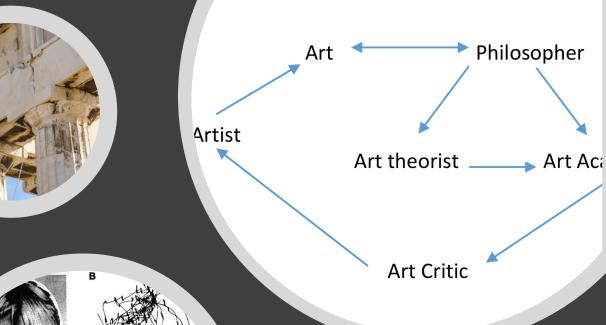# Ethics and Moral Education in Ancient Greek Philosophy

In Hellenistic philosophy, the practice of philosophy was viewed as being ethically transformative. Studying philosophy was a way to cultivate virtue, eliminate vice, and ultimately make us happier people. As a result, we find in Hellenistic philosophy detailed accounts concerning how to best go about cultivating virtue and improving our character. This talk will outline one such account, that of the Stoic Epictetus. Epictetus is famous for his 'moral exercises', which he demands his students practice if they wish to become better Stoics and progress towards virtue. I look at 3 of these exercises, and explain how Epictetus thinks they serve to improve our character.

Michael Tremblay
History of Philosophy, Stoicism
Queens University, Ontario, Canada

3 December 2019
Chardón 121 – 10:30-12:00

This talk will be accessible to students interested in the Humanities, including those without a background in Ancient Greek philosophy.