



Online

Graduate Admissions

Mindfulness and Contemplative Studies Advanced Certificate Program

This program is designed for individuals who have earned an undergraduate or graduate degree or for those who are enrolled currently in a graduate degree program. In the advanced certificate program, students will acquire a strong foundation in the theory, origins, and practice of contemplative studies and mindfulness while also acquiring the necessary skills to consider and apply theory to their professional work and/or personal lives.

ADMISSIONS REQUIREMENTS

- Official transcripts from all post-secondary institutions attended
 - Have attained a bachelor’s degree from an accredited college or university
 - Have attained a minimum undergraduate grade point average
- One letter of recommendation from an employer, faculty or community leader to serve as academic and/or character reference.
- An Essay that explains the interest in pursuing this area of study and future career plans.

CERTIFICATE REQUIREMENTS

The program requires the completion of 12 credits.

Fall Semester		Credits
ESC 773	Principles of Mindfulness	3
ESC 774	Mindfulness and Social Change	3
Spring Semester		Credits
ESC 784	Contemplative Pedagogy	3
ESC 786	The Mind-Body Connection	3

Questions about the program?

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Questions about admissions?

The Office of Graduate Admissions
<https://www.lehman.edu/graduate-admissions/applying/>