

Agenda for the first gathering

The gathering should last for 90-120 min. Here is the agenda:

1. Introductions

- Introduce yourself to each other
 - Tell who are you
 - Tell how and why did you end up on this course

2. The origins of your worldview

- Conduct a round where everybody tells the story behind their own worldview
 - From whom did you get your current worldview
 - Can you recall a singular moment, when your worldview changed?
 - What belief are you unwilling to give up, no matter the evidence?
- I suggest going over these questions one by one. I.e. first having a round where everybody talks about the first question, then a separate rounds for the second and third question

3. Deciding the book and movie for the next gatherings

- During the fourth gathering your task consists of watching a movie beforehand
 - Then in the gathering you'll discuss what insights about good living and life direction you derived from the movie
 - Have a discussion about the potential movie to watch
 - Make a choice of what movie to watch
- During the fifth gathering your task consists of reading a book beforehand
 - Then in the gathering you'll discuss what insights about good living and life direction you derived from the book
 - Have a discussion about the potential movie to watch
 - Make a choice of what book to read
- There is a list of suggested books/movies in MyCourses. But you are allowed to choose a book/movie from outside that list, provided that you see that it could provide important insights about good living and finding direction in life
 - If you are unsure, whether the book/movie you have been thinking about fits, you can send me an email to ask: frank.martela@aalto.fi