Spirituality

University of Central Arkansas
Diversity Seminar
2012-2013
Seminar Objectives

- **Awareness**
  Data, Campus Issues, Courses, RSO’s

- **Education**
  Terminology/Symbols, Holidays, Law

- **Understanding**
  Personal Assessment, Group Exercise, Dialogue
This Seminar is Not.....

- A setting for religious/spirituality and non-religious/non-spirituality debate
- An opportunity for one to 'convert' or force others to their belief system
- A platform for any specific religion or form of spirituality
Religion
Adherence to a set of faith-based beliefs and practices....

Spirituality
Has to do with the values we hold most dear, our sense of who we are and where we come from, the meaning & purpose of our life ...
Table Discussion

Discuss Spirituality Implications for the following:

- Employment
- Academic Advising
- Greek Life
- Housing
- Food Services
- Orientation
- Leadership
- Counseling
- Academic Course Offerings
- Student Health
Spirituality in Higher Education

- Employment/Academics – breaks, holidays, dress, work schedule, promotion, services
- Academic Advising – direction, meaning, fulfillment
- Greek Life – ritual, recruitment, creeds
- Orientation – spiritual growth opportunities
- Leadership – RSO’s, values, beliefs, ethics
Spirituality in Higher Education

- Residence Halls – community, connecting with others, informal conversations
- Student Health – contraceptives, abortion pill
- Food Services – dietary requirements, fasting, celebrative cultural foods
- Counseling – crises, death, personal issues
- Academic Offerings – spirituality/religion courses, service learning
Major Religions of World Ranked by Adherents

- Christian 33.32% 2,262,448,731
- Islam 21.01% 1,426,592,072
- Hinduism 13.26% 900,362,250
- Agnosticism 11.77% 799,190,323
- Chinese Folk Religion 6.56% 445,428,082
- Buddhism 5.84% 396,539,634
- Tribal Religion 3.10% 210,491,929
- Atheism 2.32% 157,529,444
Life’s Big Questions...

Who am I?
What are my values?
Do I have a mission in life?
Why am I here?
What kind of person do I want to be?
What sort of world do I want to help create?
“Cultivating the Spirit”
The Spirituality Project at UCLA, Research Findings 2003-10

- 76% searching for meaning/purpose in life
- 80% they were at least somewhat interested in spirituality
- 47% believed themselves to be on a spiritual quest
- 64% claim their spirituality is a source of joy
- 79% hold a belief in God or a higher power
- 69% religious beliefs provide strength, support, and guidance
- 80% discuss religion/spirituality with friends
“Cultivating the Spirit”
The Spirituality Project at UCLA, Research Findings 2003-10

- 62% state faculty ‘never’ encourage discussions of religious/spiritual matters.
- 20% ‘frequently’ encourage discussions.
- 30% faculty stated that college should be a place of student spiritual development.
81% faculty considered themselves spiritual
64% faculty considered themselves religious
31% faculty considered themselves not religious at all
The aim of dialogue is to cultivate *understanding* and establish a more *respectful* way of *relating* between people who disagree – sometimes vehemently – about an issue.
Dialogue Ground Rules

- You have the option to pass on any question while completing & discussing the exercise.
- You agree not to argue with, laugh at, or challenge, a colleague’s comments, opinions, beliefs.
- You agree not to try to convert anyone.
Discussion Questions

- Complete exercise
- Select one of your responses to discuss with the group
- Allow everyone at your table the opportunity to speak
Spirituality Development Advantages

- Young adults who are more caring....
- Young adults who are more globally aware...
- Young adults who are more committed to social justice than previous generations
- Young adults equipped to respond to the many stresses and tensions of our rapidly changing world