“WHAT I APPRECIATE ABOUT NAROPA, THIS AMAZING INSTITUTION, IS THAT IT NOT ONLY CULTIVATES THE MIND, BUT IT CULTIVATES THE HEART: THE HUMAN CAPACITY TO FEEL AND EXPERIENCE EMPATHY FOR ONESELF AND FOR OTHERS… GOING DEEP WITHIN YOURSELF AND REALLY KNOWING WHO IT IS THAT IS LIVING THIS LIFE.”

—ELIZABETH RICH
BA, Interdisciplinary Studies ’14
Concentrations in Psychology of Health and Healing & Peace Studies
At Naropa University in Boulder, Colorado, we believe that self-awareness lies at the root of everything: The better you know yourself, the better your decisions will be about everything.

Our contemplative liberal arts curriculum will push you to understand every aspect of your being. What are your strengths and challenges? What are you passionate about? How can you harness those passions to create a career and make the world a better place?

We can help you find answers. Through contemplative practice, challenging academics, and experiential learning, you will undergo a process of radical self-discovery that will lead you to becoming your finest self.

THE BIG QUESTION

WHO AM I?

HOW MANY COLLEGES WILL ACTUALLY HELP YOU ANSWER THIS QUESTION?
NAROPA UNIVERSITY ISN’T LIKE THE OTHER COLLEGES ON YOUR LIST EXCEPT THAT WE HAVE CLASSROOMS AND INSPIRING PROFESSORS AND LOVELY CAMPUSES. AND, YES, WE DO HAVE GRADES.

Naropa’s essence, though, is fundamentally different.

We are a contemplative liberal arts university—an identity that takes time to understand but is profound to experience.

**WHAT WE DO**

**TRADITIONAL ACADEMICS** is rooted in Western thought and the world’s wisdom traditions. So what will your classes be like? Challenging and thrilling. Understand that you will read, write, and discuss a lot.

**CONTEMPLATIVE PRACTICE** where you learn what makes you tick through meditation, yoga, and other mindfulness exercises.

**EXPERIENTIAL LEARNING** through internships, global volunteerism, and creative work you take the knowledge and self-awareness and compassion you’ve acquired, give of yourself, and get practical.
Meditation from Buddhist, Jewish, Islamic and Hindu traditions; yoga; t’ai chi; aikido; Christian centering prayer; and Ikebana. These are all mindfulness practices that increase self-awareness, compassion, and even improve your mind.

We incorporate contemplative practices inside and outside the classroom to not only give you tools to live a joyous and meaningful life, but also to help you learn more about your reason for being and your life’s work.

Do we all sit around on cushions? Sometimes. Because it makes us better at everything we do.

Increasingly, the answer seems to be “yes.” Research and brain imaging are starting to show that regular meditation can:

- Reduce stress.
- Decrease negative emotions.
- Improve focus.
- Change regions in your brain associated with learning, memory, empathy, and compassion.

**What is Contemplative Practice?**

*can meditation make you smarter?*
Your education will take you on a deep dive through Eastern and Western thought: the study of history, art making, culture, religion, and sustainability. Classes such as Conflict Transformation: Theory and Practice, Environmental Economics, Religious Experience in Africa, and Embodying Sacred Wisdom. (See, we aren’t like other schools, are we?)

Guided by Naropa’s faculty, you will train your brain to think creatively, to communicate eloquently in writing and speech, and develop research know-how and curiosity.

The skills you develop through this crucible are skills the world—and employers—desperately need: If you can articulate complex ideas, create new products, solve problems, and collaborate with others in compassionate, productive ways, well, you’re golden.

To think multi-dimensionally means you will be able to live multi-dimensionally.

Naropa University was named as a College of Distinction for the 2014–15 academic year, placing us among the country’s best colleges. The College of Distinction designation honors schools for their excellence in student engagement, quality of teaching, vibrancy of the college community, and success of their graduates.
THINKING, LEARNING, AND CONTEMPLATIVE PRACTICE WILL MAKE UP A BIG PART OF YOUR EDUCATION AT NAROPA BUT SO WILL DOING. IT’S NOT ENOUGH TO JUST DEVELOP THIS TERRIFIC MIND. YOU NEED TO TAKE YOUR NEWLY EVOLVING SELF INTO THE WORLD AND MAKE A DIFFERENCE.

Internships Naropa students have acquired leadership and professional skills through internships at the First Nations Institute, Dead Man Walking School Theatre Project, Denver Justice and Peace Committee, Global Response, Peace Jam Foundation, Rocky Mountain Peace and Justice Center, and KGNU.

Service learning Through your classes and co-curricular opportunities, you will have the chance to develop personally and professionally by giving of yourself. In the past students have built schools in Nicaragua, worked with Boulder’s immigrant youth, taught creative writing workshops in local schools, volunteered at organizations related to their majors, and earned their own bikes working for Naropa’s bike maintenance and rental program.

