

Core Curriculum

The Core Curriculum is comprised of foundational courses designed to foster academic depth and breadth within the Bachelor of Arts degree. The Core Curriculum requirements constitute 30 credits of the 120 total credits necessary to complete a Bachelor of Arts degree.

First-time college students are required to take COR113 *First-Year Seminar* in place of COR130 *Contemplative Learning Seminar* and COR150 *Diversity Seminar*. The Contemplative Learning Seminar and the Body/Mind Area Requirement must be taken at Naropa University. No transfer credit will be accepted or applied toward these Core requirements. Writing Seminar II cannot be fulfilled with any AP or CLEP scores. Only research-based writing courses will fulfill this Core Seminar.

Core Seminars (15 credits)

- COR113 *First-Year Seminar: Self and Community in a Complex World* (6)

Or

- COR130 *Contemplative Learning Seminar: Naropa's Roots and Branches* (3)
- COR150 *Diversity Seminar* (3)

And:

- COR110 *Writing Seminar I: Art of the Engaged Writer* (3)
- COR115 *Writing Seminar II: Art of the Scholar* (3)
- COR220 *Community-based Learning and Action* (3)

SUBTOTAL 15

Area Requirements (15 credits)

Artistic Process (choose 3 credits)

Courses in Artistic Process approach art forms as a practice, igniting one's creative possibilities through discovery, delight, and creating art in a contemplative way. The focus is on the self-expression of one's inner artist, infused with informed articulation of art as a means to engage with the world.

- ART101 *2-D Design: Art Techniques and Experimentation* (3)
- ART102 *Contemplative Ceramics: Form and Human Connection* (3)
- ART116 *Introduction to Photography* (3)
- ART125 *Introduction to Drawing* (3)
- ART132 *3-D Ephemeral Media* (3)
- ART155 *Figure Drawing* (3)
- ART180 *Sculpture* (3)
- ART245 *Introduction to Painting: Realism* (3)
- ART311 *Mixed Media* (3)
- ART385 *Advanced Studio Practice* (3)
- ART440 *Warrior Artist: Risk and Revelation in Studio Art* (3)
- LCOR140 *The Whole Human Being* (6)
- MUS230 *Improvisation* (3)
- MUS400 *Composition* (3)

- PAR210 *Acting Studio I* (3)
- PAR220 *Dance Studio I* (3)
- PAR222 *Dance of Africa* (3)
- PAR231 *Articulating Sound: Voice & Speech* (3)
- PAR301 *Acting Ensemble* (3)
- PAR302 *Dance Ensemble* (3)
- PAR330 *Verse Interpretation* (3)
- PAR331 *Prose Interpretation* (3)
- REL250 *Spirituality and Creative Expression* (3)
- TRA114 *Indian Devotional and Raga Singing* (3)
- TRA120 *Ikebana/Kado I* (3)
- WRI234 *Creative Reading and Writing* (3)

Body/Mind Practice (choose 3 credits)

The knowledge of life that comes from experiencing the unified wholeness of mind and body is both dynamic and direct. This is the meaning of "yoga"—that which fully joins mind and body. We train in developing this knowledge through disciplines emphasizing both stillness and movement, sound and silence. This training strengthens our capacity to feel sensation, heighten perception, appreciate impermanence, and remain open and responsive equally to pleasure and discomfort. Through such training, students deepen clarity of awareness, kindness toward themselves, and empathy for others. These gifts will support the aspiration to contribute to the world in a creative and skillful way.

- BSA335 *Contemplative Intercultural Studies* (3)
- PAR100 *Wisdom of the Body* (3)
- PAR230 *Preparing the Voice: Breathing Is Meaning* (3)
- PSYB208 *Embodying Process and the Individual* (3)
- PSYB255 *Body-Mind Centering* (3)
- REL158W *The Breeze of Simplicity: Meditation Weekend* (1)
- REL160 *Meditation Practicum I: Freeing the Mind* (3)
- REL255W *Opening the Heart: Meditation Weekend* (1)
- REL271 *Christian Prayer and Mystical Practices* (3)
- REL390W *Shambhala Training I* (1)
- REL391W *Shambhala Training II* (1)
- REL392W *Shambhala Training III* (1)
- TRA100 *Shambhala Meditation Practicum* (3)
- TRA105 *Taijiquan I: Beginning Form* (3)
- TRA110 *Aikido I* (3)
- TRA114 *Indian Devotional and Raga Singing* (3)
- TRA120 *Ikebana/Kado* (3)
- TRA133 *Yoga I* (3)
- TRA260 *Mudra Space Awareness* (3)

