# Spring 2027

## PHIL 44HA: "Design Your Life: The Good Life"

Section 01: MW 10:30-11:45pm

Section 02: TR 12-1:15pm

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In this course we will explore one of life's most essential questions: What is the good life?

We'll start by learning how to navigate college and we'll think about how our educational pursuits fit in with our wider values. Then we will examine the question "Who am I?" with the Existentialists and what they say about leading an authentic life. We will tackle the topic of self-love and the essential role it has in answering that question. Next we will investigate what feminism has to say about leading the good life, and then briefly look into role that romantic love plays in leading the good life. Finally we will spend about a third of the class engaging with Johann Hari's *Stolen Focus*, and explore the role that Technology plays in leading the good life.

Throughout this course we'll examine these questions by engaging with philosophical materials but also by going out into our world and engaging with our communities.