Self-Directed Experience:

PODCASTS: Spirituality, Purpose, and Meaning in Higher Education

Alexander Astin, Helen Astin and Ken Wilber
Part 1: The Difference Between Religion and Spirituality – 48 minutes
Part 2: The Inner Lives of College Students – 21 minutes
Part 3: What promotes Spiritual Development – 23 minutes

Indirect Learning Opportunities:

I will spend the year doing a deep dive into readings and podcasts, including but not limited to:
Alexander and Helen Astin, Kaitlin B. Curtice, NASPA articles, Integral Theory, Lion’s Roar magazine, and Yogananda Paramahansa.

List 3 things you hope to gain through completing your development plan:

- I am interested in learning the deeper meaning of students’ decision-making processes.
- I want to explore and understand spiritual and religious perspectives from the Christian, Hindu, Jewish, Buddhist, and Indigenous perspectives.
- I want to expand my knowledge and sensitivity to students’ inner life.