



COURSE OUTLINE

Instructor	Dr. Justine Noel		
Office Hours	Mondays, 1:00 - 2:00 pm, Tuesdays and Thursdays, 12:00 – 1:00 pm, Wednesdays and Fridays, 10:30-11:30 am		
Office	Young 312		
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Course Schedule:

Lectures: Tuesdays, 10:00 am – 10:50 am, WT 102
 Thursdays, 10:00 am - 10:50 am, E 348
 Seminars: Tuesdays, Group A: 11:00 am – 11:50 am, WT 102
 Thursdays, Group B: 11:00 am - 11:50 am , E 348

Description: This is a special topics course in the ancient philosophy of Stoicism. Students will study the works of the great Roman Stoics, Seneca, Epictetus, and Marcus Aurelius. Areas to be explored include Stoic cosmology, fate, divine providence, philanthropy, ethics, spiritual progress, and emotional resilience.

Intended Learning Outcomes: Upon completion of this course the student will be able to:

1. Argue a philosophical position and support it with good reason.
2. Identify major themes and arguments relating to the course topic.
3. Analyze, assess, compare and develop nuanced arguments concerning the issues central to the topic of the course.
4. Demonstrate skills in written and oral communication.

Texts: Seneca: Dialogues and Essays, trans. John Davie, Oxford World’s Classics, Meditations, Marcus Aurelius, Dover Thrift Editions, Epictetus, Enchiridion, Stoicism Today: Selected Writings, ed. Patrick Ussher

Course Requirements:

2 tests: 30% (15% each)
 final exam (cumulative): 25% (date tba, final exam period)
 seminar attendance: 10%, in-class group work/discussion/participation 5%
 seminar exercises: 20% (2% each, only accepted while attending the relevant seminar - one throwaway, late or emailed assignments NOT accepted)
 homework: 5% (can only be submitted in class on the due date, emailed homework not accepted, late homework not accepted, no exceptions)
 class discussion facilitator: 5%

Reading Assignments

Week 1: Introduction to Stoicism

1/10 What is Stoicism? Stoic Warriorship

1/12 Stoicism Today (ST), preface and intro, p.15-20, ST, “Stoicism 101”, p.21-22, ST, “Getting Practical Philosophy into the Classroom”, p.122-127

Seminar: Discussion of Stoic practice and instructions for seminar exercises

Week 2: Living in Accordance with Nature

1/17 Epictetus, chapters 1-10, ST, “Stoic Teaching and Stoic Control”, p.119-121

1/19 Epictetus, chapters 11-19

Seminar: #1: “The Control Exercise”

Week 3: Understanding Ephemerality

1/24 Seneca, intro, and “On the Shortness of Life”

1/26 Marcus Aurelius (MA), intro, and Books II, III, and IX:19, ST, “On Death Acceptance”, p.56-58

Seminar: #2: “Universal Metamorphosis Exercise”

Week 4: Stoic Philanthropy and Cosmopolitanism

1/31 ST, “The Stoics on the Community of Humankind”, p.28-32 and “On the Motivations of a Stoic”, p.37-38

2/2 MA, IV:3, VI:39, VII:5, 19,22, VIII:26, XI:9

Seminar: #3: “The Circles of Hierocles Exercise”

Week 5: Premeditation of Adversity

2/7 TEST #1

2/9 MA, Books IV, V, VI

Seminar: #4: “Negative Visualization Exercise”

Week 6: No classes - reading break

Week 7: Stoic Advice on Dealing with Insults and Anger

2/21 Seneca, “On Anger”, chapters 1-13, 25-43 (especially 38 and 43)

2/23 MA, Book IX:42, II:1, Epictetus, reread chapters 4, 5, 10, read chapters 20-28, 42

Seminar: #5: brief in-class written response to video on Seneca

Week 8: The Stoic Character

2/28 ST, “Stoics are not Unemotional”, p.33-36, Epictetus, chapters 28-31

3/2 ST, “Stoicism and Star Trek”, p.196-201, Epictetus, chapters 32-41

Seminar: #6: “Speak Less about Yourself Exercise”

Week 9: Stoic Tranquility

3/7 Seneca, “On the Tranquility of the Mind”, p.112-120, ST, “Happiness for Sale - What Would Seneca Say?” p.64-66

3/9 Seneca, “On the Tranquility of the Mind”, p.121-139, ST, “Does Stoicism Work?” p.128-135

Seminar: #7: “The Wand of Hermes Exercise”

Week 10: The Nature of the Good

3/14 MA, Books VII and VIII, ST, “Core Ideas of Stoic Ethics in Marcus Aurelius”, p.23-26

3/16 MA, Books IX and X

Seminar: #8: “The View from Above Exercise”

Week 11: Fatalism and Letting Go of the Past

3/21 MA, Book XI and XII, ST, “Was There a Stoic Mindfulness?” p.161-166

3/23 **TEST #2**

Seminar: #9: “The *Amor Fati* Exercise”

Week 12: The Discipline of Action

3/28 Epictetus, chapters 43-52

3/30 ST, “A Simplified Modern Approach to Stoicism”, p.42-45, “What Can the Stoics Do For Us? p.46-55, “Gratitude and Wonder”, p.59-63

Seminar: #10: “The Reserve Clause Exercise”

Week 13: The Discipline of Judgment

04/4 ST, “Control Your Emotions”, p.72-75, “My Return to Mental Health with CBT and Stoicism”, p.142-150, “The Stoic Doctor”, p.97-100

04/6 ST, “The Greatest of All Struggles”, p.94-96, “Fatherhood and Stoic Acceptance”, p.112-114, “My Experiences of Stoicism”, p.76-80

Seminar: #11: “The Exercise of Physical Definition”

Week 14: The Happy Life

4/11 Seneca, “On the Happy Life”, p.85-98

4/13 ST, “I Think Every Child Should Learn Stoic Philosophy”, p.192-195

Policy on missed tests:

Make-up tests are permitted in cases of illness or personal crisis only. A make-up test will not be scheduled until proper documentation is provided.

Cell phones: cell phones must be turned off and put away during class time.

Late Seminar Exercises: not accepted for any reason - in the event of missing one, there is one throwaway

Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.	1
0-49	F	Minimum level has not been achieved.	0

Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at camosun.ca for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. <i>(For these courses a final grade will be assigned to either the 3rd course attempt or at the point of course completion.)</i>
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services, or the College web site at camosun.ca.

STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services, and the College web site in the Policy Section.

ADDITIONAL COMMENTS AS APPROPRIATE OR AS REQUIRED