

PHIL 1101-01

FIRST YEAR SEMINAR: Philosophy as a Way of Life

Prof. Rob Colter      TR 9:35 am – 10:50 am

Traditional Face-to-Face Delivery



While today philosophy is an academic discipline like chemistry or art history, philosophy in the ancient world was, first and foremost, a way of living. In this course, we will look at some traditions, including Eastern and Western, ancient and modern. We won't just talk about them – we'll live them out. We will try out some of their practices as a way of trying to get a feel for what it might be like to live as, say a Confucian, an Existentialist, or a Stoic. The most important goal of the course is to try out the idea that living a reflective, intentional (philosophical) life is something to be pursued for its own sake.