Cultural & Historical Studies (choose 3 credits)

Understanding both our common humanity and our different histories is critical for effective living in today's world. Cultural and Historical Studies courses examine complex cultural practices—the meaning and practices of everyday life—and their relationship to power in historical and contemporary contexts. Courses in this area explore a range of diverse cultural experiences while building understanding and respect for profound political and social differences.

- ANTH250 *Regional Seminar* (4)

- ART301 World Art I: Ancient to Middle Ages (3)
- ART351 World Art II: Medieval and Modern Transformations (3)
- BSA325 Traditional Culture and Contemporary Issues of Bhutan (3)
- EDU245 Multicultural Education and Contemplative Critical Pedagogy (3)
- ENV207 History of the Environmental Movement (3)
- ENV245 Geography: Pilgrimage and Sacred Landscape (3)
- ENV253 Environmental Economics (3)
- ENV257 Food Justice (3)
- LCOR120 Cultural Immersion: Nepal/India (6)
- LCOR126 Cultural Immersion: Latin America (6)
- MUS245 The Evolution of Western Music (3)
- MUS250 Music Cultures of the World (3)
- MUS260 Listening to Jazz (3)
- PAX250 Introduction to Peace and Conflict Studies (3)
- PAX335 Socially Engaged Spirituality (3)
- PAX340 Conflict Transformation: Theory and Practice (3)
- PAR240 Re-Thinking the History of Performance: From Antiquity to 1700s (3)
- PAR241 Art Movements of the 20th Century: The Movers, Shakers, and Rule Breakers (3)
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL348 Flight of the Swans: Dharma Comes West (3)
- REL355 Sanskrit in the Sacred Traditions of India (3)
- WRI210 Literary Studies (3)

Science & Sustainability (choose 3 credits)

Science connects us to the world in meaningful ways, expanding horizons of understanding and engaging the mystery of our universe. Courses in science and sustainability invite students to experience the complexity and beauty of natural systems through diverse modes of inquiry including empirical, observational, and quantitative/mathematical investigation. Science emphasizes direct observation, the importance of evaluating evidence to guide theory, and the application of theory to promote sustainability. Scientific literacy is essential to mature and active citizenship.

- ENV100 Physical Geography: Beholding the Body of the Earth (3)
- ENV223 Field Ecology (3)
- ENV236 Green Building (3)
- ENV260 Introduction to Permaculture (3)
- PSYB100 Anatomy (3)
- PSYB101 Introduction to Western Psychology (3)
- PSYB234 Perception (3)
- PSYB239 Nutrition (3)
- PSYB329 Approaches to Healing (3)

World Wisdom Traditions (choose 3 credits)

Through courses in World Wisdom Traditions, students inquire into the wisdom that resides in the religions of many different human communities. They investigate the relationship between their own experience and ancient and contemporary teachings, exploring the relevance of those teachings for their lives. Students in world

wisdom courses develop knowledge of the complex histories, lineages, sacred texts and stories, rituals, and ethics of the world's wisdom traditions.

