

UNIVERSITY OF MARY WASHINGTON – PROGRAM CHANGE PROPOSAL

Electronically submit this completed form with attachments in one file to the Chair of the College Curriculum Committee.

COLLEGE (check one):	Arts and Sciences <input checked="" type="checkbox"/>	X	Business <input type="checkbox"/>	Education <input type="checkbox"/>
Proposal Submitted By: Daniel A. Hirshberg			Date Prepared: September 23, 2019	
Department /Program:	CPR/Contemplative Studies			

*Note: for any program change entailing the addition any new courses, or revisions to existing courses, separate proposal for those course actions must also be submitted. **If the proposal includes multiple changes to course credit hours that are part of the program requirements, the proposal must address all elements outlined in the “Alternative Course Model” template. The template is available at the University Curriculum Committee web page.***

PROPOSAL TO CHANGE EXISTING PROGRAM (check no than one of the following).	
Revise requirements for existing major	
Revise requirements for a concentration within an existing major	
Revise requirements for an existing degree program	
Revise requirements for existing certificate program	
Revise requirements for existing minor	X
Implementation Date: FALL semester, year:	2020


PROPOSAL TO CREATE NEW PROGRAM NOT REQUIRING STATE ACTION (check no more that one of the following)	
New concentration within existing major	Name:
New minor	Name:
New Major but NOT a new degree*	Name:
*Use ONLY for interdisciplinary majors that will be grouped as part of the “Special Majors/General Liberal Arts and Sciences” degree (CIP Code 24.0101) or reported as a BLS degree (CIP Code 24.0199)	
Implementation Date (semester and year):	

REQUIRED ATTACHMENTS FOR ALL PROPOSALS FOR PROGRAM CHANGE OR FOR NEW PROGRAMS NOT REQUIRING STATE APPROVAL:

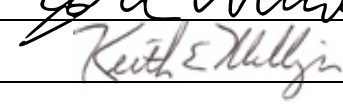
1. **Rationale statement** (Why is this additional program needed? What purposes will it serve?)
2. **Impact Statement** (Provide details about the Library, space, budget, technology, and impacts created by this program change. Supporting statements from the Library, IT Department, etc. evaluating the resource impact and feasibility of adding the new program are required.) **If the proposal involves multiple changes course credit hours that are a part of the program, the proposal must address all elements outlined in the “Alternative Course Model” template.**
3. **Catalog Copy** (Provide the complete Catalog Description for the proposed new program)
4. **Any change that impacts another Department must have a written statement (such as a copy of an email) from the Chair(s) agreeing to the change.**

Department Chair Approval*:  _____

Date: 9/23/19

CCC Chair Approval:  _____

Date: 10/7/19

Dean Approval:  _____

Date: 10/17/19

*COB and COE proposals approved by the Associate Dean.

BEFORE consideration by the UCC, the proposal must be approved the three levels noted above. Approval by the UCC, UFC, and Provost** are noted on the proposal “status history” at the UCC web site.

Provost approval is required in cases of proposals for new concentrations, new minors, new majors that do not involve a new degree, **or program changes involving changes to credit hours of courses in the program’s requirements.

1. Rationale Statement

Contemplative Studies is a relatively new minor (launched in fall 2016). Since the committee rejected my last proposal and requested more information on the minor and the ways in which these courses directly contribute to it, I welcome the opportunity to provide a more complete description of what Contemplative Studies is as an interdisciplinary field and how courses in the arts—the focus of this course change proposal—are essential to it.

One of the most exciting new fields of interdisciplinary study, pedagogy, and research is Contemplative Studies (CS). As a new field, CS remains dynamic, but it is usually defined by the exploration of diverse contemplative religious and philosophical traditions in the humanities, **embodied creativity in the visual and performing arts**, and rigorous research in neuroscience and psychology. Despite high demand for contemplative instruction across numerous industries, from empathy and impulse control in K-12 education, to wellness initiatives in business and finance, to combatting burnout in the medical field, there is a dearth of well-trained professionals to facilitate these programs.

