**Contemplative Studies Minor Curriculum Map**

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| **CONTEMPLATIVE STUDIES MINOR COURSES** | **Outcome 1** | **Outcome 2** | **Outcome 3** |
| CNST 240 Mindfulness Based Stress Reduction Seminar | X | X |  |
| EDUC 205 Philosophy and Practice of Contemplative | X | X |  |
| PSYC 220 Psychology of Yoga | X |  |  |
| EXSS XXX Yoga 1 | X |  |  |
| EXSS XXX Yoga 2 | X |  |  |
| PHIL 201 World Wisdom Traditions | X |  | X |
| LITR 260 World Mythology  | X |  | X |
| PHIL 235 Asian Philosophy | X |  |  |
| PHIL 304 Self Growth | X |  |  |
| BADM 301 Ethics in Business | X |  | X |
| CNST XXX Mindful Self Compassion Seminar | X | X | X |
| EDUC 230 Methods of Contemplative Education for Children and Youth | X | X |  |
| EDUC XXX Yoga Pedagogy  | X | X |  |
| EXSS XXX Anatomy of Yoga | X |  |  |
| ENST 209 World Sustainability  |  |  | X |
| ENST 335 Ecology, Society, and the Sacred | X |  | X |
| LAWS 210 Law, Justice and Morality |  |  | X |
| LAWS 340 Civil Disobedience |  |  | X |
| PHIL 321 Philosophy of Beauty | X |  |  |
| SOCI 230 Sociology of Health and Medicine | X |  | X |
| THEA 260 Voice and Movement | X | X |  |

Goal 1: Students will develop proficiency in intra-personal reflective skills

Outcome 1: Student reflective assignment will display self-knowledge by clearly representing perception of sensations, emotions and thoughts.

Goal 2: Students will develop proficiency in interpersonal communication skills.

Outcome 2: Students will document and analyze difficult interpersonal communication and suggest more effective strategies for resolving difficulties.

Goal 3: Students will explore ethical standards in their actions, words and thoughts.

Outcome 3: Student will discuss ethical issues and their effects on the common good.