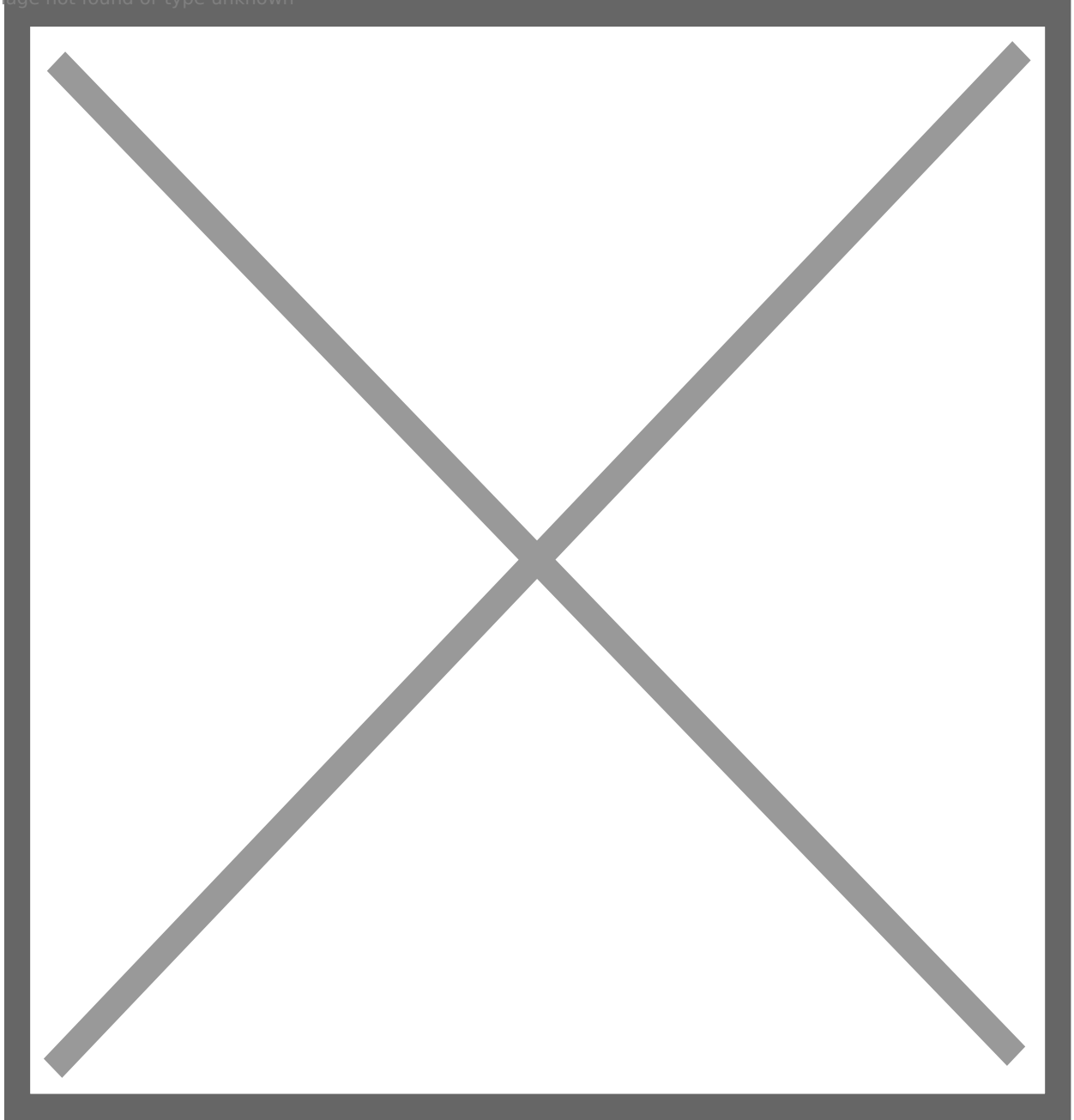


Stoic After-school Programs??

Post by "Don" of June 13, 2026 at 11:14 AM

Image not found or type unknown



[Building an After-School Stoic Philosophy Club](#)

By Russell Holt and Midori Holt, with Vivienne Le
open.substack.com

By Zeus! With [the fact that modern Stoics are actually much more Epicurean than they like to admit](#), these kinds of evangelism/marketing are such missed opportunities. Granted, the "Stoics" have a much bigger head start and a much larger public awareness campaign, but still



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.

Post by “Cassius” of June 13, 2026 at 11:55 AM

From the article:

Quote

Moreover, I had to remind myself that my granddaughter and her friends were here for an after-school program, not a classroom or lecture hall. So, I pivoted.

The Turning Point: From Theory to Practice

Instead of focusing on theory, I jumped straight into teaching the three disciplines—judgment, assent, and action—while linking them directly to each student’s lived experiences. The shift was immediate.

In other words, he stopped teaching Stoicism, and started teaching modern psychology. He detached his teaching from any evaluation as to whether happiness is or should be the goal of life, whether there is eternal punishment after death to worry about, or how to make decisions about what is true or what is false.

That's the story of modern Stoicism and is why it's not really Stoicism at all, which is something explored in the other article Don linked.

In contrast, it's possible and much more effective in the long run to pay attention to both the big picture and the details, and flip back and forth between them so they make sense at both levels:

Quote

For those who are unable, Herodotus, to work in detail through all that I have written about nature, or to peruse the larger books which I have composed, I have already prepared at sufficient length an epitome of the whole system, that they may keep adequately in mind at least the most general principles in each department, in order that as occasion arises they may be able to assist themselves on the most important points, in so far as they undertake the study of nature. But those also who have made considerable progress in the survey of the main principles ought to bear in mind the scheme of the whole system set forth in its essentials. For we have frequent need of the general view, but not so often of the detailed exposition.

[36] Indeed it is necessary to go back on the main principles, and constantly to fix in one’s memory enough to give one the most essential comprehension of the truth. And in fact the accurate knowledge of details will be fully discovered, if the general principles in the various departments are thoroughly grasped and borne in mind; for even in the case of one fully initiated the most essential feature in all accurate knowledge is the capacity to make a rapid use of observation and mental apprehension, and this can be done if everything is summed up in elementary principles and formulae. For it is not possible for anyone to abbreviate the complete course through the whole system, if he cannot embrace in his own mind by means of short formulae all that might be set out with accuracy in detail.