UMW offered its first Contemplative Practice course (CPRD 104) in 2012, and we launched the Contemplative Studies minor in 2016. Ten minors and two Special Majors are presently enrolled, and I continue to explore the possibility of proposing an interdisciplinary major in CS, which was supported by a Summer Pedagogy Grant and would be only the second major program for undergrads anywhere in the world. The first was established by Professor Hal Roth at Brown University over the past decade. He remains a vocal supporter of our program, listing us alongside initiatives at the University of Virginia and the University of Florida as leaders in the field (Brown Daily Herald, April 23, 2018) and including us at the top of CS programs in his conference presentations on the state of the field (Mind & Life Institute's International Research Symposium, Kyoto, Japan 2018).

UMW is truly at the pedagogical cutting-edge of this new discipline. Although enrollment in the minor remains relatively modest (10-12 students at present), there is widespread interest in its content: as many as three 15-student sections of CPRD 104 fill to capacity every semester. Moreover, over the past two years, faculty in Classics, Philosophy and Religion collaborated with colleagues in Psychology to conduct the first controlled study on our meditation curriculum, which demonstrated statistically significant reductions in anxiety, depression, and disassociation and statistically significant increases in attentional focus ("mindfulness") and self-compassion, among other factors. With such proven benefits and such high demand among our student population, I personally feel an ethical responsibility as an educator to help our program in Contemplative Studies reach more students and deepen its benefits through more in-depth, interdisciplinary learning and training. The goal is to help our students apply these techniques across the range of their studies.

Like Brown University's program, this program change proposal addresses the call for broadly interdisciplinary coursework across the **arts**, humanities, and sciences to explore the theory, practice, history, and scientific study of diverse contemplative traditions. In this it is a condensation of the liberal arts where contemplative practice serves as the center for each area, integrating and informing the study of diverse disciplines. Compared to Brown, the pedagogy of our program is more "skill-based," however, in that students are trained to develop a daily contemplative practice, which neuroscientific and psychology studies concur is necessary to reap its benefits. Using rhetoric from current contemplative pedagogy in the academy, the Special Major relies on objective, third-person approaches to course content as well as second-person dialogical engagement with faculty and peers, both of which are common to college classroom-based learning. What sets Contemplative Studies apart is its use of first-person experiential content in the form of critical subjectivity, which enables the student to assess and evaluate their thoughts and experience with a sense of objective distance. **This is essential to creative disciplines and the arts especially, and CS explicitly trains students how to do so constructively and effectively.**

As explicitly stated in both the original catalog copy and the current proposal, the learning goals for the Minor in Contemplative Studies are designed to offer students a foundation in four primary areas: 1) the theory of contemplation across traditions and history; 2) the application of contemplation in various human endeavors, including philosophy, religion, **art, and performance**; 3) the scientific study of meditation, its cutting-edge technologies, and the quantifiable psychological data gathered to document its effects on the brain and well-being; and 4) significant practical training and experience in secular meditative techniques towards the development of concentration, empathy, stress-reduction, creativity, etc.

I continue to add relevant courses to count towards the minor, especially those in fields that have been lacking at the 300- and 400-level. Defined as a broadly interdisciplinary program across the humanities, **arts**, and sciences, numerous courses count from my department, and several newly approved courses in Religion are added below. From the rejection email in the last round (appended), why these should count towards the minor was understood by the committee. To date, however, studio and performing arts have been entirely lacking, which is a significant deficiency given their centrality to the program description. Following detailed conversations on CS with Jon McMillan, chair of Art and Art History, and Gregg Stull, chair of the Theatre program, they enthusiastically approved and welcomed the addition of these courses to the minor. Anyone who has ever been on stage, and anyone who has ever applied themselves to the creation of art, recognizes that concentration, directed contemplation both in planning and execution, and subjective critique is at the heart of any creative process. In that the studio and performing arts are inherently contemplative disciplines and these courses, as approved by our senior colleagues who are not only experts but recognized artists in their respective fields, should count towards the minor.

