RS353 Religion & Psychology

Fall 2014

Classroom: AL 101

Time: MWF – 0900-0950

Prof. SL Stewart

Email: lori.stewart@mail.sdsu.edu - please
do not send assignments here

Evil Minions: Naomi Mendez – naomimendez27@gmail.com,

Michael Reigelman – mikereigelman@yahoo.com

Class email account: rs353f14@gmail.com -- all assignments go here!

Office: AL636 Hours: MW 12:00-1:00 pm; Fri. 12-1 by appointment Telephone: 619-594-1767 (4-1767)

Course Description

What is this thing we call “faith,” and what is its relationship to the human quest for meaning? Are all humans inherently “religious”? Is there such a thing as a “God Gene” that creates a biologically based psychological need for faith and a drive toward human religious expression? Above all, can a “religious psychology” ultimately guide us to the highest expression of human potential? Religious Studies 353 presents an exploration into the complexities of human psychology as it relates to our search for meaning and value within the context of religious thought and practice. In this class we will study a broad range of theoretical viewpoints, both classical and contemporary, in the field of the psychology of religion. From such classicists as William James, Sigmund Freud and Carl Jung to modern consciousness research, we will enjoy the benefit of a wide breadth of ideas and understandings of homo religio – the religious human. Students will be challenged to investigate both the phenomenon of human faith as viewed through the lens of classical Western Psychology, and the systematic practice of self-realization as articulated in Buddhist Psychology.

RS353 is an Explorations course in the Humanities and fine Arts. Completing this course will help you to do the following in greater depth: 1) analyze written, visual, or performed texts in the humanities and fine arts with sensitivity to their diverse cultural contexts and historical moments; 2) describe various aesthetic and other value systems and the ways they are communicated across time and cultures; 3) identify issues in the humanities that have personal and global relevance; 4) demonstrate the ability to approach complex problems and ask complex questions drawing upon knowledge of the humanities.
Texts:
- Fuller, Andrew – *Psychology and Religion: Classical Theorists and Contemporary Developments, 4th edition*
- Watts, Alan – *The Book: On the Taboo Against Knowing Who You Are*

**Learning Objectives**

- To gain a working knowledge and understanding of the phenomenon of human religious expression as seen through the lens of classical Western Psychology.
- To achieve an understanding of the universal teachings of Buddhist Psychology as they apply to the notions of mental/spiritual health and self-realization in everyday life.
- To further develop critical thinking skills through the analysis of the multiple forms of human expression comprising the current body of religious thought and belief.
- To further develop self-reflective abilities and heighten self-awareness through the practice of identifying thoughts, beliefs, and assumptions regarding religion and its influence on human history and modern culture.
- To develop integrative cognitive and expressive communication skills through active participation in group dynamics as well as preparation and composition of written assignments and projects.

**Grading Scale:**

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<tr>
<th>Grade</th>
<th>Points possible</th>
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<tr>
<td>94-100</td>
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<td>90-93</td>
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<td>87-89</td>
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<td>83-86</td>
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<td>80-82</td>
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<td>70-72</td>
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<td>67-69</td>
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<td>60-62</td>
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<td>59</td>
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**Course Requirements**

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<tr>
<th>Requirement</th>
<th>Points possible</th>
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<tbody>
<tr>
<td>Participation Exercises (16)</td>
<td>80</td>
<td>20%</td>
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<tr>
<td>Reading Quizzes (12)</td>
<td>180</td>
<td>44%</td>
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<tr>
<td>Mid-Term Exam Paper</td>
<td>50</td>
<td>12%</td>
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<tr>
<td><strong>Final Exam</strong> – Buddhist Psychology</td>
<td>100</td>
<td>24%</td>
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<tr>
<td><strong>Total</strong></td>
<td>410</td>
<td>100%</td>
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- **"I" – Incomplete** – I will only issue an Authorized Incomplete when a small portion of the required coursework has not been completed due to unforeseen, but fully justified reasons. You must sign an “Authorized Incomplete” Agreement contract and complete the required work.
within one calendar year immediately following the end of the term in which it was assigned. If this is not done, you will receive an F.

- If you register for this course on a Credit/No Credit option, please note that you must complete all assignments and obtain a cumulative 73% or higher to be issued a “C.”

- I do not allow the use of laptops, notebook computers, or any other electronic communication devices (except hearing aids) in my classes. Recording devices are generally allowed.

