

**NATIONAL UNIVERSITY OF POLITICAL STUDIES AND PUBLIC
ADMINISTRATION**

SYLLABUS

Course title	Mindful Research in Political Science				
Year of study	I	Semester	I	Form of evaluation	Ec
Course curricular category: C – compulsory, E – elective, As - associated			E		
Total of hours in curriculum	28	Total hours for individual study	222	Total hours per semester	250
Professor	LILIANA POPESCU				

University	SNSPA
Doctoral School	SNSPA
Domain	Political Sciences

Specific Competencies	
High relevance	<ul style="list-style-type: none"> • Knowledge and understanding (adequate knowledge and use of discipline-specific notions) <ul style="list-style-type: none"> - Learning major concepts related to the field of mindful research, mindfulness as opposed to mindlessness, the development of emotional intelligence, basic notions in the field of neuroscience that ground mindfulness practices - Learning fundamental elements related to the organization and design of research in political science and international relations. - At the end of the course, PhD students will know what mindful research means, will understand the importance of developing emotional intelligence, as well as a number of important notions for organizing their research activity. • Instrumental - application (design, management and evaluation of specific practical activities: use of methods, techniques and tools for investigation and application) <ul style="list-style-type: none"> - The notions acquired by doctoral students will be practiced and applied during the semester, using a series of scientifically accredited methods and techniques - in the sense of applying mindfulness practices in the research activity. - PhD students will apply the notions acquired to work on the doctoral thesis - both in terms of mental self-support and emotional organization of research work and the content of research methods.
Medium relevance	<ul style="list-style-type: none"> • Explanation and interpretation (explanation and interpretation of ideas, projects, processes, as well as the theoretical and practical contents of the discipline). <ul style="list-style-type: none"> - Students will assimilate explanations of how our mind works and will acquire the skills needed to continue independent research and practices to develop in this direction. - They will also gain flexibility in applying knowledge about research methods, so that they know how to choose the best methods in research. - Students will assimilate explanations related to the logic and development sequences of their work on the doctoral thesis. • Attitudinal (manifestation of a positive and responsible attitude towards the scientific field / focused on democratic values and relations / promotion of a system of moral and civic cultural values / optimal and creative capitalization of one's own potential in scientific activities / involvement in institutional development and promotion of scientific innovations / engaging in partnership relations with other persons - institutions with similar responsibilities / participation in one's own professional development).

	<ul style="list-style-type: none"> - During the semester, the doctoral students will learn a series of attitudes towards their own research activity - towards their own mental states, which is a precondition of any intellectual work, as well as towards the research activity. - PhD students will be encouraged to look at their research work from a broader perspective, and connect their research to their life goals, values, and horizons.
--	--

Evaluation	Relevance in the final evaluation (%) (Total = 100%)
Final essay	30 %
Participation and testing throughout the semester	70%
Total	100%

The final examination aims at showing that students understand the fundamental concepts, ideas and theories discussed during the course.

Minimum requirements to pass the exam	Minimum requirements to get Excellent
<ul style="list-style-type: none"> - Participation in minimum half of the courses and seminars - At least three good spoken interventions in the courses and seminars - The final essay completed properly 	<ul style="list-style-type: none"> - Participation in minimum 70% of courses and seminars - Constant participation with quality spoken interventions in courses and seminars - Excellent final essay

PhD students are encouraged to work continuously throughout the semester, to practice various mindfulness techniques, to listen to relevant TEDs, to read articles and books on mindfulness and research methods in political science / international relations. Courses and seminars are good opportunities to be active, to dialogue, to come up with your own interventions, to ask questions. All this will be evaluated along the way. Finally, students will be asked to write a short essay (700 -1400 words) in which they present what they have learned in this course.

No.	Topics
1.	Introductory course. Research and meta-research
2.	Mindful vs mindless research. What is mindfulness? The state of being mindful
3.	Neurosciences and psychology on mindfulness and effects of mindful practices on the mind
4.	What is the mind? Western and Eastern perspectives
5.	Emotional intelligence and its importance in research work
6.	Emotional intelligence, social intelligence and spiritual intelligence
7.	The horizon, the features and the resources of a doctoral thesis
8.	Defining the research project, the hypotheses, the variables. Operationalization and case studies
9.	How does one organize the research work? The structure of the thesis, discussion on the basis of the distinct parts of the thesis
10.	What are you researching? How? Discussion on PhD students' research. Preparing individual presentations Future
11.	What did I learn practically from the theoretical elements presented for my own research work? Individual presentations (I)
12.	What did I learn practically from the theoretical elements presented for my own research work? Individual presentations (II)
13.	Mindful leadership. Self-leadership and self-management
14.	Learning how to strive through Volatility / Uncertainty / Complexity / Ambiguity in my future research work