Additionally, PSYC revised its program such that PSYC 373 and 374 are now PSYC 273 and 274. Following discussions with my chair, as well as the chairs of Art and Art History and Theatre, the following courses have been approved to count towards the Contemplative Studies minor:

ARTH 356 Global Modernisms in East Asian Art

The deeply contemplative traditions of Buddhism, Daoism, Shintoism, and the indigenous traditions of East Asia exert a profound impact on the arts of East Asia from ancient times to the present. The content of this course is directly relevant to the Contemplative Studies minor.

ARTS 311 Ceramics II

ARTS 331 Sculpture II

ARTS 341 Multiple Imaging

ARTS 342 Painting II

These four courses represent various media in the studio arts at the upper-levels of the discipline. Students enrolled in the course are thus more evolved as artists, which entails greater skill, subjective critique, and engagement with the designated medium. As described above and agreed upon by the department chair, the creation of art is indeed a contemplative process and therefore directly relevant to the Contemplative Studies minor.

ARTS 381 Special Topics in Studio Art

ARTS 470 Special Studies in Studio Art

As explicitly stated in the catalog copy, all Special Topics/Studies courses (regardless of discipline) must be approved by the CS Program Director as having sufficient contemplative content and/or application. These two courses in Studio Art are envisioned to provide opportunities for student artists to explore contemplation even more directly in their capstone work, which must be approved on a case-by-case basis.

RELG 298 Ethics of Religion and Violence

RELG 342 Neurotheology

RELG 383 Yoga in Theory, History and Contemporary Society

RELG 384 Death and Rebirth in Tibetan Buddhism

The rejection email stated that the committee understood the relevance of these advanced courses, but in short: the Ethics course is centered around five debate performances with predesignated ethical positions and characters, which requires much contemplation in both preparation and execution, as well as the contemplation of core ethical positions in Hinduism, Buddhism, Judaism, Christianity, and Islam; Neurotheology covers the quantifiable physiology of religious experience and contemplative practice; and both the Yoga and Tibetan Buddhism courses are advanced-level seminars that focus on explicitly contemplative traditions.

THEA 111 Introduction to Theatre Design

Rather than focus on the performative aspect of theatre, this course explores the ways in which set design itself impacts the audience. In that it is its own studio art discipline, and thus is contemplative in the same mode as the media above. Gregg Stull convinced me of its relevance to creative contemplative practice. Being so informed, I could not agree more.

THEA 112 Introduction to Acting

THEA 218 Voice and Body Movement

THEA 318 Stage Dialects

THEA 321 Acting

THEA 322 Acting

Performance and acting before a live audience places the actor on the spot and forces them to transcend an array of personal insecurities and more immediate concerns, exchanging them for the intricacies of character and their role in the production. This is a heightened state of awareness, and thus contemplative.

In sum, the addition of these courses, especially in the arts and performance to the minor, are needed to make the Contemplative Studies minor fully interdisciplinary, as explicitly described in the already approved catalog copy. Those not in arts and performance contain content that is explicitly relevant to Contemplative Studies.

2. Impact Statement

Because the size of the Contemplative Studies program remains modest (10-12 students total at present), the addition of these courses will add very little competition for these courses in their host programs—this is confirmed by their approval by the chairs of those programs. Moreover, there are many electives and any increased enrollment will most certainly be broadly distributed. In addition to featuring the arts more equally with the humanities and sciences, the inclusion of these courses is primarily meant to invite students who already major in these fields to enroll in the minor in support of their primary discipline. This was one intention in approving a range of artistic media, whether two- or three-dimensional, as it would draw the widest range of students focusing on the arts and performance.

