



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



APPLY TO BE A CITIZEN LEADERS FELLOW

For International Students, Student Athletes, Transfer Students

The Citizen Leaders Fellowship—a partnership with the Contemplative Sciences Center, the International Studies Office, and UVA Athletics—offers students a year-long leadership opportunity to gain skills needed to flourish during their time at UVA and after graduation.

Eligible UVA students from the international student, student athlete, and transfer student communities identify a specific, pressing challenge to the well-being or flourishing of their peers or larger communities and spend their fellowship year designing and implementing programs to overcome those challenges with evidence-based tools. Fellows emerge with their own style of citizen leadership, enabling them to lead engaged and values-driven lives, while making it possible for others to do the same. *Pictured:* Members of the 2022-2023 student cohort.

Eligibility

Current UVA students who meet the following criteria: **international students, student athletes, or transfer students who are second years or above or graduate students.**

Deadline to apply is September 22, 2023.

LEARN MORE & APPLY



FOR EDUCATORS: COMPASSIONATE SCHOOLS PROJECT CURRICULUM NOW AVAILABLE

Flourish, the K-5 curriculum developed by the Compassionate Schools Project (CSP), is now available for educators. *Flourish* is designed for elementary schools and integrates mindfulness, compassion, and social emotional learning to cultivate resilience, positive

relationships, and skills for academic success. The development and publication of the curriculum is the result of a collaborative partnership between CSC and the UVA School of Education and Human Development, with funding from Hemera Foundation, Sonia Klein Jones, Pure Edge, Inc., and the CSP, chaired by Owsley Brown III. Thanks to our partners at Pure Edge, Inc., *Flourish* is free of charge in the digital format and is available in English and Spanish.

[LEARN MORE](#)

Make a gift to support Citizen Leaders Fellows and the Compassionate Schools Project!

DONATE \$25

DONATE \$50

DONATE \$100



CSC TOURS CONTEMPLATIVE COMMONS

Coming Spring 2024

CSC staff had a chance to tour the site of the Contemplative Commons, the 57,000 square-foot complex of indoor and outdoor spaces that will bring together students from across UVA for participatory forms of deep learning. The Contemplative Commons is scheduled for completion in spring 2024. In advance of the opening, CSC will host a variety of events leading up to the official launch in the fall of 2024.

[WATCH THE VIDEO](#)



DALAI LAMA FELLOWS HOLDS LEADERSHIP ASSEMBLY

Daily Progress Covers Event with Two Articles

More than 60 young leaders from 27 different countries gathered at UVA in July for the first in-person assembly since the pandemic and the third to be hosted by the Contemplative Sciences Center. The annual event is part of a one-year fellowship that integrates contemplation and social-emotional skills—including self-awareness, resilience, and compassion—with leadership and social change projects.

[READ THE STORIES](#)

CALENDAR

UPCOMING EVENTS

Sept 22 - Deadline to Apply for Citizen Leaders Fellowship
[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursday - Night Owl Yoga
[Learn more](#)

Monday-Friday - Ashtanga Yoga: Mysore-Style

[Learn more](#)



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