The minor provides students with a well-grounded understanding of the nature of human consciousness, including both the historical foundations and modern research findings. Through the required coursework, students develop an ability to implement personal practices that foster deeper self-awareness, the regulation of stress factors in his or her life, and an emerging sense of meaning for his or her life. Students will learn to creatively and effectively apply principles from the exploration of consciousness and transformation to his or her own field of study.

Faculty
Fuertes, Guenther, Thurston

Admissions & Policies

Policies

Eight credits of coursework must be unique to the minor and students must earn a minimum grade of 2.00 in all courses applied to the minor. For policies governing all minors, see the Undergraduate Policies section of this catalog.

Requirements

Minor Requirements
Total credits: 15

Students should be aware of the specific policies associated with this program, located on the Admissions & Policies tab.

Core Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>INTS 355</td>
<td>Mindfulness, Meaning Well-Being</td>
<td>3</td>
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<tr>
<td>GCH 325</td>
<td>Stress and Well-Being (Mason Core)</td>
<td>3</td>
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<td>Total Credits</td>
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Electives

Select two to three courses from the following:

<table>
<thead>
<tr>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>COMM 304</td>
<td>Foundations of Health Communication</td>
<td></td>
</tr>
<tr>
<td>COMM 305</td>
<td>Foundations of Intercultural Communication (Mason Core)</td>
<td></td>
</tr>
<tr>
<td>COMM 334</td>
<td>Family and Health Communication</td>
<td></td>
</tr>
<tr>
<td>GCH 310</td>
<td>Health Behavior Theories</td>
<td></td>
</tr>
<tr>
<td>GCH 332</td>
<td>Health and Disease</td>
<td></td>
</tr>
</tbody>
</table>

GCH 350 | Health Promotion and Education            |
GCH 360 | Health and Environment                    |
GCH 445 | Social Determinants of Health             |
SOCW 445 | Social Determinants of Health             |
HEAL 351 | Relationship Health                       |
HEAL 372 | Health Communication                      |
INTS 305 | Conflict Resolution and Transformation    |
INTS 314 | Conflict, Trauma and Healing (Mason Core) |
INTS 315 | Spirituality and Conflict Transformation  |
INTS 337 | Social Justice Consciousness and Personal Transformation |
INTS 356 | Foundations of Resilience and Well-Being  |
INTS 455 | Consciousness and Transformation in Action |
MUSI 455 | Music as a Healing Art                     |
MUSI 477 | Music and Consciousness                    |
PHIL 251 | Happiness and the Good Life               |
PRLS 300 | People with Nature                        |
PSYC 408 | Psychological Fitness                     |
PSYC 417 | Science of Well Being                     |
RELI 337 | Mysticism: East and West                  |
RELI 341 | Global Perspectives on Spirituality and Healing (Mason Core) |
UNIV 370 | Special Topics (Dimensions of Well-Being) |

Total Credits 9