UNDERGRADUATE

Programs
The big question

Who Am I?

How many colleges will actually help you answer this question?

Nestled in Boulder—ranked the #1 college town in the United States—Naropa University offers a new kind of educational experience rooted in self-awareness.

Guided by Buddhist principles and philosophies, our curriculum is designed for people who want to show up, work hard, question dominant narratives, challenge themselves, and use what they learn to help improve humanity for the better.

Every day here is a new day, where students from all walks of life are supported as they focus on the health of their minds and hearts while gaining a valuable education and emotional resilience that will help them turn their passions into lifelong careers.

YOU ARE READY
Degrees with Meaning

Naropa University offers an innovative liberal arts curriculum—a path of learning that combines traditional academics, contemplative practice, and experiential learning. Your education will take you on a deep dive through Eastern and Western thought: The study of history, art making, culture, religion, and sustainability. You will train your brain to think creatively, to communicate eloquently, and to develop curiosity.

The skills you develop are the skills employers—and the world—desperately need. You’ll be able to articulate complex ideas, create new processes and solutions, and collaborate with others in compassionate, productive ways.

College of Distinction

Naropa University was named a College of Distinction for 2019–2020, placing us among the country’s best colleges. This designation honors schools for excellence in student engagement, quality of teaching, vibrancy of the college community, and success of graduates.

Majors

- Contemplative Art Therapy
- Contemplative Psychology
- Creative Writing & Literature
- Elementary Education
- Environmental Studies
- Interdisciplinary Studies
- Music
- Religious Studies
- Visual Arts
- Yoga Studies

Minors

- Contemplative Art Therapy
- Contemplative Education
- Contemplative Martial Arts
- Contemplative Psychology
- Creative Writing & Literature
- Ecology & Systems Science
- Environmental Justice
- Environmental Sustainability
- Film & Media Studies
- Food Justice
- Gender & Women’s Studies
- Intercultural Studies
- Music
- Peace Studies
- Performance
- Permaculture
- Religious Studies
- Sacred Ecology
- Sanskrit or Tibetan
- Social Innovation
- Visual Arts
- Yoga Studies
Compassionate Faculty

Naropa University faculty are committed to working closely with students to foster both academic and personal development, so that the learning is significant and the educational experience is transformational. They are passionate about mentoring the next generation of scholars who will share their curiosity and energy to change the world for the better.

Ramon Parish
Instructor, Environmental Studies
Courses Taught
• Environmental Justice
• Food Justice
• Diversity Seminar

“Real learning and transformation take place in contact with one another—embodied contact with teachers, administrators, other students—not through the input or memorization of information. The embodied curriculum at Naropa can help you develop and cultivate both a social and sociological self-knowledge.”

Jordan Quaglia, PhD
Assistant Professor, Contemplative Psychology
Courses Taught
• Introduction to Western Psychology Research
• Personality Theories
• Cognitive Science

“In the past, things that Naropa has been interested in may have been on the fringe of mainstream scientific and other industries. But now, [meditation and mindfulness] are very much at the cutting edge, so I think people are ready. Naropa is positioned to be at the forefront of this.”

Betsy Leach
Assistant Professor, Elementary Education
Courses Taught
• Multicultural Education & Contemplative Critical Pedagogy
• Assessment for the Diverse Learner

“I am inspired by the approach that Naropa is taking in which social emotional learning, mindfulness, and culturally responsive anti-bias teaching are not ‘extras,’ but are integrated with rigorous coursework from the start.”
More than a degree—Naropa is a way of life

On any given day at Naropa, you can find something awesome to do that aligns with your interests.

Deepen your studies by going to lectures and panel presentations, community dialogues, career development offerings, and leadership workshops. Explore your creativity and passion with films, celebrations, and rituals. Practice self-care with community yoga classes, meditation and other contemplative practices, wellness offerings, and student group meetings and activities.

Get involved

As soon as you arrive at Naropa, you can join one of our many student groups, or create your own and share your passion and gifts! Become a representative for the Student Union of Naropa, serve the community through a service project, or design your own event and experiences on campus. We are committed to helping you find fun and fulfilling ways to share your unique talents and interests.

