

Arts and Letters Courses-Curriculum Map to 2010 AAOT Outcomes

Department/Program: Social Science/Religion **Course:** REL 231 Buddhist Meditation Traditions

1. Arts and Letters Discipline Studies Outcomes

“Arts and Letters” refers to works of art, whether written, crafted or designed, and performed, and documents of particular poignancy and significance in statement or design.

As a result of taking Arts & Letters Discipline Studies courses, a student should be able to:	Course Outcome(s) related to the A&L Outcome	Under what conditions and criteria will the course outcome be assessed?
1. Interpret and engage in the Arts and Letters, making use of the creative process to enrich the quality of life.	Students learn some of the Buddhist meditation traditions of China, Japan, and other East Asian cultures, and about how to make use of meditation as a tool for sharpening awareness of the world and their own internal responses to events.	Essay tests, regular submission of written daily meditation journal, and participation in in-class discussions and projects.
2. Critically analyze personal values and ethics within the stream of human experience and expression to engage more fully in local and global issues.	Students learn ways in which these meditation traditions shape experience and values, and use meditation as a tool to become more aware of their own values, attitudes, feelings, and patterns in their responses to life events.	Structured class discussions, small group work, and regular writing in a personal meditation journal.

2. Arts and Letters Discipline Studies Course Criteria

A Discipline Studies course in Arts & Letters should:	How course meets criterion	Related Course Outline statements
1. Introduce the fundamental ideas and practices of the discipline and allow students to apply them.	Students learn methods of studying meditation and using/applying meditative techniques for increased outer and self awareness. They learn how to articulate their experience and learning from meditation practice.	The central principles and practices of these Buddhist meditation traditions will be approached both culturally, and through exploration of how these ideas apply to daily life.
2. Elicit analytical and critical responses to historical and/or cultural works, such as literature, music, language, philosophy, religion, and the visual and performing arts.	Students learn to interpret meditation texts and their own experiences in applying meditation techniques in the context of their own lives.	The successful student will acquire or sharpen critical and analytical reasoning skills, particularly those involving paying very close attention to what is arising internally in each moment.

A Discipline Studies course in Arts & Letters should:	How course meets criterion	Related Course Outline statements
3. Explore the conventions and techniques of significant forms of human expression.	Students read the meditation texts of major branches within the Buddhist tradition, such as the Zen, Vipassana, Tibetan Buddhism, and the original source teachings of the historical Buddha.	Students will explore the ideas and concepts of these traditions as well as their value as cognitive tools in present day life.
4. Place the discipline in a historical and cultural context, and demonstrate its relationship with other disciplines.	Students learn the interdisciplinary nature of meditation studies and practice as they learn about nonwestern psychology and Eastern value systems that place greater value on the quality of one's present moment mental state and experience rather than on who one is or has accomplished.	The successful student will gain an understanding of the history and value of meditation regarding these traditions and the ways in which psychology, sociology, philosophy and religion intersect in the practice of meditation.

Each course should also do at least one of the following:	How course meets criterion	Related Course Outline statements
<ul style="list-style-type: none"> Foster creative individual expression <i>via</i> analysis, synthesis, and critical evaluation, or 	Students learn to interpret Buddhist meditation teachings. Students also learn to be skilled observers and interpreters of their own experience and mental and emotional processes.	The successful student will gain an appreciation for Buddhist meditation principles and practices and be able to objectively assess their potential value for improving the quality of one's life.
<ul style="list-style-type: none"> Compare/contrast attitudes and values of specific eras or world cultures, or 	Students compare and contrast Eastern and Western approaches to cognition and personal decision making regarding values.	The successful student will know the fundamental goals, strengths and weaknesses of a number of meditation practices found in the various branches of Buddhist teaching.
<ul style="list-style-type: none"> Examine the origins and influences of ethical or aesthetic traditions. 	Students study how practice of meditation influences the mental process associated with the making of ethical evaluations.	The successful student will acquire knowledge of how Buddhist meditation influences Eastern culture and ethical outlook.

Instructor

Date

Academic Dean

Date