

Course Outline for: PSYC 2400 Psychology of Religion and Spirituality**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: PSYC 1110
4. Corequisites: None
5. MnTC Goals: Goal 5 – History and the Social and Behavioral Sciences; Goal 7 – Human Diversity

This course introduces students to the psychology of religion and spirituality. Topics include how people know what they know about religious and spiritual phenomena; psychosocial characteristics of religious traditions; individual differences in religiousness and spirituality; stereotyping and prejudice perpetrated by, and directed toward, religious and non-religious groups; biological, psychological, and social / cultural influences on personal religiousness; religious and spiritual experiences such as awe; religion, spirituality, and health; religion and violence; mindfulness; forgiveness; compassion; and gratitude.

B. Date last reviewed/updated: January 2022**C. Outline of Major Content Areas**

1. Ways of knowing what is true about religious and spiritual phenomena
2. The scientific method
3. Relations between science/Psychology and religion
4. Similarities and differences between "religion" and "spirituality"
5. Individual differences in religiousness and spirituality
6. Psychosocial differences across religions
7. Stereotyping and prejudice perpetrated by, and directed toward, religious and non-religious groups
8. Biological, psychological, and social/cultural causes of personal religiousness and spirituality
9. Characteristics, causes, and consequences of religious and spiritual experiences
10. Relations between religiousness and health outcomes/violence
11. Practices historically connected with religion and spirituality (such as mindfulness, forgiveness, compassion, and gratitude)

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Demonstrate knowledge of the key concepts, theories, and research findings related to the psychology of religion and spirituality. (Goal 5a, c, d)

2. Apply concepts to help describe and explain religious and spiritual behavior. (Goal 5 a-d)
3. Think critically and scientifically about religious and spiritual behavior. (Goal 5 a-d)
4. Demonstrate knowledge of and appreciate religious and spiritual perspectives different from their own. (Goal 7 a-e)

E. Methods for Assessing Student Learning

Possible methods of evaluation include unit exams, a comprehensive final exam, and various other assignments and projects.

F. Special Information

None