

# Stoic After-school Programs??

Post by “Kalosyni” of June 13, 2026 at 11:28 AM

Very interesting! ...

## Quote

Teaching is not my professional background. My job is that of being a compliance officer. And all my Stoic practice was mainly cultivated through adult discussion groups and mentoring adult students at the College of Stoic Philosophers. I wasn't sure how to begin when it came to working with teenagers. So, I did what I do at work: I created a manual.

The manual had the traditional framework: there was a section on Logic, Physics, and Ethics; the four cardinal virtues: Practical Wisdom, Courage, Justice, and Temperance; the three disciplines: Judgment, Assent, and Action; and sections on Daily Practice and Community. On the first day, I opened the class with an introduction covering a high-level theory of Stoicism. Almost immediately, I could see their attention slipping. The concepts were too abstract, too distant from their day-to-day lives and concerns.

... So, I pivoted.