PHIL 105 – The Meaning of Life

Description:
An exploration of the meaning of life from diverse philosophical traditions. Topics may include hedonism versus pessimism, theism, scientific humanism, and existentialism.

Learner Outcomes:
Upon successful completion of this course, the student will be able to:

- Recognize and evaluate arguments regarding the meaning of life in a variety of philosophical approaches, from Eastern and Western philosophical traditions, including hedonism, pessimism, thesis, scientific humanism, and existentialism.
- Compare the authors’ philosophical assumptions to your own in order to identify shared and differing personal and cultural assumptions regarding the meaning of life.
- Identify how having a sense of purpose affects personal psychological and physical well-being, and how one’s psychological and physical well-being affects our sense of purpose.
- Identify social policies that impact our personal sense of purpose and develop concrete policy proposals to improve societal well-being.