- BSA335 Contemplative Intercultural Studies (3)
- ENV245 Pilgrimage and Sacred Landscape (3)
- LCOR125 Wisdom Traditions of Nepal/India (6)
- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL229 Contemplative Judaism (3)
- REL240 Foundations of Buddhism (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL250 Spirituality and Creative Expression (3)
- REL314 Contemplative Islam (3)
- REL323 Religious Experience in Africa (3)
- REL330 Contemplative Hinduism (3)
- REL334 Hindu Yoga-Tantra (3)
- REL345 Zen Buddhism (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL349 Tibetan Buddhism (3)
- REL376 Inner Oral Tradition of the Torah (3)
- TRA252 Daoism and Chinese Traditions (3)

Total Credits 30

Core Curriculum Course Listing

COR101

Living and Learning Community (1.0)

This one credit course is designed to support students' transition into Naropa University through the experience of a Living and Learning Community within the residence hall. This course emphasizes community building and engagement, fostering connections among students and faculty by creating an intentional learning community. Specific topics vary by course section based on the theme of each Living and Learning Community. This course is taken for pass/fail credit. Course materials fee.

COR110

Writing Seminar I: Art of the Engaged Writer (3.0)

This course is designed to meet students where they are as writers and stretch their thinking and writing in new directions. Students focus on the creative alongside the critical, the imaginative next to the academic. Conducted in workshop format, the course helps students develop skills in both first-person inquiry and formally constructed essays. Students explore a number of generative and probative writing experiments to locate, identify, and develop ideas, employing different registers of critical thinking and reasoning about the topics. Finally, each written piece goes through multiple drafts as students become objective workshop readers who critique in a supportive manner.

COR113

First Year Seminar: Self and Community in a Complex World (6.0)

An integrative introduction to contemplative education at Naropa University. In this course, students explore the basic perspectives

and practices of contemplative education, and how this approach can be applied to real world problems. Students are asked to grow their self-awareness and understanding of the world through introspection, academic reflection, and through encountering difference. Students develop a solid foundation for success in this introduction to college life and the specific methods and disciplines of a Naropa education.

COR115

Writing Seminar II: Art of the Scholar (3.0)

In Writing Seminar I, students focused their writing on "starting where you are," what Chogyam Trungpa Rinpoche calls "having to meet yourself," and then developed critical thinking and writing skills. In Writing Seminar II, students meet themselves not only as writers, but also as burgeoning scholars and as engaged learners to explore the richness of our humanity. They practice the art of scholarly investigation that will support their undergraduate education. We'll begin with personal inquiry that spurs a multidisciplinary research investigation, incorporating research strategies and presentation skills along the way. Students in all sections practice the basics of scholarly investigation and argumentation, building a set of skills they will need and will refine throughout their undergraduate education. The semester culminates in a seven to eight-page research paper, the topic of which is suggested through class discussions. Students enrolling in Writing Seminar II must have taken and passed Writing Seminar I or the equivalent.

COR130

Contemplative Learning Seminar: Naropa's Roots and Branches (3.0)

The Contemplative Learning Seminar introduces the tradition of contemplative education as it has been developed at Naropa University, with an emphasis on its vision, purpose, and application to the academic, artistic, and psychological disciplines taught in the various majors. Students are introduced to contemplative practices that have shaped these disciplines, especially emphasizing mindfulness-awareness and sitting meditation practice. This course is designed to integrate the personal journey of entering student's with the rest of their Naropa educational experience.

COR150

Diversity Seminar (3.0)

The Diversity Seminar emphasizes the development of knowledge, critical thinking, analytical skills, and interpersonal and intergroup interactions necessary for living and working in a society characterized by diversity. Students engage in inquiry and analysis of the complexities of multiple and competing theories of race, class, gender, ethnicity, disability, age, sexuality, nationality, and religion, and how they shape and are shaped by social and cultural life in the United States. Through diversity and contemplative education, students can awaken a greater understanding of others, and develop self-understanding and understanding of self in relation to others, in order to promote ethical behaviors and values that support a diverse world.

COR215

Leadership and Service: Alternative Break (3.0)

Students in this course deepen their understanding of the theoretical and practical means of engaging in social action, social change, and coalition building. Through weekly classes and participation in a week-long, intensive service-learning trip over their spring breaks, students examine the possibilities and limitations of service and service-learning while exploring group dynamics and examining the historical, contemporary, social, political, and cultural dynamics relevant to the service site. Course fee.

