

# Bachelor of Arts Degree Requirements

2020–2021  
CATALOG YEAR

To complete your Naropa degree, you will take a diverse range of courses, including:

## CORE CURRICULUM (30 CREDITS TOTAL)

### CORE SEMINARS (15 credits)

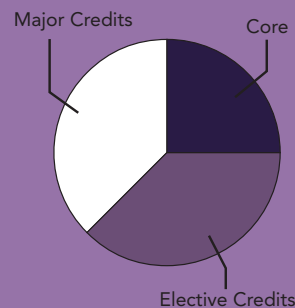
- COR 110 Writing Seminar I: Art of the Engaged Writer - 3 credits
- COR 115 Writing Seminar II: Art of the Scholar - 3 credits
- COR 130 Contemplative Learning Seminar - 3 credits
- COR 150 Diversity Seminar - 3 credits
- COR 220 Sustainability Seminar: Regenerative Community in Action - 3 credits

You can choose from a list of courses to fulfill each Area Requirement. See [catalog.naropa.edu](http://catalog.naropa.edu) for more details.

### CORE AREA REQUIREMENTS (15 credits)

- Artistic Process - 3 credits
- Body-Mind Practice - 3 credits
- Cultural and Historical Studies - 3 credits
- Science and Sustainability - 3 credits
- World Wisdom Traditions - 3 credits

### Bachelor of Arts Degree = 120 credits



For complete details regarding the degree requirements and course offerings for your course catalog year, please reference [catalog.naropa.edu](http://catalog.naropa.edu).

## MAJOR

### MAJORS

You must complete the requirements for at least one major (primary field of academic specialization).

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

## OPTIONAL: MINOR

### MINORS

A minor is an optional, 12-credit academic specialization within a focused curricular area.

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

## ELECTIVE CREDITS

### ELECTIVE CREDITS

Elective credits are any credits that do not fulfill a core, major, or minor requirement, but do apply to the total 120 credits needed to complete your degree. Elective credits provide an opportunity to explore a wide range of subject areas based on your unique interests. You can also choose to use a portion of your elective credits to pursue a second major or one or more minors.

## SAMPLE FIRST SEMESTER (12–15 CREDITS)

### SAMPLE SCHEDULE

- COR 130 Contemplative Learning Seminar - 3 credits
- COR 110 Writing Seminar I - 3 credits
- Artistic Process OR Body-Mind Practice Area Requirement Course - 3 credits
- Major Exploration Courses - 3–6 credits

Naropa  
UNIVERSITY

2130 Arapahoe Avenue | Boulder, CO 80302

## TRANSFERRING TO NAROPA

### TRANSFER CREDIT POLICIES

- Maximum of 60 transfer credits accepted from accredited college-level institutions
- Maximum of 75 transfer credits accepted for the Interdisciplinary Studies major
- For-credit coursework completed with an equivalent grade of “C” or higher
- Maximum of 30 technical/vocational credits accepted
- Quarter or trimester credits will be converted to semester credits

### OTHER FORMS OF CREDIT ACCEPTED

- Advanced Placement (AP) Exams (completed with a score of 3 or higher)
- International Baccalaureate (IB)
- College Level Examination Program (CLEP)
- DSST Exams (DANTES)

### FULFILLING NAROPA REQUIREMENTS WITH TRANSFER CREDIT

- Credits may count toward Major, Minor, or Core Curriculum requirements
- The following Core Seminars may be fulfilled via transfer credit:
  - Writing Seminars I & II
  - Sustainability Seminar
  - Diversity Seminar
- The following Core Area Requirements may be fulfilled via transfer credit:
  - Artistic Process
  - Cultural and Historical Studies
  - Science and Sustainability
  - World Wisdom Traditions
- Up to 18 credits may be applied toward Major requirements (with the specific allotment varying by Major) and up to 6 credits may be applied toward Minor requirements (not evaluated during admission; contact your Academic Advisor)
- All transfer credits not allocated toward requirements will satisfy general electives

### NON-US COURSEWORK

- Credit may be awarded for college-level coursework completed outside of the US, provided that transcripts are evaluated by an approved professional transcript evaluation agency.

### TRANSCRIPT EVALUATIONS

- Contact the office of admissions for a free unofficial transcript evaluation.

## OTHER OPPORTUNITIES

### Traditional Eastern Arts Certificate—Yoga Teacher Training

The Traditional Eastern Arts Certificate—Yoga Teacher Training program is a two-year, 30-credit program designed to give the student proficiency in practice of yoga (9 credits), teaching skills (6 credits), the history and philosophy of yoga (3 credits), a foundation in meditation (3 credits), anatomy (3 credits), Sanskrit study (3 credits), and one elective (3 credits).

Learn more about graduation rates, the median debt of students who completed this program and other important information regarding gainful employment by visiting this site: [www.naropa.edu/academics/extended-studies/certificate-programs/31.0599-Gedt.html](http://www.naropa.edu/academics/extended-studies/certificate-programs/31.0599-Gedt.html)

### Elementary Teacher Licensure Program

This professional licensure program prepares students to become K-6 classroom teachers trained in contemplative education pedagogies and capable of teaching in public or private schools with presence and compassion. To ensure workforce applicability, this program is designed to meet the Colorado Academic Content Standards and the Teacher Quality Standards. TLP can be added to many undergraduate majors at Naropa; doing so may extend a student’s study by one or more semesters, depending on the major and number of credits transferred.

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