Sample Student Groups

- Students of Color & Allies
- Queer Naropa!
- Spirit of the Warrior: Veterans & Allies
- Art Therapy Club
- Naropa Alliance for Psychedelic Studies
- Naropa Co-ed Soccer
- Naropa Tea Club
- Permaculture Student Union
- Bike Mechanics as Femme Empowerment
- Herbalism
- Food Justice 4 All
- Dream Exploration & Artistic Process
- Sacred Sexuality Salon

There is no doubt: You will grow at Naropa. But sometimes, you’ll want some help. As a Naropa student, you become part of a community and support system that is rooting for your progress every step of the way.

- Academic Advising
- Academic Coaching Program
- Accessibility
- Career Services
- Community Engagement Services
- Counseling Services
- International Student Advising
- Office for Inclusive Community
- Student Leadership & Engagement
- Study Abroad Advising
- Veteran Services
- Writing Center
According to U.S. News & World Report, Naropa University is among the country’s top eight greenest colleges (we’re in Boulder, after all).

Ways We Tread Lightly

At Naropa, we see environmental stewardship as part of our commitment to becoming more aware.

Divestment
In fall 2013, Naropa University fully divested its holdings in companies identified as having the highest potential greenhouse gas emissions.

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

Alternative Transportation
Through B-Cycle, Naropa offers free bike fleet usage, bus passes, bike and public transportation maps, and transportation consultations.

Eco Events
Each year, the Naropa Sustainability Council hosts Community Resilience Day with live music, local food, and an emphasis on deep community resilience.

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 and offer battery recycling on all of our campuses.

Bring your own bag, bottle & bicycle
“The college I went to before Naropa was strictly academic, denying the spiritual, personal, and psychological aspects of knowledge. My first semester at Naropa was a revelation for me, because it felt like I was finally given the personal, spiritual, and intellectual information that I wanted.”

Emily Elrod-Black (BA ’15)
Founder, Alchemy Test Prep

“I think the biggest thing I came away from Naropa with is just being able to handle the overstimulation and reactivity around politics right now, and knowing how to have a dialogue and speak to people in a way that tries to look at our shared interests as opposed to our position about how something should happen.”

Martine McDonald (BA ’09)
Program Director, Journeys in Film

“I learned to take ownership for my learning and to find ways of shaping the malleable clay that is the structure of Naropa into multifaceted forms that empower me to live a life I love, and do meaningful work in the world.”

Daniel Jubelirer (BA ’18)
Coach for Social Change Leadership

Leaders for a New World

Drawing on their professional, contemplative, and holistic training, Naropa alumni are making incredible contributions in diverse fields. They’re creating sustainable businesses, spearheading social justice movements, and providing essential services within local and international communities. There are thousands of alumni who are making a difference in the world. As a starter, check out these three game-changers.
Only at Naropa

William D. Jones Greenhouse
The Greenhouse Project was initiated by eight students in the fall of 2006 and provides plants for campus landscaping, vegetables for the Naropa Café, and seedlings for the Boulder community. naropa.edu/greenhouse

Meditation Rooms
Naropa University houses three meditation halls, one on each campus, for silent sitting meditation available to students, faculty, staff, and visitors. naropa.edu/meditation

Maitri Rooms
Maitri Space Awareness is a unique practice done in five differently colored rooms designed to heighten students’ awareness of their emotional patterns, so they can familiarize themselves with the full spectrum of their experience. This awareness can lead to developing a love for ourselves and compassion towards others. naropa.edu/maitri-rooms

Bike Shack
Run by students, the bike shack is the place to go if you need help with basic tune-ups, fixing flat tires, crooked handlebars, stuck brakes, and the like. You can even build your own bike and keep it when you’re done! naropa.edu/bikeshack

Tea House
Every Monday, the Tea House hosts a traditional tea ceremony, and students can train in the ‘Art of Tea’ as a contemplative practice. naropa.edu/way-of-tea
Contemplative Art Therapy Major
As one of only a handful of art therapy bachelor’s degree programs in the country offered at a university with a graduate art therapy program, the Contemplative Art Therapy major allows you to develop as an artist while also exploring the healing potential of traditional and Eastern psychology and art therapy.

