

Saint Bonaventure University College

Institute of Formation

Programs Offered

1. Certificate / Diploma in Spirituality and Religious Studies
2. Certificate/ Diploma in Psycho-spirituality
3. Certificate / Diploma in Religious Studies
4. Certificate /Diploma in Formation Studies

List of Courses by Categories

Psycho-spirituality	DPS
Religious Studies	DRS
Spirituality and Religious Studies Allied	DSR

1.0 Psycho-Spirituality Courses (DPS)

DPS101	Introduction to Psychology
DPS102	Psychology of Human Development
DPS103	History of Modern Spirituality
DPS104	Basic Counseling Skills
DPS105	Psychology and Anthropology of Christian Vocation
DPS106	Theory and Practice of Meditative Practice
DPS107	Eco-spirituality
DPS108	Spiritual-Pastoral Reading of Old Testament Selected Books
DPS109	Spiritual-Pastoral Reading of New Testament Selected Books
DPS201	Introduction to Spirituality
DPS202	Christian Spiritual Direction

1.1 Religious Studies Courses (DRS)

DRS101	Philosophy of Religion
DRS102	Gender and Religion
DRS103	Introduction to African Traditional Religions

DRS104	Major Themes in Christian Ethics
DRS105	Faith, Science and Reason
DRS106	Religion, War and Terrorism
DRS107	Introduction to the Old Testament
DRS108	Introduction to the New Testament
DRS109	Introduction to the Sacraments
DRS201	Introduction to World Religions
DRS202	Christianity and Other Religions: Past, Present and Future Relations
DRS203	Franciscan Studies I
DRS204	Franciscan Studies II
DRS205	Franciscan Studies III
DRS206	Franciscan Studies IV
DRS207	Franciscan Studies V
DRS208	Franciscan Studies VI
DRS209	Liturgy

1.2 Spirituality and Religious Studies Allied Courses (DSR)

DSR101	Study and Research
DSR102	Introduction to Sociology
DSR103	Introduction to Social and Cultural Anthropology
DSR104	General Ethics
DSR105	Introduction to Philosophy
DSR106	Contemporary Theories of Justice
DSR107	English I
DSR108	English II

SRP101 Research Paper

Psycho-Spirituality (DPS): Course Description

DPS101 Introduction to Psychology (also PCS109)

The course introduces the students to the study of psychology as a behavioral science. It discusses the aims and methods of psychology. It covers the evolutionary history of psychology and the main approaches to understanding human behavior today. It also discusses such topics as anxiety, stress and personality theories particularly the psychoanalytic, behavioristic and humanistic ones. The course aims at helping students understand and appreciate their own behavior and that of others.

DPS102 Psychology of Human Development (also PCS110)

This course introduces students to that branch of psychology that studies the process and dynamics of growth and maturation of the person from the womb to the tomb (conception to death). It looks at the genetic as well as the environmental (social, cultural, religious and other) factors that impact on human development.

The course helps students to better understand themselves and the people they work and live with better. It also helps them help other people understand themselves better.

DPS103 History of Modern Spirituality

The course looks at the events and personalities from 1500 to 1900 that shaped modern and contemporary spirituality. The objective is to help students understand the historical background of the diverse forms of spirituality both in the Catholic Church and among Protestant Churches.

DPS104 Basic Counseling Skills

The course introduces the basic counseling skills such as listening, empathy, genuineness, unconditional positive regard, concreteness, open questioning, interpretation etc. It emphasizes on the importance of confidentiality on the part of the counselor and also faith, hope and trust that people are capable of change for the better. Students are exposed to the different fundamentals of counseling building good relations with clients and confidentiality.

DPS105 Psychology and Anthropology of Christian Vocation

The course considers the complex web of motivational factors at work within the person who responds to the Divine summons of the Christian vocation in general and the priesthood/religious life in particular. It explores the basic (dialectic) tension between what one consciously wishes to be and do (ideal self) and what one actually is and does (actual self), together with the unconscious forces that determine one's freedom for self-transcendence. It looks at needs, values, attitudes, actions levels of psychic life, etc.

