

# Mindfulness Studies, Minor

The minor in mindfulness studies is open to all majors at the university. The term “mindfulness” refers to maintaining an awareness of the present moment without judgment. Modern-day mindfulness has roots in Eastern spiritual traditions including Buddhism and Hinduism; after arriving in the West, mindfulness practice became a mostly secular practice used by many to promote health and wellbeing. The minor in mindfulness studies is designed for students who seek to enrich their understanding of mindfulness practice, including its benefits and potential applications. Pursuing a minor in mindfulness studies will complement students’ knowledge in the related fields of psychology, health sciences, philosophy, and religious studies. However, developing a mindfulness practice and an understanding of the potential benefits and applications of mindfulness may help enrich the lives of students in any major. Whether students are interested in health, education, or business, by pursuing the minor in mindfulness studies they have an opportunity to learn how to develop a mindfulness practice and explore how to apply mindfulness to their career.

## Minor Requirements

Complete all courses listed below unless otherwise indicated. Also complete any corequisite labs, recitations, clinicals, or tools courses where specified.

## Required Courses

| Code                      | Title   | Hours |
|---------------------------|---|-------|
| CAEP 1280                 | Introduction to Mindfulness                         | 4     |
| PHIL 1133                 | Selling Spirituality                                | 4     |
| PHIL 1275<br>or PHIL 2395 | Hinduism, Buddhism, and Beyond<br>Japanese Buddhism | 4     |

## Electives

| Code                           | Title  | Hours |
|--------------------------------|--|-------|
| Complete one of the following: |  |       |
| CAEP 1290                      | Personal Behavior Change                                       | 4     |
| CAEP 2280                      | The Yoga Tradition in Nepal: Philosophy, Methods, and Practice | 4     |
| CAEP 2290                      | The Yoga Tradition: Philosophy, Methods, and Practice          | 4     |
| CAEP 3899                      | Relationships in College                                       | 4     |
| HLTH 5002                      | Mindfulness: Theory and Practice                               | 3     |
| HUSV 2340                      | Mindfulness in Mental Health                                   | 4     |
| PHIL 1130                      | Comparative Ethics   | 4     |
| PHIL 1290                      | Chinese Philosophy and Religion                                | 4     |

## GPA and Grade Requirement

Minimum 2.000 GPA required in the minor. All coursework must be completed with a minimum grade of C.

## Credit Requirement

15 hours required