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| **Course/Program Submitted**  **(Subject/Number/Title)** |  |
| **Submitted by**  **(Name/Department)** |  |
| **Department/Unit Oversight Note** | It is the responsibility of the department or unit (1) to keep a copy of this finalized worksheet together with the approved sample syllabus and/or syllabus template and (2) to pass along all relevant documents to additional instructors who will teach the course in the future.  ☐Check here if you, as an instructor within a department or unit, understand and have confirmed that your supervisor is aware of this Core request stated above. |

| **Cura Personalis 2: Self in Contemplation** | | | **Core Requirement** |
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| **Core component title** | Cura Personalis 2: Self in Contemplation | | |
| **Minimum credit hours** | Non-credit bearing experience | | |
| **Core-specific pre- and co-requisites / requirements** | Pre- or Corequisite: Cura Personalis 1: Self in Community | | |
| **Core component summary** | Experiences that satisfy the Cura Personalis 2: Self in Contemplation requirement guide students in a structured process of reflection and discernment informed by or in dialogue with the Ignatian tradition. These non-credit-bearing experiences invite students to envision a clearer sense of who they are and how they might contribute to their communities by considering how their values and calling shape their vocational aspirations. Students are asked to consider how they might foster justice and the flourishing of human dignity within themselves and others. Tools and methodologies are provided to assist the student in the development of lifetime practices of professional and personal reflection. | | |
| **Notes** | Cura Personalis 2: Self in Contemplation is an experience open to delivery from instructors (faculty and staff) across the University. Designed to be a flexible Core requirement, Cura Personalis 2: Self in Contemplation can be offered in different structures at a variety of times during the academic year, for instance:   * as a 3-day, one-week, three-week, or eight-week experience * offered during weekends, fall / spring break, winter / summer terms. * Alternately, Cura Personalis 2 can be added to a course (in the Core, major, or other coursework) as a lab section | | |

**All courses approved to count for University Core requirements must include both course-level and Core-level student learning outcomes on their syllabi. Please follow this link for mandatory syllabus material to be incorporated into your syllabus:**

[**Mandatory Syllabus Material for University Core Courses/Experiences**](https://drive.google.com/file/d/18sn0ocF8dzpODLCm5gOpRUAAuwJ89wKq/view)

The Saint Louis University Core is an academic program intentionally structured to facilitate student achievement of both holistic and component-level student learning outcomes (SLOs). [SLU’s Course Syllabus Policy](https://www.slu.edu/provost/policies/academic-and-course/policy-course-syllabus.pdf) requires that learning outcomes appear on all syllabi. Below, you will find a table with the University Core and Core Component SLOs indicated. Please copy the boilerplate below and insert it into the syllabus you upload to CourseLeaf for review by the University Undergraduate Core Committee (UUCC).

\*\*Please note: If this course meets more than one Core Component Area requirement, please modify accordingly

**Cura Personalis 2: Self in Contemplation**

This course is part of the Saint Louis University Core, an integrated intellectual experience completed by all baccalaureate students, regardless of major, program, college, school or campus. The Core offers all SLU students the same unified approach to Jesuit education guided by SLU’s institutional mission and identity and our nine undergraduate [Core Student Learning Outcomes](https://www.slu.edu/core/faculty-resources/core-student-learning-outcomes.php) (SLOs).

| **Cura Personalis 2: Self in Contemplation** is one of 19 Core Components. The University Core SLO(s) that this component is designed to intentionally advance are listed below: |
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| **University Core Student Learning Outcomes**  The Core SLO(s) that this component is intentionally designed to advance are: |
| SLO 1: Examine their actions and vocations in dialogue with the Catholic, Jesuit tradition |
| SLO 5: Analyze how diverse identities influence their lives and the lives of others |
| SLO 8: Collaborate with others toward a common goal |

| Additionally, the Core Component-level Student Learning Outcomes are listed below: |
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| **Component-level Student Learning Outcomes**  Students who complete this course will be able to: |
| * Articulate where their education has taken them, and identify possible paths forward |
| * Engage in structured reflection and discernment informed by or in dialogue with the Ignatian tradition |
| * Model collaborative engagement with questions of resilience by engaging them in conversation with each other |

| **Core Component Learning Outcomes** | |  |
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| ***Below, you will find listed the 3 course-level student learning outcomes associated with this Core component area.*** | ***Please address the questions below, and be sure to provide examples of readings, reflection prompts, assignments, and/or activities that demonstrate how this course/program is designed to facilitate student achievement of these outcomes.*** | |
| * Students will be able to articulate where their education has taken them, and identify possible paths forward   ☐Check here if submitting UUCC requested revisions | How will students articulate the impact of their educational experiences (both inside and outside of the classroom)?  How will students reflect on future pathways, vocations, and/or engagement in the context of these experiences? | |
| * Students will be able to engage in structured reflection and discernment informed by or in dialogue with the Ignatian tradition   ☐Check here if submitting UUCC requested revisions | How will students apply the principle of contemplation, values clarification and vocational discernment?  How will this course/program incorporate reflection informed by or in dialogue with the Ignatian tradition? | |
| * Students will be able to draw upon strategies for responding to stress and cultivating resilience gained through discussion and collaboration with peers and mentors   ☐Check here if submitting UUCC requested revisions | How will this course/program assist students in cultivating strategies to respond to stress and develop resilience?  How will this course/program engage students in structured discussion and/or collaborative activities with their peers on these topics? | |

| **Core SLO(s)** [**(Click here for more information on Core SLO’s**](https://drive.google.com/file/d/15qtYvj1085Y8OHJ8GRkxzRW2w-H_t6FU/view)**)** | |  |
| --- | --- | --- |
| ***This course/experience is part of an integrated university-wide Core curriculum designed to facilitate student achievement of SLU’s nine University Core SLOs. Below, you will find listed the 3 University Core-level student learning outcomes associated with this Core component area.*** | ***In the space provided, please provide examples of readings, assignments, and/or activities that demonstrate how this course/program is designed to facilitate student achievement of these 3 outcomes at the levels indicated in parentheses.*** | |
| **SLO 1: Students will be able to examine their actions and vocations in dialogue with the Catholic, Jesuit tradition (Introduce, Develop)**  ☐ Check here if submitting UUCC  requested revisions |  | |
| **SLO 5: Students will be able to analyze how diverse identities influence their lives and the lives of others (Introduce, Develop)**  ☐ Check here if submitting UUCC  requested revisions |  | |
| **SLO 8: Students will be able to collaborate with others toward a common goal (Introduce)**  ☐ Check here if submitting UUCC  requested revisions |  | |