DPS106 Theory and Practice of Mindfulness and Meditative Practice

The course is in two parts. The first part is an introduction to different systems of religious mystic and meditative practice from the West, the East and Africa. It aims at helping the student appreciate the spiritual nature and religious dimension of the human person in spite of the cultural placement. The second part of the course emphasizes the importance of meditation and mindfulness (i.e. paying clear, steady and non-reactive attention to one's inner life of sensations, feelings, moods, thoughts, intentions etc.) to prayer life. It explores some of the essential ingredients for meditation and mindfulness teaching students the power of awareness, how to control their minds and how to find a focus for attention. It also teaches them how to teach other meditation and mindfulness.

DPS107 Eco-spirituality

The course aims at bringing into focus the 'ecological crisis' of our times in order to enable participants towards personally responding to the crisis productively in the socio-pastoral context of our life today. The course explores how the 'crisis' itself can be attributed to an anthropocentric, techno-scientific, commerce-industrial and certain religious praxis of the past centuries by looking at the underlying theoretical assumptions of the mind-set of each of these dimensions and their all too evident undesirable consequences. Basing ourselves on an alternative perspective in our relation to our environment, - which includes a religious-theological view - keeping in mind the interconnectedness of all organic and inorganic realities, we shall try to creatively respond in a practically adequate and relevant manner as much as our socio-economic and cultural context permits.

DPS108 Spiritual-Pastoral Reading of Old Testament Selected Books

The course is a further study of the Old Testament books with a special attention to specific book or books selected by the lecturer. The objective is to teach students how to make the scripture a living word that speaks

to them – giving meaning and answers to their life situations, providing them with spiritual food for their Christian life and being a conduit through which God speaks to them.

DPS109 Spiritual-Pastoral Reading of New Testament Selected Books

The course is a further study of the New Testament books with a special attention to specific book or books selected by the lecturer. The objective is to teach students how to make the scripture a living word that speaks to them – giving meaning and answers to their life situations, providing them with spiritual food for their Christian life and being a conduit through which God speaks to them.

DPS201 Introduction to Spirituality

The purpose of this course is to introduce students to a systematic understanding of spirituality from a holistic growth of the human person to meet the desire of the students that they may integrate in their religious studies and formation studies a spiritual grounding as well as familiarizing themselves with the major principles of the Catholic spirituality and those of other spiritualities. The course also looks at spirituality with regard to the lifestyles of those in consecrated life, and considers spirituality in the context of interpersonal relations as well as the call to holiness.

DPS202 Christian Spiritual Direction

The course in Christian Spiritual Direction intends to initiate pastoral ministers to help their flock explore their daily existential questions which have a bearing on their concerns about their life with God. Candidates are trained to be listeners who will accompany the other as they share about their spiritual journey, helping the other to notice God's presence and activity along the way, as well as his/her personal reactions and responses. They are taught that to be able to accompany the other, they are to be hospitable, confidential, and grounded in the gospel of Christ, in order to be able to help others grow in prayer and live their calling as a followers of Christ.

Religious Studies Courses (DRS): Course Description

DRS101 Philosophy of Religion

This course is an investigation into the different ways in which the major tenets of religion, especially Christianity have been rationally (philosophically) challenged. Themes such as the existence of God, nature of God, the reality of evil, the possibility of miracles are explored. The student is also acquainted with different thinkers who have also grappled with the same themes. The aim is to enable the student to develop an individual response to the contemporary challenges of his/her faith.

DRS102 Gender and Religion

Culture has plays a role in defining people and assigning to them different roles and responsibilities. Religion is that one dimension of culture that has been decisive in defining people and assigning to them roles and responsibilities according to their sex. The course examines how women have been treated by various religions of the world and how they have responded to that by offering methodologies and concepts that seek to deconstruct and dislodge the center.