3. Catalog Copy

Contemplative Studies Minor

Dan Hirshberg, Program Director, Department of Classics, Philosophy, and Religion

Contemplative Studies Program

Affiliated Faculty

The Contemplative Studies minor is broadly interdisciplinary, incorporating coursework in the humanities, arts, and sciences to explore the theory, practice, history, and scientific study of diverse contemplative traditions. In addition to the intellectual study of these topics, students train in the daily application of secularized contemplative techniques. Critical reflection on subjective experience is a key component, and research as well as creative expression are encouraged and supported.

The minor offers students a foundation in four primary areas: 1) the theory of contemplation across traditions and history; 2) the application of contemplation in various human endeavors, including philosophy, religion, art, and performance; 3) the scientific study of meditation, its cutting-edge technologies, and the modes of gathering quantifiable psychological data to document its effects on the brain and well-being; and 4) significant training and experience in contemplative practice towards the development of concentration, empathy, stress-reduction, creativity, etc.

Requirements for the Contemplative Studies Minor

Eighteen (18) credits to include CPRD 104, 304, and PSYC 100; and three (3) courses from the following, with at least six (6) credits at the 300/400-level: ARTH 350, 351, 352, 354, 355, 356, 470; ARTS 311, 331, 341, 342, BIOL 410; CLAS 202; GEOG 335; PHIL 201; PSYC 273, 274, 305, 351, 372; RELG 283, 284, 298, 342, 383, 384; THEA 111, 112, 218, 318, 321, 322; any 491 (with approved topic). Special topics and Interdisciplinary courses in related fields (ANTH 271, 371; ARTH 470; ARTS 381, 470; CPRD 299; IDIS 350; PHIL 231, 331; RELG 231, 331) as well as other courses with relevant content may be substituted, including towards the 300/400-level requirements, with approval of the program director.

From: Jennifer Hansen-Glucklich (jhanseng) jhanseng@umw.edu
Subject: Curriculum Committee: Program Change Proposal
Date: September 10, 2019 at 11:47 AM
To: Daniel Hirshberg (dhirshb) dhirshb@umw.edu
Cc: Zach Whalen (zwhalen) zwhalen@umw.edu



Dear Dan,

I hope this email finds you well!

I am writing to you as secretary of the curriculum committee. The committee met yesterday and we discussed your program change proposal for the Contemplative Studies minor. We are hoping you can address some concerns that members of the committee had, make some changes, and resubmit your proposal so that we could reconsider it at our early October meeting.

1. The biggest concern was that it wasn't clear to us how the courses listed to be included in the minor fulfill the four goals of the minor. If you could address each course in turn, describing how each course meets the goals of the minor, that would be extremely helpful. It isn't necessary to do this for RELG 342, RELG 383, or RELG 384, since it is clear from the course titles how the courses contribute to the minor.
2. It would be helpful to include an impact statement with your proposal, addressing how this program change could affect other programs (for example, by increasing enrollment in certain courses, etc.)

If you have any questions, please let me or Zach Whalen, chair of the curriculum committee, know.

Thank you, and best wishes,
Jennifer

Jennifer Hansen-Glucklich
Assistant Professor of German
Department of Modern Languages and Literatures
University of Mary Washington
1301 College Avenue, Combs 223
Fredericksburg, Virginia 22401
(540) 654-1985



From: Joe Romero (jromero) jromero@umw.edu
Subject: Re: New RELG courses for CS
Date: August 28, 2019 at 6:54 AM
To: Daniel Hirshberg (dhirshb) dhirshb@umw.edu
Cc: Mary Beth Mathews (mmathews) mmathews@umw.edu, Mehdi Aminrazavi (maminraz) maminraz@umw.edu, Jennifer Barry (jbarry) jbarry@umw.edu

I approve. Best of luck with next phase of the process.