Fieldwork Depending on your major, you can work at Aloya, Naropa’s early learning lab school, conduct community-based environmental research, learn letterpress printing at Naropa’s Harry Smith Print Shop, and more.

Research and creative work Write and direct your own performance project. Perform in Naropa’s Jazz or African Marimba Ensemble. Conduct research in Naropa’s Consciousness Laboratory. Write a book of poetry or a novel. Research a religious studies thesis. Develop a professional portfolio of your work.

Global study Naropa isn’t the typical college and neither are the places our students choose to travel to learn, serve, explore, and grow: Bhutan, China, the Andes and Amazon, India, the Himalayas, and other places where their skills are badly needed.

83% of Naropa's first-year students and 95% of seniors say many of their courses include community-based service learning projects compared to 62% and 72% at other institutions.
Art Therapy (under development)
Contemplative Psychology
Creative Writing & Literature
Early Childhood Education
Environmental Studies
Interdisciplinary Studies
Music
Peace Studies
Performance (BFA)
Religious Studies
Traditional Eastern Arts
Visual Arts

**MAJORS**

**MINORS**

Art Therapy
Contemplative Education
Contemplative Psychology
Early Childhood Education
Ecology & Systems Science
Environmental History & Justice
Environmental Sustainability
Film & Media Studies
Gender & Women's Studies
Music
Peace Studies
Performance
Permaculture
Religious Studies
Sacred Ecology
Sanskrit
Tibetan
Traditional Eastern Arts
Visual Arts
According to U.S. News and World Report, Naropa University is among the country’s top eight greenest colleges (we’re in Boulder, after all). The publication lauded us for sourcing 100 percent of our power from renewable resources.

At Naropa, we see environmental stewardship as part of our commitment to becoming more aware.
**DIVESTMENT** Naropa has divested all investment in companies that base their revenue on the production or sale of fossil fuels in order to encourage reduction in carbon emissions.

**CLIMATE NEUTRAL** Naropa was an early signer of the American College & University Presidents’ Climate Commitment to become climate neutral.

**ALTERNATIVE TRANSPORTATION** Naropa’s Transportation Office offers free bike fleet usage, bus pass, bike and public transportation maps, and transportation consultations.

**ECO EVENTS** Members of Naropa’s Sustainability Council host an annual Sustainability Day with live music and local, organic food.

**EDIBLE LANDSCAPING** Naropa has edible plants on its campuses for the community to enjoy.

**ZERO-WASTE** Naropa has set a zero-waste goal; we have a campus-wide recycling and composting program, conduct weekly trash audits so we can continually improve, and offer battery recycling.
MINDS FULL

Are you ready to work with professors who are as curious and engaged as you are?

At Naropa, education is personal. Our student-faculty ratio is an enviable 9:1 and your classes will average about 13 students.

Your teachers will challenge, nudge, support, nurture, inspire, and guide you. The beauty of Naropa is that you will also do the same for them.

84% of seniors rated the quality of interactions with faculty as excellent or extremely good compared to 67% at other institutions.

PETER GROSSENBACHER, PHD
ASSOCIATE PROFESSOR, CONTEMPLATIVE PSYCHOLOGY & DIRECTOR, CONSCIOUSNESS LAB

“WE BRING THIS WHOLE-HEARTED, WHOLE-BODIED, WHOLE-SPIRITED APPROACH TO EDUCATION IN AN UNAPOLOGETIC MANNER THAT IS NOT SPECIFIC TO ANY RELIGION OR ANY APPROACH TO SPIRITUALITY.”

AUTHOR OF Finding Consciousness in the Brain: A Neurocognitive Approach

CLASSES Teaches perception, cognition, statistics, and research from a contemplative scientific perspective

BEYOND CLASS Works with students conducting scientific research on meditation and contemplative spirituality
Naropa is a treasure trove of talent: students, faculty, and staff. Being Buddhist-inspired, we hate to brag, but many of our teachers are world-famous writers, performers, artists, and scholars, people who are stretching the bounds of their disciplines. And students’ minds.

JUDITH SIMMER-BROWN, PHD
DISTINGUISHED PROFESSOR OF CONTEMPLATIVE & RELIGIOUS STUDIES
DIRECTOR, CENTER FOR THE ADVANCEMENT OF CONTEMPLATIVE EDUCATION

"MY GOALS ARE TO HELP STUDENTS FIND THEIR OWN VOICES IN CLASSROOM DISCUSSIONS, IN PRESENTATIONS, AND IN WRITING. IN THIS WAY, LEARNING IS GROWING BOTH THE HEART AND MIND IN ORDER TO DEVELOP THE GIFTS WE HAVE TO OFFER THE WORLD."

