

BROWN CONTEMPLATIVE STUDIES FACT SHEET

PHASE 1: Developing a Program by Gathering Faculty and Raising Awareness

--**Spring, 2000:** taught our first course using balanced third-person pedagogy and first-person (=experiential) pedagogy, with support from the Center for Contemplative Mind in Society

--Building from a year-long Wayland Symposium for Liberal Learning Colloquium, 2002-03 we formed "Contemplative Studies Initiative" in 2005, choosing the label because it was not defined in Brown Faculty rules

--2005: Set up our first website (done by one of our students); gave the impression we were a "department" even though we were only a group of misfits in our home departments, most of whom were skilled in one contemplative practice tradition.

--2006-14: Directed **16 Independent Concentrations** in Contemplative Studies; **over 50 students advised** on contemplative topics in existing concentrations.

--**2005-present:** raised our profile on campus through sponsoring over 250 invited lecturers, meditation teachers, and artists to campus, sponsored either by small fees at the door or made free due to the generous contributions of donors. Including: Amishi Jha, Richie Davidson, Jon Kabat-Zinn, Father Thomas Keating, David McMahon, Rhonda Magee, and Judith Simmer-Brown. Srinivas Reddy, Victor Hori, Carolyn Jacobs...

PHASE 2: Creating a Complete Undergraduate Major Program

--May, 2014: established the first undergraduate concentration in Contemplative Studies at a major North American research university in 2014; graduated 64 additional students since May, 2016 (

--2012-2025: Developed **55 completely new courses** in Contemplative Studies and taught a total of **131** courses from Fall 2014 to Spring 2026

--Taught 23 courses during the 2021 COVID Lockdown, enrolling 412 students; helped bring a level of calmness and stability to our students during a difficult time. Same as Watson Institute (\$80b endowment)

COST supported Visiting Assistant Professors in all areas to participate extensively in mentorship and support of student independent/group independent courses

--**Funding:** Raised over \$950k in funding to support administrative and programmatic activities;

--Educational Innovators: developed "Integrative Contemplative Pedagogy": features "Critical First-Person Approaches" in which students learn contemplative practices in the classroom

Incubator for **four** new Contemplative Science labs (2010-20): **Clinical and Affective Neuroscience Lab** (Britton and Lindahl) **Embodied Neuroscience Lab** (Kerr and Zimmerman Gunsilius), **Eric Loucks Lab in Mindfulness Research**, **Judson Brewer Lab in Mindful Training Approaches to Addiction**

PHASE 3: Outreach to the Community and to the Academy

--**Field Leaders:** developed Contemplative Studies in North America via leadership roles in humanistic and scientific professional organizations (The International Society of Contemplative Research <https://www.contemplativeresearch.org/>; the Mind+Life Institute <https://www.mindandlife.org/>; The Contemplative Studies unit of the American Academy of Religion, Contemplative Education Network)

--**Developed 8 New Innovative Programs:** for our students and colleagues to engage the surrounding community: Contemplative Practice Grants for Students; Contemplative Mentor in Residence; Contemplative Studies Summer Intensive; Contemplative Pedagogy Workshop; Contemplative Community Engagement Internships; Contemplative Studies Engaged Scholar

COST graduates tend to go into public service, most prominently in medicine, education, social work, and the arts, as well as in laboratory research. We hear from them that our classes have provided contemplative techniques that have helped to build resilience at a challenging time in our history.