Joe

cc: MA, MM, JB

Sent from my iPhone (dictated with Siri)

On Aug 20, 2019, at 4:17 AM, Daniel Hirshberg (dhirshb) <dhirshb@umw.edu> wrote:

Hi Joe,

I would like to add several new courses in RELG to count towards the Contemplative Studies minor:

RELG 298 Ethics of Religion and Violence
RELG 342 Neurotheology
RELG 383 Yoga in Theory, History, and Contemporary Society
RELG 384 Death and Rebirth in Tibetan Buddhism

Please confirm if you approve, and I will submit this exchange with the CC proposal. Thanks,

Dan

Daniel A. Hirshberg, Ph.D.
Assistant Professor of Religious Studies
[Remembering the Lotus-Born](#)
Director, [Contemplative Studies Program](#)
Associate Director, Leidecker Center for Asian Studies
University of Mary Washington

From: Jon McMillan (jmcmilla) jmcmilla@umw.edu
Subject: Re: Courses for Contemplative Studies minor
Date: October 16, 2018 at 8:51 AM
To: Daniel Hirshberg (dhirshb) dhirshb@umw.edu
Cc: Brian Ogle (bogle5vu) bogle5vu@umw.edu



Hi Dan and Brian
Sorry to forget this one. I approve ARTH 356 as well.
thanks!
Jon

Jon McMillan

Chair- Department of Art and Art History
Associate Professor of Ceramics
University of Mary Washington
Melchers Hall room 214
540-654-1936
jmcmilla@umw.edu

From: Daniel Hirshberg (dhirshb)
Sent: Friday, October 12, 2018 7:30 PM
To: Jon McMillan (jmcmilla)
Cc: Brian Ogle (bogle5vu)
Subject: Re: Courses for Contemplative Studies minor

Just remembered - we also discussed adding ARTH 356 Global Modernisms in East Asian Art. Please confirm (after the break) - very excited to have these courses included in the CS minor! Have a good break,

Dan

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Daniel A. Hirshberg, Ph.D.
Assistant Professor of Religion
[Remembering the Lotus-Born](#)
Director, [Contemplative Studies Program](#)
Associate Director, Leidecker Center for Asian Studies
University of Mary Washington

On Oct 11, 2018, at 3:13 PM, Jon McMillan (jmcmilla) <jmcmilla@umw.edu> wrote:

Hello Dan,
Here is a list of Studio Art courses that we can cross list with the Contemplative Studies minor. I think this collaboration will enhance both of our programs- thanks for reaching out about it.
Brian- if you need additional info from me, let me know.
Thanks!
Jon

ARTS 311: Ceramics II
ARTS 331: Sculpture II (SI, WI)
ARTS 341: Multiple Imaging
ARTS 342: Painting II

ARTS 381: Special Topics in Studio Art
ARTS 470: Special Studies in Studio Art

Jon McMillan

Chair- Department of Art and Art History
Associate Professor of Ceramics
University of Mary Washington
540-654-1936
jmcmilla@umw.edu

From: Gregg Stull (gstull) gstull@umw.edu
Subject: Re: THEA in Contemplative Studies
Date: September 27, 2018 at 6:10 PM
To: Daniel Hirshberg (dhirshb) dhirshb@umw.edu
Cc: Brian Ogle (bogle5vu) bogle5vu@umw.edu

I embrace these additions!
Thanks,
Gregg

On Sep 27, 2018, at 2:18 PM, Daniel Hirshberg (dhirshb) <dhirshb@umw.edu> wrote:

Hi Gregg and Brian,

Following up on a conversation I had with Gregg a few weeks ago, with his approval, I would like to add the following Theatre courses to count towards the Contemplative Studies minor (I understand that THEA is undergoing some transitions right now with its course offerings, but I think it's still best to include them):

THEA 111 Introduction to Theatre Design
THEA 112 Introduction to Acting
THEA 218 Voice and Body Movement
THEA 318 Stage Dialects
THEA 321 Acting
THEA 322 Acting

All the best,

Dan

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Daniel A. Hirshberg, Ph.D.
Assistant Professor of Religion
Remembering the Lotus-Born
Director, [Contemplative Studies Program](#)
Associate Director, Leidecker Center for Asian Studies
University of Mary Washington