GREATEST ACHIEVEMENT
"Helping to move the field of religious studies to embrace both the intellectual and experiential study of religion and increasing the understanding of non-Western religions. The reception of my new book, Meditation in the Classroom: Contemplative Pedagogy for Religious Studies, is gratifying and suggests that the pendulum is swinging toward a greater appreciation for the influence of meditation practice on learning."

TEACHES Buddhism, Buddhist theology, and interreligious dialogue
That doesn’t mean we’re un-fun. This is a place where we take a different spin on fun. On any given day, we’re attending concerts, spoken-word performances, gallery openings, and open-mic nights. We’re working to make Naropa plastic-water-bottle-free. Hosting food drives to support our very own food pantry. Caring for Naropa’s garden. Hiking or rock climbing in the Flatirons. Or mountain biking on hundreds of trails.

Of course, we have student government, but we also have Team Asana, a free yoga club with Naropa student teachers; ROOT, our outdoor adventure club; and the Sustainability Council, where you can help us continue our commitment to reducing Naropa’s environmental impact.

More to the point, if you want to start a club, right an injustice, or make Naropa even more awesome, we are there to walk that path with you.

of Naropa seniors agreed or strongly agreed that “Social and personal development of students is an important part of the mission at this institution” compared to 79% at other institutions.
There is no doubt: You will grow at Naropa. But this doesn’t happen in a vacuum. As a Naropa student, you become part of a community that is rooting for your progress every step of the way.

WE’VE GOT YOUR BACK

- Academic Advising
- Academic Coaching Program
- Career Services
- Community Engagement Services
- Counseling Services
- Disability Services
- International Student Advising
- Student Leadership & Engagement
- Study Abroad Advising
- Writing Center
An apartment of one’s own. Naropa’s Snow Lion residence hall offers the best of all possible worlds: Apartment-style living in the safety of a substance-free college community with resident assistants, planned events, and educational opportunities.

**AT HOME AT NAROPA**

- One- and two-bedroom apartments with bathrooms and full kitchens
- Optional, flexible meal plans
- Activities (such as movie nights, poetry readings, potlucks, and talks about health, leadership, social justice, and more)
- Recycling and composting programs
- Resident assistants
- Meditation room
- Community meetings
BOULDER
COLORADO

Put on your inner Birkenstocks and take a walk through our recent awards.

<table>
<thead>
<tr>
<th>Award</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Best College Towns in America</td>
<td>GQ</td>
</tr>
<tr>
<td>The Dozen Regional Powerhouses Driving the U.S. Economy (Denver-Boulder Mega-region)</td>
<td>The Atlantic Cities</td>
</tr>
<tr>
<td>What are Colorado’s Best Cities for Jobs? (#1 Medium-sized City)</td>
<td>Denver Business Journal</td>
</tr>
<tr>
<td>The Best Small And Midsize Cities For Jobs 2014 (#1 Midsize City)</td>
<td>Forbes</td>
</tr>
<tr>
<td>The Best-Paying Cities For Women 2014 (#9)</td>
<td>Forbes</td>
</tr>
<tr>
<td>Best Places to Live and Work as a Moviemaker in 2014 (#3)</td>
<td>Movie Maker</td>
</tr>
<tr>
<td>10 Best: Bike-friendly Cities (#2)</td>
<td>USA Today</td>
</tr>
<tr>
<td>The 10 Greenest Mid-Size Cities (#9)</td>
<td>MyLife</td>
</tr>
<tr>
<td>America’s Fittest Cities</td>
<td>The Active Times</td>
</tr>
<tr>
<td>Top 10 Mid-size Communities for Well-being (#2)</td>
<td>Gallup-Healthways Well-Being Index</td>
</tr>
<tr>
<td>Six Small Cities with Big Food Scenes</td>
<td>USA Today</td>
</tr>
<tr>
<td>Five Secret Foodie Cities</td>
<td>Forbes Travel Guide Blog</td>
</tr>
</tbody>
</table>
WHEN YOU’RE DONE

HIKING, CLIMBING & SNOWBOARDING

- Boulder Farmer’s Market
- Afternoon Tea at the Boulder Dushanbe Teahouse
- Boulder Comedy Show
- Outdoor Yoga at Chautauqua Park
- Boulder PrideFest
- Boulder Philharmonic
- Boulder Ballet
- BolderBoulder 10K
- Pearl Street Mall
- Colorado Music Festival
- Thursday Night Bicycle Cruiser Ride
- Boulder Laptop Orchestra
- Boulder Creek (tubing!)
- Boulder Creek Path
- Boulder Shambhala Center
- Colorado Shakespeare Festival

Population: 102,000
Elevation: 5,344 ft

25.6 miles from Denver
300 days of sunshine. (Just sayin’.)
Your contemplative education is designed to help you flourish holistically in such a way that your intellectual, contemplative, and real-world experiences come together to help you confidently articulate, “this is who I am” and “this is what I’ve prepared to do.”

