

## Social Science Course Curriculum Map to 2010 AAOT Outcomes

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

### 1. Social Science Discipline Studies Outcomes

As a result of taking Social Science Discipline Studies courses, a student should be able to:	Course Outcome(s) related to the Social Science Discipline Studies Outcome	Under what conditions and criteria will the course outcome be assessed? (i.e., a menu of suggested assessment options)
<ul style="list-style-type: none"> <li>Apply analytical skills to social phenomena in order to understand human behavior</li> </ul>	Students learn principles and practices from various Buddhist meditation traditions and how to make use of this information to both sharpen awareness of the external world and also acquire a better awareness and understanding of their own internal thought and emotional processes.	Essay tests, regular submission of written daily meditation journal, and participation in in-class discussions and projects.
<ul style="list-style-type: none"> <li>Apply knowledge and experience to foster personal growth and better appreciate the diverse social world in which we live.</li> </ul>	Students will learn to use meditation as a powerful tool for personal awareness as a first and necessary step toward noticing the need for personal change, and becoming aware of how personal mental habits keep unwanted behavioral responses in place.	Essay tests, regular submission of written daily meditation journal, and participation in in-class discussions and projects.

### 2. Social Science Discipline Studies Course Criteria

*An introductory course in the Social Sciences should be broad in scope. Courses may focus on specialized or inter-disciplinary subjects, but there must be substantial course content locating the subject in the broader context of the discipline(s).*

Approved courses will help students to:	How course meets criterion	Related Course Outline statements
1) Understand the role of individuals and institutions within the context of society.	Students will learn to use meditation practices as tools to become more aware of their own values, attitudes, feelings, and patterns in their responses to life events. Students will also learn to be more aware of their surroundings in the present moment, thus creating more awareness of the mental and emotional states of people around them.	The successful student will know the fundamental goals, strengths and weaknesses of a number of meditation practices found in the various branches of Buddhist teachings.

Approved courses will help students to:	How course meets criterion	Related Course Outline statements
2) Assess different theories and concepts, and understand the distinctions between empirical and other methods of inquiry.	Students learn to interpret meditation texts and their own experiences in applying meditation techniques in the context of their own lives. Students learn to understand differences between conceptual and non-conceptual modes of cognition.	The successful student will know how concentrate attention and become a very careful observer of his or her immediate environment.
3) Utilize appropriate information literacy skills in written and oral communication.	Refer to Information Literacy Form for criteria as needed	Refer to Information Literacy Form for criteria as needed
4) Understand the diversity of human experience and thought, individually and collectively.	Students learn to understand the way conceptual and non-conceptual cognition modes influence both individual and societal perceptions regarding values.	The successful student will know have an awareness of central differences in thought processes common in Western and Eastern cultures.
5) Apply knowledge and skills to contemporary problems and issues.	Students learn how to use meditation practices to clarify their own attitudes and values, as well as to listen deeply to the perceptions of other individuals.	The successful student will have knowledge of techniques to avoid being unduly influenced by reactivity and bias.

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**Instructor**


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**Date**


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**Academic Dean**


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**Date**