



CAMOSUN COLLEGE  
School of Arts & Science  
Department of Humanities

REL-290-001 - Special Topics in Religion  
Winter 2020

## INTRODUCTION TO BUDDHISM – course outline

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The course description is available on the web @ <http://camosun.ca/learn/calendar/current/web/phil.html>

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

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### 1. Instructor Information

Instructor	Dr. Justine Noel		
Office Hours	Monday to Thursday, 10:30-11:30		
Office	Young 319		
Phone	(250) 370-3360		
Email	noelju@camosun.bc.ca		

**2. Intended Learning Outcomes** - Upon completion of this course a student will be able to:

1. Identify the critical themes, events and issues relating to the course topic.
2. Critically analyze religious sources, both primary and secondary to show the complexity of religious traditions throughout time and in different places.
3. Demonstrate skills in research and in written and oral communication.
4. Explore the relationship of religion to other disciplines.
5. Apply information and analysis to issues of today's world, establishing a context for the present and comprehending the place of religion in the present era.

**3. Required Texts:** Buddhism: A Concise Introduction, Huston Smith and Philip Novak, Open Heart, Clear Mind: An Introduction to the Buddha's Teachings, Thubten Chodron

### 4. Course Schedule and Content

Lectures: Monday 8:30 am – 9:20 am, E 346  
Wednesday 8:30 am – 9:20 am, E 346  
Seminars: Monday Group A: 9:30 am – 10:20 am, E 346  
Wednesday Group B: 9:30 am – 10:20 am, E 346

### **Week 1: Introduction/The Life of the Buddha**

1/6 TC, p.17-27

1/8 HS, chapters 1-3, **Homework #1 due**

### **Week 2: The Four Noble Truths/The Six Realms of Human Existence**

1/13 HS, chapter 4, “Setting in Motion the Wheel of Truth” (sutta on D2L), **HW #2 due**

1/15 TC, p.129-133, **HW #3 due**

Seminar: #1: List the 6 Realms of Human Existence and their associated defilements.

Keep a record for one week of which realms you seem to be dwelling in most frequently.

### **Week 3: The Eightfold Path/The Three Marks of Existence**

1/20 HS, chapter 5, **HW #4 due**

1/22 HS, chapter 6, guest speaker Gen Kelsang Zopa, **HW #5 due**

Seminar: #2: List the 8 things on the Eightfold Path. Try to follow the Eightfold Path for one week. Which parts were the most difficult for you to follow? If we stuck (more or less) to the Eightfold Path, would we live happier lives?

### **Week 4: TEST #1 (on weeks 1-3)/Self-Compassion**

1/27 **TEST #1**

1/29 “Self-Compassion”, Dr. Kristin Neff (on D2L), **HW #6 due**

Seminar: #3: Follow the self-compassion exercise (on D2L) and answer the 3 questions.

### **Week 5: Zen Buddhism**

2/3 HS, chapter 9, **HW #7 due**

2/5 HS, chapter 9 cont., guest speaker Yuan Ye, **HW #8 due**

Seminar: #4: Practice the Zen Meditation – Garden of Tranquility exercise (on D2L).

Write a brief summary of how this went for you. Did your mind wander off out of the garden or were you able to stay with it?

### **Week 6: Buddhist Mindfulness**

2/10 TC, p.65-67, “Satipatthana Sutta” (sutta on D2L), **HW #9 due**

2/12 HS, chapter 8, **HW #10 due**

Seminar: #5: Follow two mindfulness exercises: The Body Scan and The Just Like Me (on D2L) How did this go? Write a couple of comments about each of these exercises.

Could practicing mindfulness improve the quality of your life?

### **Week 7: No classes - reading break Feb.17-21**

### **Week 8: TEST (on weeks 4-6)/Buddhist Meditation**

2/24 **TEST #2**

2/26 TC, p.168-175, guest speaker Ocean Lum

Seminar: #6: Practice 2 of the guided meditations, either the short or the long stream meditation, plus Brother Phap Linh (on D2L) What did you observe about the nature of your own mind? Write a comment or two about each guided meditation that you did.

### **Week 9: The Seven Factors of Enlightenment/The Three Refuges**

3/2 TC, p.115-126

3/4 TC, p.176-186, **HW #11 due**

Seminar: #7: Choose any one of the Seven Factors of Enlightenment and make it a priority to focus on that factor for one week. Try to bring the factor you chose into your daily life. Which one did you choose and how did you go about doing this?

**Week 10: Buddhist Ethics/The Ten Precepts**

3/9 TC, p.115-126, **HW #12 due**

3/11 TC, p.143-158, “Discourse on Loving Kindness (sutta on D2L)

Seminar: #8: For one week try to completely avoid the four destructive verbal actions (see TC p145-146). Instead, make a special effort to offer kind words to people and to show an interest and concern for their wellbeing. How did this practice go for you? Which actions were easy to avoid and which actions were more difficult to avoid?

**Week 11: The Six Perfections (Paramitas)/The Four Divine Abidings (or the Four Immeasurables)**

3/16 “The Six Perfections of Mahayana Buddhism” (on D2L)

3/18 HS, p.86-87

Seminar: #9: List the Six Perfections. For one week practice striving towards the Six Perfections. How challenging was this practice? Which Perfection do you especially need to work on and how will you go about doing this?

**Week 12: TEST (on weeks 9-11)/The Five Hindrances**

3/23 **TEST #3**

3/25 “The Five Hindrances” reading (D2L), **HW #13 due**

Seminar: #10: List the Five Hindrances. To what extent are the Five Hindrances at work in your life? Explain. Can Buddhism help us to overcome these hindrances?

**Week 13: Practicing With Fear/Transforming Loneliness into Solitude**

03/30 TC, p.47-56

04/1 “The Rhinoceros Sutta” (sutta on D2L), **HW #14 due**

Seminar: #11: Read the sutta (D2L) “Discourse on Knowing the Better Way to Live Alone”. What is the main teaching of this sutta? Does it make sense to you?

**Week 14: Love vs. Attachment/TEST #4 (on weeks 12-14)**

4/6 TC, p.37-46

4/8 **TEST #4**

**5. Basis of Student Assessment (Weighting)**

3 in-class tests worth 20% each (60%)

1 last in-class test: 10%

seminar attendance: 10%

seminar assignments: 10% (1% each, one throwaway)

homework assignments: 10% (1% each, 4 throwaways)

**6. Grading System**

Standard Grading System (GPA)

Competency Based Grading System

## 7. Recommended Materials to Assist Students to Succeed Throughout the Course

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Registrar's Office or the College web site at <http://www.camosun.bc.ca>

## 8. College Supports, Services and Policies



### Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

### College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

### College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

### A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

*The following two grading systems are used at Camosun College:*

#### 1. Standard Grading System (GPA)

Percent age	Grade	Description	Grade Point Equivalency
90-100	A+		9

85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

## 2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

<b>Grade</b>	<b>Description</b>
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

### B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://camosun.ca/about/policies/index.html> for information on conversion to final grades, and for additional information on student record and transcript notations.

<b>Temporary Grade</b>	<b>Description</b>
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

**Policy on missed tests:** Make-up tests are permitted in cases of illness or personal crisis only. A make-up test will not be scheduled until proper documentation is provided.

**Cell phones:** cell phones must be TURNED OFF AND PUT AWAY during class time.