- If you are a student with a disability and believe you will need accommodations for this class, it is your responsibility to contact Student Disability Services at (619) 594-6473. To avoid any delay in the receipt of your accommodations, you should contact Student Disability Services as soon as possible. Please note that accommodations are not retroactive, and that I cannot provide accommodations based upon disability until I have received an accommodation letter from Student Disability Services. Your cooperation is appreciated.

* Computer and internet access are required for this course, and you must have an active, working email account in order to access Blackboard, view announcements and assignments, submit papers, and receive email communications from me.

**Reading Quizzes:**
Each week you will have a 15-question open book Blackboard quiz on the following week’s lecture/discussion material. The quiz will be available each weekend from noon Friday to 1159pm Sunday. The quiz questions will be given in the order of the reading, and will not be timed; however, you will not be able to backtrack and will have only one chance to complete the quiz, so it must be finished in one sitting. I recommend you use Mozilla Firefox, Safari, or Google Chrome, as Internet Explorer is notorious for crashing during online quizzes. **NOTE: There no RQs assigned for weeks 6, 7, 8, and 16.**

**Mid-Term Exam Paper: The Book Against the Taboo of Knowing Who You Are**
The mid-term exam will consist of a 1,300-1,500 word (~5-6 page) explanation of one chapter from the Watts text. Please see the exam prompt posted on BB under Assignments for a full explanation of the exam. **Your written response will be due in the class g mail account by 1159 pm Friday, 10/17. Late papers will not be accepted.**
Final Exam
The final will consist of an in-class short answer/essay exam covering selected principles of Buddhist Psychology. Students will be provided with a list of topics and details 2 weeks prior to the exam.

Participation Exercises
Participation in this class is of utmost importance. For upper-division classes I employ the Socratic teaching method, meaning, I do not lecture the chapters to my students – instead I introduce the main concepts in the text, and guide class discussions of the material. This means you will be held responsible for completing the reading assignments not only for the purpose of the reading questions, but also as preparation for class participation. I do not take attendance in my classes, but do, however, call on students at random from the roster to answer questions during class discussions. Students will not be penalized for not knowing the answer, but if you are not in attendance that day, you will lose 1 point from your final participation score.
Participation points will be based upon the completion and submission of weekly in-class written responses to topics discussed during class. Response papers worth 5 points each will be assigned at random at least once per week.

Class Etiquette
You are all reasonably experienced students and are well aware of acceptable classroom conduct; therefore, I will not bore you with a wish to be doing anything other to your IPOD, checking Facebook on friends, then you should not be in pointing that out to you should I students with respect, and expect no “engaged learning” model – and I expect all discussions to be conducted with utmost respect for self and others. I will not hesitate to dismiss a student who is in any way disrespectful or abusive in speech or action.

Class Activities / Reading Schedule

WEEK 1
Fuller, Ch. 1 – William James
Mon. 8/25 Introduction/Orientation: James BB Reading Quiz1 due by 0800a, Fri. 8/29
Wed. 8/27 William James – The individual nature of religious experience
Fri. 8/29 James
**WEEK 2**

*Fuller, Ch. 2 – Sigmund Freud*

**Sunday 8/31- Freud BB RQ2 due by 1159 p**

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<thead>
<tr>
<th>Mon. 9/1</th>
<th>Holiday – No classes</th>
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<tr>
<td>Wed. 9/3</td>
<td>Sigmund Freud – Religion as psychotic delusion and neurotic compulsion</td>
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<td>Fri. 9/5</td>
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**WEEK 3**

*Fuller, Ch. 3 – Carl Jung*

**Sunday 9/7- Jung BB RQ3 due by 1159 p**

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<tr>
<th>Mon. 9/8</th>
<th>Carl Jung – Religions as systems of healing for psychic illness</th>
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<tr>
<td>Wed. 9/10</td>
<td>Jung</td>
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<tr>
<td>Fri. 9/12</td>
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**WEEK 4**

*Fuller, Ch. 5 Abraham Maslow*

**Sunday 9/14- Maslow BB RQ4 due by 1159 p**

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<th>Mon. 9/15</th>
<th>Abraham Maslow – Being-psychology and the religious experience</th>
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<tbody>
<tr>
<td>Wed. 9/17</td>
<td>Maslow</td>
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<tr>
<td>Fri. 9/19</td>
<td>Maslow</td>
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**WEEK 5**