Yoga Studies Major
The most comprehensive Yoga Studies degree in the United States, students earn both a bachelor’s degree and a 1,000-hour certificate in Yoga Teacher Training, making them eligible to become Registered Yoga Teachers (RYT 500) with Yoga Alliance.

Consciousness Lab
This dynamic training and research facility conducts psychological inquiry into awareness, perception, imagery, attention, emotion, and more. The lab provides a unique synergy between modern psychological science and ancient contemplative approaches to understanding mind and spirit.

LeapYear
The ‘most unique year of college on the planet,’ our award-winning LeapYear program allows students to travel the world and gain work experience, all while earning a full year of college credit.

Bhutan Study Abroad
Nestled in the Himalayas, the Royal University of Bhutan is home to students as they deepen their roles as global citizens and cultivate leadership and intercultural communication skills through international learning.

Harry Smith Print Shop
Part of the Jack Kerouac School of Disembodied Poetics, The Harry Smith Print Shop offers an opportunity for students who wish to learn about printing techniques, bookbinding, and paper making. Printers Brad O’Sullivan and Julia Seko teach letterpress printing courses, which are offered every semester.
At Home with Naropa

A place of one’s own. Naropa’s residence halls offer the opportunity to live in the safety of a substance-free college community with resident assistance, community events, and educational opportunities.

Residence hall amenities
- Community meetings
- Recycling & composting programs
- Meditation rooms
- Living & Learning Communities
- Resident assistants
- Wireless internet
- Laundry facilities
- Movie nights, poetry readings, potlucks, and talks about health, leadership, social justice & more

Living & Learning Communities
Centered on a common theme, Naropa’s Living and Learning Communities foster a spirit of compassion, mindfulness, growth, and reflection. As a resident, you’ll gain a competitive edge that will enable you to make a positive impact on yourself and your community. By providing meaningful interactions with faculty, volunteer opportunities, service learning projects, and personal goal setting, the Living and Learning Communities will support and enhance your entire college experience.

Snow Lion Residence Hall
One- and two-bedroom apartments with bathrooms and full kitchens

2333 Arapahoe Residence Hall
Private and shared rooms with communal kitchen, dining room, and ample lounging space
Living in Boulder, Colorado

Boulder at its **BEST**
The Happiest City in the U.S. *National Geographic*, 2017
The 50 Best College Towns in America (#1) *Best College Reviews*, 2018
The Best College Towns to Live In (#1) *Business Insider*, 2018
The 100 Best Places to Live (#5) *Livability*, 2015
The Best Cities for Entrepreneurs (#1) *Livability*, 2016
The Healthiest Cities in America (#1) *Niche*, 2016
Most Educated Metro Areas in the Nation (#2) *ValuePenguin*, 2016
Most Bikeable City in the U.S. (#1) *People for Bikes*, 2019

When you’re done **hiking, climbing & snowboarding**
- Boulder Farmer’s Market
- Boulder Dushanbe Teahouse
- Boulder Fringe Festival
- Outdoor Yoga at Chautauqua Park
- Boulder PrideFest
- Boulder Philharmonic
- Boulder Ballet
- BolderBoulder 10K
- Pearl Street Mall
- Colorado Music Festival
- Bicycle Cruiser Ride
- Boulder Laptop Orchestra
- Boulder Creek (tubing!)
- Boulder Creek Path
- Boulder Shambhala Center
- Colorado Shakespeare Festival

Population of Boulder: 107,125

- 81.5% White
- 9.2% Hispanic or Latino
- 5.3% Asian
- 3.2% Two or more races
- 1.1% Black or African American
- 0.3% American Indian or Alaskan Native
- 0.1% Native Hawaiian or Pacific Islander

5,344 ft. Elevation
300 Days of sunshine
25.6 Miles from Denver

The iconic college town, right? But also a great food city, mecca for extreme athletes, and one of the most beautiful and progressive places in America.
An inclusive community

Naropa's home for celebrating diverse identities and creating a radically inclusive culture, the Office for Inclusive Community (OIC) is rooted in the school's mission to "transform yourself, transform the world." Recognizing the reality of our interconnectedness, we understand that each person has a role in social transformation. The OIC is dedicated to bringing contemplative practice into alignment with compassionate action, one person at a time.

