

MINDFULNESS AND CONTEMPLATIVE STUDIES MINOR

Minor Coordinator

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Description

Mindfulness and contemplative practice are experiential modes of learning and self-inquiry. Contemplative practices are widely varied and include various forms of meditation, focused thought, writing, creative/performing arts, and yoga. Mindfulness and contemplative practices can foster greater empathy and communication skills, improve focus and attention, reduce stress, and enhance creativity and general wellbeing. Given these advantages, these skills are of growing interest to researchers and practitioners from diverse fields. The purpose of this minor is to provide students with a fundamental understanding of mindfulness and contemplative study and practice, and opportunities to cultivate these skills in their courses and apply them in their communities. This minor would be of interest to students Human Development and Family Science, as well as to those in other social sciences, health sciences and education.

Admission

The minor in Mindfulness and Contemplative Studies is available to all University students with a Cum GPA of 2.0 or above on a space-available basis. To be admitted to the program, students must submit a Declaration of Minor form to their academic advisor, the undergraduate program director of Human Development and Family Science and their home college dean's office.

Student Learning Outcomes

In this minor, students will gain a fundamental understanding of mindfulness and contemplative study and practice and have opportunities to cultivate these skills in their courses and apply them in their communities.

Upon completion of the program, students will be able to:

1. Explain principles of mindfulness and contemplative practices.
2. Analyze how research is utilized to understand how mindfulness influences individual development.
3. Critically evaluate mindfulness-based practices across diverse settings.
4. Cultivate mindfulness and contemplative practices to apply to selected communities.

Curriculum Requirements

The minor in Mindfulness and Contemplative Studies requires the completion of six courses (18 credits), three of which are mandatory and three of which are electives.

Code	Title	Credits
Mandatory Courses		
HFS 452	Mindfulness in Children and Youth	3
PHP 405	Science and Practice of Mindfulness	3
Select four of the following:		12
ARI 331	Eye Hand Body Mind through Drawing	
CRS 336	Communication and Organizational Diversity	
CRS 347	Mindful Communication Skills	
CRS 447	Mindful Communication Theory	
HFS 458	Science of Caring and Sharing	
PHP 301	Holistic Healing Practices	
REL 185	Hinduism	
REL 186	Buddhism	
REL 327	Yoga-Ancient Religion to Modern Practice	
Total Credits		18

(6 of the 12 elective credits must be in 300 to 400 level courses).

Restrictions

The minor is open to all Syracuse University students, including HDFS majors.

Notes:

Note that no more than 6 credits from a department can count toward the minor.