*Fuller, Ch. 8 – Viktor Frankl*

**Sunday 9/21- Frankl BB RQ5 due by 1159 p**

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<tr>
<th>Mon. 9/22</th>
<th>Logotherapy and the Psychology of Meaning</th>
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<tr>
<td>Wed. 9/24</td>
<td>Frankl</td>
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<tr>
<td>Fri. 9/26</td>
<td>Frankl</td>
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**WEEK 6**

*Watts, The Book: On the Taboo Against Knowing Who You Are*

**Ch. 1-3**

<table>
<thead>
<tr>
<th>Mon. 9/29</th>
<th>Inside Information</th>
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<tbody>
<tr>
<td>Wed. 10/1</td>
<td>The Game of Black-and-White</td>
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<tr>
<td>Fri. 10/3</td>
<td>How to Be a Genuine Fake</td>
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**WEEK 7 – Mid-term**

*Watts, The Book: On the Taboo Against Knowing Who You Are*

**Ch. 4-6**

*Mid-term exam paper due in class gmail account by 1159pm Friday, 10/17*

<table>
<thead>
<tr>
<th>Mon. 10/6</th>
<th>The World is Your Body</th>
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<tr>
<td>Wed. 10/8</td>
<td>So What?</td>
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<tr>
<td>Fri. 10/10</td>
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WEEK 8 – The Wise Heart
No RQ this week, but reading assignment is still mandatory
Kornfield, Part I: Ch. 1-3
Mon. 10/13  Nobility: Our Original Goodness
Wed. 10/15  Holding the World in Kindness
Fri. 10/17  The Nature of Consciousness

WEEK 9 – The Wise Heart
Sunday 10/19 – BB RQ6, Ch. 4-6
Kornfield, Part I: Ch. 4-6
Mon. 10/20  The Colorings of Consciousness
Wed. 10/22  The Mysterious Illusion of Self
Fri. 10/24  From the Universal to the Personal

WEEK 10 – The Wise Heart
Sunday 10/26 – BB RQ7, Ch. 7-9
Kornfield, Part II: Ch. 7-9
Mon. 10/27  The Liberating Power of Mindfulness
Wed. 10/29  This Precious Human Body
Fri. 10/31  The River of Feelings

WEEK 11 – The Wise Heart
Sunday 11/2 – BB RQ8, Ch. 10-12
Kornfield, Part II: Ch. 10, 11; Part III: Ch. 12
Mon. 11/3  The Storytelling Mind
Wed. 11/5  The Ancient Unconscious
Fri. 11/7  Buddhist Personality Types

WEEK 12 – The Wise Heart
Kornfield, Part III: Ch. 13-15
Sunday 11/9- BB RQ9, Ch. 13-15 by 1159p
Mon. 11/10  Transformation from Desire to Abundance
Wed. 11/12  Beyond Hatred to a Non-Contentious Heart
Fri. 11/14  From Delusion to Wisdom

WEEK 13 – The Wise Heart
Sunday 11/16 – BB RQ10, Ch. 16-18
Kornfield, Part IV: Ch. 16-18
Mon. 11/17  Suffering and Letting Go
Wed. 11/19  The Compass of the Heart: Intention and Karma
Fri. 11/21 Sacred Vision: Imagination, Ritual, and Refuge

**WEAK 14 – The Wise Heart**

**Sunday 11/23, BB RQ11, Ch. 19-21**

Kornfield, Part IV: Ch. 19

Mon. 11/24 Buddhist Cognitive Training
Wed. 11/26 No Classes
Fri. 11/29 Happy Thanksgiving Holiday!

I'd sure be thankful if you'd eat Tofurky!

WEAKER 15

Kornfield, Part V: Ch. 22-23

RQ due date moved to Monday 12/1

Mon. 12/1 BB RQ12, Ch. 21-23 by 1159p.
A Psychology of Virtue, Redemption, and Forgiveness
Wed. 12/3 The Bodhisattva: Tending the World
Fri. 12/5 The Wisdom of the Middle Way

WEAKEST 16 – Finishing Up

Kornfield, Part V: Ch. 24

Mon. 12/8 The Awakened Heart
Wed. 12/10 Final Exam Prep

**Final Exam: Day/Date - Monday, December 15**

**Time:** 0800-1000

**Location:** AL101

Happy Holidays!!