how we think, feel, relate, and flourish. Consultation with a Contemplative Studies advisor is expected.

## Required Credit Hours: 30

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### Degree Core Requirements:

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- o RELG 201 – Studying Religions of the World *Credits (3)*
- o RELG 401C – Advanced Seminar in Contemplative Studies *Credits (4)*
  - \* Limited to juniors and seniors.
  - \* Can be fulfilled by Honors Thesis (RELG 495/496) directed by a Contemplative Studies faculty member.

## 2 Courses from Traditions:

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Religious literacy is foundational to Contemplative Studies because contemplative practices are deeply embedded in the historical and philosophical traditions that shaped them. By requiring case studies in Buddhism and Hindu Traditions students engage two of the world's richest contemplative lineages through historical and textual case studies. These courses provide essential context for understanding how practices of contemplation, wisdom, and self-transformation developed, and how they continue to inform contemporary practices. **Students majoring in Contemplative Studies must take RELG 250 and RELG 252 as their Traditions courses.**

- o RELG 250 – Buddhism: History and Traditions *Credits (3)*
- o RELG 251 – History of Christianity *Credits (3)*
- o RELG 252 – Hindu Traditions *Credits (3)*
- o RELG 253 – Islamic Religious Traditions *Credits (3)*
- o RELG 254 – History of Judaism *Credits (3)*

## Major Writing Requirement:

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Students can fulfill the Major Writing Requirement by completing [RELG 401](#) with a C-grade or better.

## Major Requirements:

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Through these required course students will be able to: understand and explain the psychological and neurological mechanisms underpinning awareness, emotion, mental health, and self-regulation; examine and compare contemplative traditions and practices across cultures and time periods; analyze and evaluate recent scientific studies on the cognitive, affective, and neurophysiological effects of meditation, and compare and contrast these findings with key Buddhist and Hindu texts on meditation and conceptions of the self.

- o PSYC 201 Intro to Psychology as a Natural Science *Credits (3)*
- o RELG 202 Meditation & Wellness: Introduction to Contemplative Studies *Credits (4)*

- o One CNST course that also carries the PSYC or BIOL or NSCI attribute
  - Options include: BIOL 345 Neurobiology, PSYC 311 Cognitive Psychology, PSYC 313 Physiological Psychology, PSYC 355 Cognitive Science, PSYC 457 Plastic Brain, PSYC 470 Special Topics: Self-Transcendent States or Science of Positive Psychology

## 1 Course Wellness Application:

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Through this requirement, students will engage in mind-body practices and meditative techniques that support wellness and enhance empathy, focus, regulation, & resilience—key predictors of academic and life success.

- o INTR 110F Flourishing *Credits (1)*
- o INTR 110M Mindfulness Meditation *Credits (1)*
- o INTR 110Y Yoga *Credits (1)*
- o INTR 110 Intro to East Asian Medicine *Credits (1)*
- o INTR 110 Sound Wellness *Credits (1)*

## Additional Requirements:

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6 credits of electives with CNST attribute.

- One elective at any level. This can include any of the below electives at 300/400 level, select RELG 100s, select RELG 150s, transfer RELG credit in the field of Contemplative Studies, or any course that carries the CNST attribute. Consult with your advisor to see if your COLL 100/150 or transfer credit can fulfill this requirement.
- Remaining elective at the 300/400 level. This can be any course at the 300 or 400 level that carries the CNST attribute. Options include the PSYC, BIOL, and NSCI courses listed above as well as: RELG 302 History of Religions in East Asia, RELG 356 Yoga: Histories & Philosophies, RELG 357 Buddhist Philosophy, RELG 362 Buddhism & Science, RELG 366 Spiritual But Not Religious, PHIL 345 Philosophy of Mind, DANC 304 Mind-Body Unity