Through a number of educational opportunities, community-building events, trainings, and resources, the OIC supports students, staff, faculty, and the institution at large to expand their awareness of the dynamics of privilege, power, and oppression, and to take social action.
The Value of a Naropa Education

At first glance

Naropa may appear expensive. Look deeper (we are always asking our students to go deeper!) and you’ll see that we offer generous scholarships, grants, and financial aid to help make this transformative education a reality. And because Naropa is transfer-friendly, we offer flexible degree programs that maximize your transfer credits.

74% of Naropa students receive some form of financial assistance

FOR EXAMPLE

Academic Achievement Scholarship
Available to those with a cumulative GPA of 2.75+

Academic Excellence Scholarship
Available to those with a cumulative GPA of 3.5+

Visit naropa.edu/finaid

Did you know?

- The priority deadline for the Free Application for Federal Student Aid (FAFSA) and the Financial Aid Application for international students is March 1
- Naropa’s Net Price Calculator can give you an estimate of how much you might qualify for in scholarships and financial aid: naropa.edu/cost-calculator
- Financial aid counselors are here to help you create an individualized plan. Get in touch anytime at finaid@naropa.edu
Listen to the Mindful U at Naropa Podcast

This podcast is for those with an interest in mindfulness and a curiosity about its place in both higher education and the world at large. Episodes feature Naropa faculty, alumni, and special guests on a wide variety of topics, including compassion, permaculture, social justice, herbal healing, and green architecture—to name a few. Listen on iTunes, Spotify, or Stitcher to explore the transformative possibilities of mindfulness, both in the classroom and beyond!
Apply to Naropa

Our goal is to find students who are prepared for the work ahead.

Don’t let our nontraditional admissions process fool you. A Naropa education requires extensive reading, academic research, writing, and hands-on exploration that inspires deep introspection, self-growth, and an acute level of emotional intelligence. Small classes and dedicated faculty demand thoughtful preparation and engagement in an educational environment that emphasizes mindfulness and academic inquiry.

Requirements & Deadlines

Admissions Criteria

Students with a cumulative GPA of 3.0 or better are required to submit an application, official transcripts, and/or GED scores. These students stand to receive generous scholarships.

- **Academic Performance Requirements**
  - 3.0+ GPA
  - 83+ on the 100-Point Grading Scale
  - GED 175+

Students with a cumulative GPA of less than 3.0 or those who have a narrative and/or home school transcript are required to submit the same as above, along with an essay and consultation.

- **Academic Performance Requirements**
  - Less than 3.00 GPA
  - Less than 82 on a 100-Point Scale
  - GED less than 174

Application

- Official Transcripts and/or GED Scores
- Disciplinary Form (if applicable)
- Essay
- Consultation with Admissions

Deadlines?

Not here. Naropa uses a rolling admissions policy; applications are reviewed in the order in which they are received.

Did you know?

- Most of our undergraduates have transferred from other colleges
- We offer quick, unofficial transcript evaluations for any interested transfer student
- You can transfer up to 60 credits to Naropa
- You can earn credit through College Level Examinations Program (CLEP), DANTES, and AP exams
Visit

Experience the remarkable Naropa community through daily tours, information sessions, and class observations. We can help you customize your visit to your personal and academic interests. Schedule an information session with admissions and financial aid counselors to get your questions answered and to learn more about academics, paying for school, and living in Boulder. Attend a class in your intended major and learn firsthand about our contemplative approach to education.

“I immediately felt at ease and at home when I stepped on campus.”
(Mark Earley ’17)

Experience Naropa
Open Houses

Several times a year, Naropa University throws open its doors to prospective students from across the country and around the world at Experience Naropa—a whirlwind event designed to open minds, spark creativity, and begin to create the bonds of community. Tour campus, attend sample classes, and meet students and faculty who are changing the world for the better.

On-the-Spot Admissions

Ready to skip the wait for an admissions decision? Apply for free, learn if you qualify for an academic scholarship, and receive an admissions decision all in one visit! Offered at every Experience Naropa event, year-round.

naropa.edu/experience
You have the right to enjoy your Naropa education free from discrimination and misconduct. For more information, please visit www.naropa.edu/gender-equity.