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| **Course Submitted****(Subject/Number)** |  |
| **Submitted by** |  |

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| **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 Co-requisite: 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
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**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://sites.google.com/slu.edu/university-core-pilot/instructor-resources/mandatory-core-syllabus-boilerplate?authuser=1)

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| **Core Component Learning Outcomes** |  |
| ***Below, you will find listed the 3 course-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 your course is designed to facilitate student achievement of these outcomes.*** |
| 1. Students will be able to articulate where their education has taken them, and identify possible paths forward

[ ] Check here if submitting UUCC requested revisions |  |
| 1. Students will be able to engage in structured reflection and discernment informed by or in dialogue with the Ignatian tradition

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| 1. Students will be able to draw upon strategies for responding to stress and cultivating resilience gained through discussion and collaboration with peers and mentors

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| **Course Essential Criteria** |  |
| ***Below, you will find listed the 3 Essential Criteria for this Core component.***  | ***In the fields below, please note these Essential Criteria (what all instructors must do/teach/assign/require to ensure the integrity of each section University-wide) and in the spaces provided, please provide examples of readings, assignments, and/or activities that demonstrate how your course will incorporate these Essential Criteria.*** |
| 1. Courses will guide students in applying principles of contemplation, values clarification, and vocational discernment through a structured process of reflection and discovery informed by or in dialogue with the Ignatian tradition

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| 1. Courses will lead students in collaborative engagement with questions of resilience by facilitating conversations about how to identify stressors and cultivate strategies for wellness and well-being.

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| 1. Courses will model collaborative engagement with questions of resilience by engaging them in conversation with each other.

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| **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 your course is designed to facilitate student achievement of these 3 outcomes at the levels indicated.*** |
| **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 |  |