

# CONTEMPLATIVE STUDIES MINOR

This minor combines courses from several areas to foster an objective understanding of contemplative practices and philosophies by studying them in the context of psychology, philosophy, religion, history, health, and other academic areas. In addition to coursework, Contemplative Studies includes first-person experience with practicing contemplation, adding an increasingly-valued complement to theory-based learning. This approach qualifies as experiential learning, which is an OSU emphasis. A large research literature has shown that contemplative practice has a variety of beneficial effects for people, including enhanced attentional ability, increased compassion, better physical and mental health, and increased personal insight. Other benefits of contemplative practices include cultivating the ability to be resilient in the face of challenges, reducing our experience of stress, and improving relationships.

Contemplative practices are increasingly being used in a variety of professional and work settings, including education, organizational wellness programs, counseling, and many areas of healthcare. Because of this, Contemplative Studies will be a useful minor to add to many disciplines, including Psychology, HDFSciences, BioHealth Sciences, Education, Digital Communication Arts, and others. Business schools at Harvard, Stanford, University of Virginia, and, increasingly, others, value, teach, research, and promote adding studies in contemplation as an important, complementary education and skill set for leadership, productiveness, effectiveness, and well-being of their graduates in preparing them for a career in business and related fields.

Upon completion of a Minor in Contemplative Studies at Oregon State University, you will be able to:

- (1) Demonstrate effective application of multiple forms of contemplative practice
- (2) Articulate the research-based benefits of contemplative practice
- (3) Articulate the connections between contemporary contemplative practices and their historical contexts

## Minor Code: 802

A minor in Contemplative Studies can be earned by satisfactorily completing 27 credits from the following list of courses, which must include 12 upper division credits (300 and 400 level courses).

Check with your own college's policies to see if the same course can count to meet different degree requirements.

Code	Title	Credits
<b>Required Courses</b>		
PAC 202	MEDITATION	1
PHL 430/REL 430	HISTORY OF BUDDHIST PHILOSOPHY	4
PSY 495	PSYCHOLOGY OF MEDITATION	4
Select 3 credits from the following:		3
PAC 256	TAIJI, TAI CHI I	
PAC 257	TAIJI, TAI CHI II	
PAC 293	INTERDISCIPLINARY YOGA	
or PAC 293H	INTERDISCIPLINARY YOGA	
PAC 294	YOGA I	
PAC 295	YOGA II	
PAC 296	VINYASA YOGA	
PAC 297	YOGATHON	

Select at least 15 credits from the following:

15

PHL 208/REL 208	INTRODUCTION TO BUDDHIST TRADITIONS
PHL 432/REL 432	*YOGA AND TANTRIC TRADITIONS
PHL 433/REL 433	*THEORY AND PRACTICE OF MODERN YOGA
PHL 434/REL 434	*SPIRITUALITY AND ECOLOGY: GREEN YOGA
or REL 434H	*SPIRITUALITY AND ECOLOGY: GREEN YOGA
PHL 455/REL 455	DEATH AND DYING
PSY 486	YOGA AND MENTAL HEALTH
PSY 448	CONSCIOUSNESS
PSY 493	POSITIVE PSYCHOLOGY
WR 420	STUDIES IN WRITING
Total Credits	27

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Baccalaureate Core Course (BCC)

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