Our graduates go on to live colorful, full lives writing, performing, teaching, offering mental health counseling, starting social enterprises, upending norms, reducing waste, running nonprofits, easing suffering, and transforming their corners of the world.

Our alumni have been accepted into master’s and PhD programs at institutions such as Harvard University, Brown University, Columbia University, University of Iowa, University of Southern California, University of Michigan, Universidad Nacional de Colombia, University of Colorado, University of Denver, the California Institute of Integral Studies, and the Institute for Transpersonal Psychology.

87% of our seniors agreed or strongly agreed with the statement, “I am more aware of social justice issues in the world,” compared to 73% at other universities.

92% agreed or strongly agreed (with none disagreeing) that, “I am more aware of my own personal values,” compared to 80% at other schools.*

94% of Naropa graduates are employed or enrolled in graduate school within six months of graduation.

*National Survey of Student Engagement
WHERE HE TEACHES
Assistant Professor
Bilingual MFA in Creative Writing Program
University of Texas–El Paso

POETRY
Natural Takeover of Small Things
(University of Arizona Press, 2013)
Colorado Book Award
Skin Tax (Heydey Books, 2004)
American Book Award

NOVELS
Mañana Means Heaven (University of Arizona Press, 2013)
International Latino Book Award
Breathing, In Dust (Texas Tech University Press, 2010)
Premio Aztlán Literary Award

“...I knew there was more to my way of thinking, my way of living, my way of approaching writing, and integrating it into my life. I am open to the possibilities now. I am able to clear my mind so that I can see when that great story comes along...”
At first glance, Naropa looks expensive. Look deeper (we are always asking people to go deeper!) and you’ll see that Naropa offers generous scholarship and financial aid. In fact more than 70% of our students receive some form of financial assistance.

Let’s do the math:

Naropa Tuition/Fees: $29,970
On Campus Housing: $5,830
Average Scholarship/Grant: -$23,676
Average Student Loans: -$11,944

Your Out-of-Pocket Cost: $180

Federal and state work study may be available to cover this as well as much of your living expenses. Payment plans are also available as an option to replace some or all of student loans.

Average scholarships and grants reflect the average of those students receiving this type of aid. 67% of Naropa undergraduates receive a grant or scholarship.
Meet with a Naropa financial aid counselor. Just walk in or call!

Our flexible degrees allow us to be generous with transfer credit? Call or email the Admissions Office for an unofficial transcript evaluation.

You can earn credit by taking part in The College Level Examination Program (CLEP) and DANTES exams?

Naropa offers study abroad opportunities in Bhutan, China, India, Himalayas, the Andes, and the Amazon?

You can transfer up to 60 credits to Naropa University?

FINANCIAL AID

Use Naropa’s Net Price Calculator to get an estimate of how much you might qualify for in scholarships and financial aid: naropa.edu/cost-calculator.

Contact us with any and all questions at finaid@naropa.

Submit your Free Application for Federal Student Aid (FAFSA) as soon after Jan. 1 as possible! (Naropa’s school code is 014652).

VISIT NAROPA.EDU/FINAILD
Naropa University is a Buddhist-inspired, contemplative liberal arts university that offers undergraduate and graduate degrees in the performing and fine arts, psychology, religious studies, environmental studies, early childhood education, and peace studies.

**By the Numbers**

**Degrees offered**
BA, BFA, MA, MDiv, MFA

**Undergraduate Enrollment Total**
386

**Graduate Enrollment**
559

**Average age**
25

**Student/faculty ratio**
9:1

**Average class size**
13

**Class size range**
3–50

**Demographics**

- Female 67%; Male 33%
- Caucasian 61%; Hispanic/Latino 11%; Asian 1%; Black/African American 3%; Two or more races 11%; Unknown 10%; International 3%

**In-state**
39%

**Out-of-state**
58%

**Number of states represented**
42

**First-year student religious affiliations**
- 19% Buddhist
- 12% Christian
- 19% “other religion”
- 50% no religion
If any of this material has sparked a question, a frisson of excitement, or a resounding “yes,” then begin your journey. Let’s start:

VISIT. Naropa isn’t like any other college on your list, so make us a must-see. (Trust us, coming to Boulder is not a hardship.) Because we pride ourselves on the individualized education we offer, we can also customize your visit to your academic and personal interests. (Please, if possible, give us two weeks’ notice so we can do our due diligence.)

TO PLAN A VISIT, HEAD TO
NAROPA.EDU/VISIT

APPLY. We use a rolling admission policy, so you can apply as soon as you are moved to do so. We strongly encourage you to apply as soon as possible to have adequate time to receive financial aid awards and make arrangements to move.

TO APPLY, HEAD TO
NAROPA.EDU/APPLY

QUESTIONS?
We have answers at admissions@naropa.edu.