DRS103 Introduction to African Traditional Religions

The course introduces students to African Traditional Religious beliefs and practices. It makes a survey of methodological and theoretical approaches to the study of the subject and then treats in depth a selection of the Bantu and West African traditional religions. Students will be acquainted with a variety of methods in the study of African religions with a view to cultivating a sense of African identity while respecting other faith traditions. The course will further enhance an attitude of critical enquiry into the African heritage and its relations to Christian faith.

DRS104 Major Themes in Christian Ethics

The course is designed to deal with particular ethical problems that are topical in the contemporary world in medicine, sexuality, reproduction which also have an impact on our Christian life. Special problems such as euthanasia, abortion, surrogate mothering, homosexuality and others are discussed with a view of coming up with appropriate conclusions that are informed from the wealth of Christian tradition and the gospel. The basic question is what does it mean to live as a Christian today?

DRS105 Faith, Science and Reason

This course explores historic relations among the different trends that attempt to explain reality which are religion, science and reason. It addresses issues which include the origins of the universe (with theories of evolution and the big bang), the nature of the physical universe (with theories of quantum mechanics, chaos) and the nature of human life (vitalism and mechanism) where science and religion seem to conflict. Some of the basic questions to be asked would be: Can religion be scientific? Are religion and science consistent with each other?

DRS106 Religion, War and Terrorism

The course asks whether religion should be kept out of politics and goes on to introduce students to the role that religion plays in shaping state, regional and global politics. It explores how religion could be both a source of political conflict and threat to both state and international security. It traces the historical development of terrorism so as to enable students to appreciate more fully the challenges the world faces today. It also looks at how religion could be used for conflict resolution, peacemaking, peace building and peace maintenance.

DRS107 Introduction to the Old Testament

The course aspires to be a critical survey of the Old Testament literature by analyzing the historical background, date of writing and composition of the Old Testament books. It is designed to introduce students to the foundations of the Judeo-Christian faith in the Ancient Israel. Thus it is also an exploration of how ancient Near East influenced Judaism in the Pentateuch, Wisdom Books, Prophets etc. It looks at the history of salvation from the time of the Patriarchs, Judges, Kings, the crisis of exile and the return. It examines theological questions of creation, election, monotheism and universalism.

DRS108 Introduction to the New Testament

The course continues the salvation history from the Old Testament by examining the historical, political, religious, philosophical and literary presuppositions of the New Testament literature. It discusses issues of dates of writing, authorship and objectives of writing. It also introduces the student to the hermeneutical questions of the interpretation of ancient writings and the beginning and mission of the church.

DRS109 Introduction to the Sacraments

The course introduces the student to the biblical foundations as well as the historical emergence and development of sacraments. It explores the significance of the sign and the symbol in the ritual of the Church.

This should enable the student to have a profound understanding and appreciation of what goes on in ritual (even outside the Christian religious worship).

DRS201 Introduction to World Religions

The course confronts one of the fundamental questions that confront a student of religious studies concerns religious pluralism. It looks at the basic tenets of the major religions of the western and eastern world – Judaism, Christianity, Islam, Buddhism and Hinduism. The course takes a comparative approach with the objective of developing a deeper appreciation of the spirituality of humankind in the student.

DRS202 Christianity and Other Religions: Past, Present and Future Relations

This course examines the historical, social and theological dimensions of Christian-and-other-Religions relations from the advent of Christianity to the current day. It looks at how Christianity has viewed other faiths and how it has also been viewed by other faiths throughout the centuries by looking at areas of cooperation and harmony, strife and discord. It attempts to answer how relations have changed in some cases and how they have been maintained in others cases.