No.	Bibliography
1.	Drucker, P.F, Christensen C.M., Goleman D. (2011). <i>Managing Yourself</i> . Boston. Harvard Business Publishing
2.	Frankl, Victor (2004) <i>Man's Search For Meaning Ebury Press New Ed.</i> ((2009). <i>Omul in cautarea sensului vietii</i> , editura Meteor Press, Bucuresti)
3.	Goleman, Daniel (1995) <i>Emotional Intelligence</i> . Bantam Books Goleman, Daniel (2014) <i>Inteligența emoțională</i> . Editura Curtea Veche, Bucuresti

4.	Kabat-Zinn, Jon (2018) <i>Meditation is Not What You Think : Mindfulness and Why It Is So Important</i> . London: Little. Brown Book Series Kabat-Zinn, Jon (2014). <i>Mindfulness zi de zi. Oriunde vrei sa mergi, acolo esti deja</i> . Bucuresti Editura Herald.
5.	Laloux, Frederic (2016) <i>Reinventing Organizations</i> . Published by Nelson Parker Laloux, Frederic (2017). <i>Organizatia reinventata</i> , editura Vellant Bucuresti
6.	Siegel, D. J. (2009). Mindful awareness, mindsight, and neural integration. <i>The Humanistic Psychologist</i> , 37(2), 137–158. Siegel, Daniel (2016). <i>Mindfulness si Neurobiologie</i> . Bucuresti, Editura Herald
7.	Tenney, Matt, Gard, Tim (2016) <i>The Mindfulness Edge: How to Rewire Your Brain for Leadership and Personal Excellence Without Adding to Your Schedule</i> . Wiley Tenney, Matt, Gard, Tim (2016). <i>Mindfulness si leadership</i> . Bucuresti, Editura Trei.
8.	Goleman, Daniel, Boyatzis, Richard (2001). <i>Primal Leadership: The Hidden Driver of Great Performance</i> , Harvard Business Review – Devenber 2001 issue
9.	Goleman, Daniel, Boyatzis, Richard (2017). <i>Emotional Intelligence Has 12 Elements. Which Do You Need to Work On?</i> Harvard Business Review blog https://hbr.org/2017/02/emotional-intelligence-has-12-elements-which-do-you-need-to-work-on
10.	Cialdini, Robert (2012) <i>Influence. Science and Practice</i> . Bucuresti, Editura Publica.
11.	Marturano, Janice (2014). <i>Finding the Space to Lead: A Practical Guide to Mindful Leadership</i> , Bloomsbury, New York
12.	Boyatzis, Richard (2012). <i>Neuroscience and the Link Between Inspirational Leadership and Resonant Relationships</i> , Ivey Business Journal
13.	Pitagorsky, George „How to manage our own expectations using mindfulness?” 11 May 2017 https://www.mindful.org/using-mindfulness-manage-expectations/
14.	George, Bill (2012). <i>Mindfulness Helps You Become a Better Leader</i> , Harvard Business Review Blog, https://hbr.org/2012/10/mindfulness-helps-you-become-a.html
15.	Spray, Sharon, Roselle, Laura (2012). <i>Research and Writing in International Relations</i> . Second Edition. Boston, Longman
16.	Marczyk, Geoffrey, DeMatteo, David, Festinger, David (2005). <i>Essentials of Research Design and Methodology</i> . John Wiley & Sons, Inc.
17.	Given, Lisa, Eitor (2008). <i>The SAGE Encyclopedia of QUALITATIVE RESEARCH METHODS VOLUMES 1 & 2</i> . Sage. University of Alberta

Time estimation for students (hours/semester)			
1. Study of course and seminar notes	60	4. Specific preparation for seminars	32
2. Study of the minimal bibliography	45	5. Documentation on the internet (TEDs, specific websites, articles etc)	35
3. Documentation in the library, other than the minimal bibliography	40	6. Preparation and writing final essay	10
TOTAL hours for individual work (per semester) = 222			

Date: 15 September 2025

Professor's signature:

Doctoral Department Director's signature: