

## 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.

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 Writing Seminar II.

### Core Seminars (15 credits)

- COR110 Writing Seminar I: Art of the Engaged Writer (3)
- COR115 Writing Seminar II: Art of the Scholar (3)
- COR130 Contemplative Learning Seminar: Naropa's Roots and Branches (3)
- COR150 Diversity Seminar (3)
- COR222 Sustainability Seminar: Regenerative Community in 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 Contact (3)
- ART125 Introduction to Drawing (3)
- ART132 3-D Ephemeral Art (3)
- ART155 Figure Drawing (3)
- ART180 Sculpture (3)
- ART245 Introduction to Painting: Realism (3)
- ART285 New Forms in Ceramics: Advanced Skills in Historical Clay Techniques (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 Lab: Contemporary Dance (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)

#### 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 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 Level I: The Art of Being Human (1)
- REL391W Shambhala Training Level II: Birth of the Warrior (1)
- REL392W Shambhala Training Level III: Warrior in the World (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 I (3)
- TRA133 Yoga I (3)
- EDU404 Maitri and 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.

- ASIA 310/GLOS310 Regional Seminar - China in Transition (4)
- ASIA 320/GLOS320 Regional Seminar - Culture and Traditions in Modern India (4)
- ASIA 330/GLOS330 Regional Seminar - Diversity in the Himalayas (4)

- LAS340/GLOS340 Regional Seminar - Tradition, Change, and Cultural Resilience (4)
- ART301 World Art I: Ancient to Middle Ages (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 Introductory Sanskrit: The Language of the Gods (3)
- WRI210 Experimental and Activist Literatures (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)
- PSYB101 Introduction to Psychology (3)
- PSYB234 Perception (3)
- PSYB239 Nutrition (3)
- PSYB329 Approaches to Healing (3)
- PSYB332 Human Anatomy (3)
- PSYB368 Psychology and Neuroscience of Emotion (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: An Introduction to Its History, Thought, and Practice (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL334 Hindu Tantra (3)
- REL345 Zen Buddhism (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL349 Tibetan Buddhism: Inside the Mystique (3)
- REL376 Inner Oral Tradition of the Torah (3)
- TRA453 Yoga History, Theory, and Philosophy (3)

## Total Credits 30

## Core Curriculum Course Listing

### COL101

#### Living and Learning Community (1.0)

This 1-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.

### COL215

#### 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 spring break, 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.

### COL240

#### Innovation Skills Workshop (1.0)

This is a skills-based workshop covering social innovation and/or entrepreneurial strategies designed to support students in effecting change in their academic and/or professional lives. Topics vary by section.

**COL299****Special Topics (1.0)**

This Special Topics course covers subjects relevant to all majors and academic disciplines. Specific topics are announced the semester the course is offered.

**COL325****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. Students will have the opportunity to lead their trips at Naropa if selected. Course fee.

**COL340****Be the Change Lab (1.0-3.0)**

This is a student-designed project-based course in which students put their creative ideas into action under the guidance of a faculty mentor. Supported by relevant campus and community partners, students identify and incubate a social innovation project, with the goal to enact the change they wish to see in the world. The Project Proposal must be approved prior to enrollment.

**COL350****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, and design and produce a podcast. The course includes sources from diverse professional backgrounds and social locations.

**COL360****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, 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.

**COL450****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 fundraising. 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. Prerequisite: COR130.

**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 students 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.

**COR222****Sustainability Seminar: Regenerative Community in Action (3.0)**

The Core Sustainability Seminar invites students to apply their vision and creativity toward a flourishing future and away from crisis. This course introduces students to principles, perspectives, and practices of regenerative community, resilience and sustainability, and analyzes current environmental, economic, and social trends. With the aim of developing skills and lasting commitment to create vibrant and equitable systems, the course draws upon sustainability

studies, contemplative education, ecological thinking, citizen engagement, and other innovative approaches.

### **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 United States.

### **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 more than 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.

## **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.



## LEAPYEAR

LEAPYEAR is an alternative first (or second) year of college that combines the best of a gap year with contemplative education. Bringing together international experiential learning with a program of self-inquiry, LEAPYEAR creates a "bridge year" to support students' conscious transition from high school to college and development from adolescence into adulthood.

LEAPYEAR includes:

- First semester: Extended group travel in India/Nepal or Latin America
- Second semester: A three-month, individual, international internship
- Four intensive domestic contemplative practice retreats focusing on successfully navigating independent living and self-actualization that bracket each semester of travel
- Formal and informal Rites of Passage
- A high level of mentoring to support reflection and integration

## Program Requirements

LEAPYEAR is a 30-credit program consisting of two 15-credit semesters.

First Semester (15 credits)

LCOR110 Practice & Community (3)

*Nepal/India Group Travel*

LCOR120 Cultural Immersion: Nepal/India (6)

LCOR125 Wisdom Traditions of Nepal/India (6)

OR

*Latin America Group Travel*

LCOR121 Spanish Language Immersion (6)

LCOR126 Cultural Immersion: Latin America (6)

Second Semester (15 credits)

COR150 Diversity Seminar (3)

LCOR140 The Whole Human Being (6)

LCOR155 The World as Classroom (4)

LCOR160 Being the Change (2)

Total 30 Credits

### Naropa Degree Equivalencies

Students who earn passing grades and continue their studies at Naropa following their LEAPYEAR experience will have fulfilled 30 credits of their Naropa degree and half, or nearly half, of their Core Curriculum requirements.

Nepal/India Group Travel

15 Core Curriculum Credits Fulfilled + 15 Elective Credits (30 Total Credits)

LEAPYEAR Course	Naropa Degree Requirement
LCOR110 Practice & Community	Elective Credit
LCOR120 Cultural Immersion: Nepal/India	Core Area Requirement: Cultural & Historical Studies
LCOR125 Wisdom Traditions of Nepal/India	Core Area Requirement: Word Wisdom Traditions
COR150 Diversity Seminar	COR150 Diversity Seminar
LCOR140 The Whole Human Being	Core Area Requirement: Artistic Process
LCOR155 The World as Classroom	Elective Credit
LCOR160 Being the Change	Elective Credit

Latin America Group Travel

12 Core Curriculum Credits Fulfilled + 18 Elective Credits (30 Total Credits)

LEAPYEAR Course	Naropa Degree Requirement
LCOR110 Practice & Community	Elective Credit
LCOR121 Spanish Language Immersion	Elective Credit
LCOR126 Cultural Immersion: Latin America	Core Area Requirement: Cultural & Historical Studies
COR150 Diversity Seminar	COR150 Diversity Seminar
LCOR140 The Whole Human Being	Core Area Requirement: Artistic Process
LCOR155 The World as Classroom	Elective Credit
LCOR160 Being the Change	Elective Credit

LEAPYEAR course work will transfer to other colleges and universities as determined by their respective transfer credit review policies.