**Spirituality and Religious Studies Allied Courses (DSR) Offered in
the Philosophy Program**

DSR101 Study and Research

The objective of this course is to equip the student with the essential academic tools that will enable him/her to develop appropriate study habits such as making a personal timetable, selecting appropriate reading material and being able to take notes during lectures and from reading material. Students are also introduced to different methods of approaching academic research papers (such as narration, description, evaluation, analysis definition) and how to study for exams. They are taught the correct methods of referencing and citation and how to use the library.

DSR102 Introduction to Sociology

The course is designed to introduce the students to contemporary scientific notions of how the society is structured and how it functions. It aims at stimulating students interest in the problems of their own societies by providing analytical tools for understanding them. The course deals with social institutions such as the family, the local community, economics, religion, politics and education. It studies the different theories that try to conceptualize these different institutions.

DSR103 Introduction to Social and Cultural Anthropology

This course introduces students to the general principles and basic concepts of social and cultural anthropology. It begins by looking at the major methods and theories that have led to its development. It then

discusses the general characteristics of traditional society in topics such as social differentiation, kinship, marriage, law, politics, religion, myth, magic etc.

DSR104 General Ethics

The course fosters a critical understanding of the principles and attitudes which characterize human and personal conduct as it is judged praiseworthy or blameworthy, good or evil etc. It explores both classical and contemporary theorists so as to enable the student to attain a balanced grasp of different moral judgments with the aim of enabling him/her to make an informed personal judgment of his/her personal and cultural moral assumptions.

DSR105 Introduction to Philosophy

The course introduces students to the wide field of philosophy by exposing to them the fundamental questions of philosophical thinking such as whom am I? What can I know? What can I hope for? What is the right way of conducting myself? This course is an invitation to a critical view of the world so that the whole program and everything they study should have an effect in their life as whole. This is in keeping with Socrates' dictum that "an unexamined life is not worth living."

DSR106 Contemporary Theories of Justice

Justice is the first virtue of social institutions and institutions are just to the extent that they distribute goods, bads, benefits, burdens etc in an appropriate manner. The course introduces the students to different contemporary theories of justice like utilitarianism, libertarianism, egalitarianism, liberalism, communitarianism and feminism. It highlights the differences and the similarities in these with the goal of enabling the student to identify on his/her own what justice is and how social institutions can be made as just as possible.

SRP101 Research Paper

Towards the end of the program each student shall write a long paper on a topic of his/her choice. The aim is to test the students' ability to express themselves academically in writing and their comprehension of specific theories and themes that are related to the topic that they have chosen.

Application, Admission and Registration

All programs in the Institute of Formation which leads to the attainment of an academic grade of a Diploma in **Psycho-Spirituality (DPS)**, **Religious Studies (DRS)**, or **Spirituality and Religious Studies Allied (DSR)** after pursuing studies for two years (or four academic semesters) requires the following from prospective students.

Entrance Requirements

The minimum academic requirement is a full Zambian School Certificate of Education (with 28 aggregate points) or its equivalent for non-Zambian prospective students. This also includes a merit or better in

English. A prospective student who does not meet this requirement may be admitted on mature entry basis provided that he/she is above 30 years of age by the time of admission and demonstrates competence for university studies by virtue of previous achievements (work or experience) and provides traceable references or proofs to this effect as may be demanded by the Rector and/ or Dean of Studies.

Application and Admission

Applicants are required to duly complete an application form (<http://sbuc-zm.org/wp-content/uploads/2014/03/sbuc-Application-Form.pdf>) and those who are recommended by Major Superiors shall accompany the application form with a stamped and signed letter of recommendation from their superior. Other accompanying requirements shall be as stated on the application form including five passport size photos, officially authenticated copies of academic certificates, copies of either the applicant's passport front and back pages or NRC for Zambians.

Interview

Those applicants who would ask for maturity entry may be called for an interview or to take a special test to test their ability to undertake higher studies.

Fees Structure

First semester Kwacha equi. of US \$850

Full year Kwacha equi. of US \$1,700

Contact Information

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