COR220

Community-based Learning and Action (3.0)

The purpose of this course is to engage "big questions" and issues through community-based learning. The course is designed as a laboratory for students to identify and articulate their own values, commitments, and gifts and to deepen their understanding of local and global initiatives that foster social justice, innovation, and environmental sustainability. Joining theory and practice, we explore practices that range from bearing witness and loving-kindness to social entrepreneurship, storytelling, service learning, and political participation. We extend the classroom into the community through field trips and partnerships with local community groups and invite scholars, activists, and community leaders from diverse locations into the classroom. Assignments are designed to cultivate inner resources such as curiosity, courage, and resilience and to enhance knowledge and skills to address real-world challenges. While the topics may vary by semester, class projects aim for reciprocity, maximizing the potential for student learning and benefitting local communities. Course fee.

COR325

Service Trip Design and Leadership: Alternative Break (3.0)

Students in this course actively engage in the concepts, issues, and tasks integral to effective leadership for COR215 Alternative Break service-learning course/trips. Through weekly classes and participation in an intensive weekend service-learning trip during the semester, students build skills in reflection, fund-raising, sponsorship, budgeting, group dynamics, experiential learning, and education. Course activities deepen students' understanding of the key components of an Alternative Break, preparing them to design an Alternative Break proposal and act as leaders for the program. Final proposals serve as the culminating project of this course and are submitted for review by the Alternative Break Committee, and students will have the opportunity to lead their trips at Naropa if selected. Course fee.

COR350

Design Thinking for Personal and Social Change (3.0)

How can you open your mind-and your options-when you envision your vocational choices after Naropa? In this project-based course, students learn about and incorporate Design Thinking, a method which encourages observation, empathy, and curiosity along with radical collaboration and a bias toward action. Using Design Thinking, students learn to apply frameworks, tools, and practices for "leading from the emerging future." You explore the nuances

and complexities of vocation: right livelihood, meaning-making, money-making, and the desire to be of service. You engage in conversations with mentors, practice interviewing and resume writing, build professional networks, design and produce a podcast. The course includes sources from diverse professional backgrounds and social locations.

COR360

The Lion's Roar: Writing for Publication (3.0)

This course provides in-depth instruction, support, and practice in writing about contemporary Buddhist topics for the online journal *The Lion's Roar*. Students engage in the complete arc of writing for publication, from developing ideas for stories, to researching, interviewing, drafting, and providing and receiving feedback, and finally revising and submitting their work for publication. The dual focus of the course is the practice and process of writing in a real-world context as well as the representation of Buddhism in the contemporary popular culture platform of an online journal. Students develop a deeper understanding of their own writing process and authorial voice. They also deepen their insight into ways to present Buddhism to a mainstream audience.

COR450

Internship (3.0)

The internship provides students with opportunities to deepen their understanding of the practical means of working for social change, by working on projects that require a range of skills: grassroots organizing; coalition building; lobbying, policy research; grant-writing; and fund-raising. Students may pursue internships that build on prior experience or pursue a new direction. A wide range of internships are possible, although only sites that are committed to providing an education experience and can meet Naropa's additional requirements are candidates. This course is co-scheduled with PAX450. Prerequisite: COR113 or COR130.

LCOR110

Practice and Community I (3.0)

The practice of being in community is one of the most profound teachings of the LEAPYEAR program. An essential adjunct to living in conscious community is the study of contemplative or inner-directed practices that help the individual become more at home within themselves and with others. Students learn to define and live within clear agreements, learn the skills of clear communication and conflict resolution, and engage in daily contemplative practice while on retreat and while traveling together in unfamiliar countries through unfamiliar terrain—both inner and outer. Students learn practices that support growing self-awareness and self-acceptance, which are cornerstones of conscious community.

LCOR120

Cultural Immersion: Nepal/India (6.0)

Nine (or more) weeks of extended field study in Nepal and northern and southern India, giving direct exposure to the people and culture through spiritual study; Hindu, Tibetan Buddhist, and Muslim homestays; social service and environmental work; and individual internships. Through these activities, students engage

in activism through service work; develop an awareness of their relationships to different cultures and of the Westernizing of cultures; learn what steps can be taken to begin to identify and work with this; and learn how to utilize available resources positively and effectively. Additional topics include culture shock, languages (Hindi or Tibetan), cultural differences, the effects of privilege, karma, and the caste system. Opportunities abound for concentration on each student's individual interests. Students identify their own cultural assumptions as well as learn skills to travel effectively and cooperatively within a group. Travel and study in Nepal and India includes scholarly research prior to traveling, as well as written and oral presentations after returning to the U.S.

