ISC: Interdisciplinary Sciences Courses

Courses

ISC 5517  Buddhist Psychology
2 sh (may not be repeated for credit)
Psychological overview of Buddhist theory and practice as they relate to everyday living, clinical practice and personal and transpersonal growth. Drawing from Theravada, Mahayana, Tantra and Zen, topics include four noble truths, suffering, concentration, jhanas, dependent origination, attachments, mindfulness, vipassana, nature of self, consciousness, compassion, insight, freedom, and enlightenment.

ISC 5517L  Buddhist Psychology Lab
1 sh (may not be repeated for credit)
Students learn and practice different types of meditation to cultivate concentration and mindfulness during meditation and daily living. Construction of a personal mandala and regular class attendance and participation are required.

ISC 5905  Directed Study
1-12 sh (may be repeated indefinitely for credit)