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| **Course title** | **Christian Meditation: Introduction and Basic Experience** | | | | | | |
| **Course director** | Sister Finka Tomas, SCSC, Ph.D. | | | | | | |
| **Learning outcomes** | After successfully completing the course, the student will be able to:  1. Define the content and forms of Christian meditation.  2. Recognize and evaluate the internal mental processes arising from meditation.  3. Identify the specific elements of Christian meditation and confront them with other meditation practices.  4. Integrate theological knowledge and religious experience in the process of meditation.  5. Prepare and conduct various forms of Christian meditation. | | | | | | |
| **The link between learning outcomes, teaching methods and evaluation** | Teaching activity | ECTS | Learning outcome | Student activity | Methods of assessment | Points | |
| min | max |
| Lecture attendance | 0.5 | 1-5 | Presence at classes | Records | 10 | 20 |
| Active involvement in discussions | 0.5 | 1-5 | Active participation | Evaluation | 10 | 20 |
| Continuous assessment (midterm exam) | 0.5 | 1-5 | Preparation for the written exam | Written exam | 20 | 30 |
| Final exam | 0.5 | 1-5 | Revision | Oral exam | 20 | 30 |
| Total: | 2 |  |  |  | 60 | 100 |
| **Class hours per week** | 1/SS | | | | | | |
| **Teaching language (min. 5 students)** | - | | | | | | |
| **Language of consultation** | German, Italian | | | | | | |