LCOR121

Spanish Language Immersion (6.0)

Nine (or more) weeks of study of the Spanish Language: four weeks of classroom study and nine weeks of cultural immersion in Central and South America. Students learn with native teachers for two two-week intensives in group and one-on-one settings. Afternoons are spent doing volunteer community service, and students live with homestay families in Central and South America for a cumulative total of eighty hours of one-on-one language instruction. The remaining six weeks are spent living, working, and traveling with native Spanish speakers. The design of the course cultivates fluency in conversational Spanish, engaging students in the practice of speaking Spanish for nine weeks abroad.

LCOR125

Wisdom Traditions of Nepal/India (6.0)

Students learn about the wisdom traditions and spiritual practices of Nepal, North India, and South India while living in intentional communities focusing on Hatha Yoga, Buddhist meditation, and Karma Yoga (selfless service). Students explore practices that provide opportunities for intrapersonal and interpersonal learning as part of their own personal journeys, discovering their own biases and spiritual beliefs, as well as exploring the value of integrating Western and Eastern philosophies. Nine (or more) weeks of travel and study in Nepal and India is bracketed by two nine-day residential seminars in the United States, giving students time to prepare for their travels, and to reflect on and integrate their experiences upon returning.

LCOR126

Cultural Immersion: Latin America (6.0)

Nine (or more) weeks of field study with direct exposure to the people and cultures of Central and South America through volunteer work, homestays, environmental work, wildlife conservation, and trekking. Through these activities students cultivate awareness of their relationships to other cultures, and learn about activism through service work and of the positive and negative impacts of North American culture. Additional topics include culture shock, cultural differences, the effects of privilege, and work ethics. Opportunities abound for concentration on each student's individual interests. Students identify their own cultural assumptions as well as learn the skills to travel effectively and cooperatively within a group. Travel and study in Latin America is bracketed by

two nine-day seminars in the United States, giving students time to prepare for their travels, and upon returning, giving time for reflection on and integration of their experiences.

LCOR140

The Whole Human Being (6.0)

An exploration of the journey into adulthood in the context of learning what it means to live a life of balance and purpose. Students experientially explore the body-mind continuum and integrate contemplative practices with study of the development and evolution of the human being. Course work includes daily workshops on integrity, communication, health, emotional literacy, somatic awareness, and the place of creativity in an embodied life. Students learn a variety of communication tools as they work to improve their own fluency in effective communication, emotional literacy, creativity, and intuition. A four-day rite of passage is the capstone of the course.

LCOR155

The World as Classroom (4.0)

Students spend four months exploring options and choosing a twelve-week individual internship from over 6,300 opportunities in 126 countries. The internship is focused on service work, career exploration, language acquisition, and learning job skills specific to a field of developing interest. This twelve-week independent journey exposes the student to diverse cultures, broadens their horizons, and deepens their understanding of diverse worldviews. Each student focuses on being a voice for positive change at the juncture where their deep gladness meets the world's need. Working independently in the world for three months allows each student to identify and work with their strengths and challenges in the areas of work ethic, personal motivation, and self-presentation. Successful completion of this course satisfies the COR220 Community-based Learning and Action Core Seminar requirement.

LCOR160

Being the Change (2.0)

Students practice skills needed to be the change they wish to see in the world (Gandhi) by exploring and learning to translate their dreams into action in the world during their three-month individual internship. While completing their individual internship, students identify a way they can improve some aspect of life at their sponsor organization. They take their idea and see it through to a practical outcome while studying the power of setting intentions and life path visioning. Embedded in their chosen project is an exploration of learning and transforming education to serve the creativity of each student. Students explore cultural context, historical context, educational context, gender differences, and movements where people have taken effective action and grown to thrive in the face of oppression.