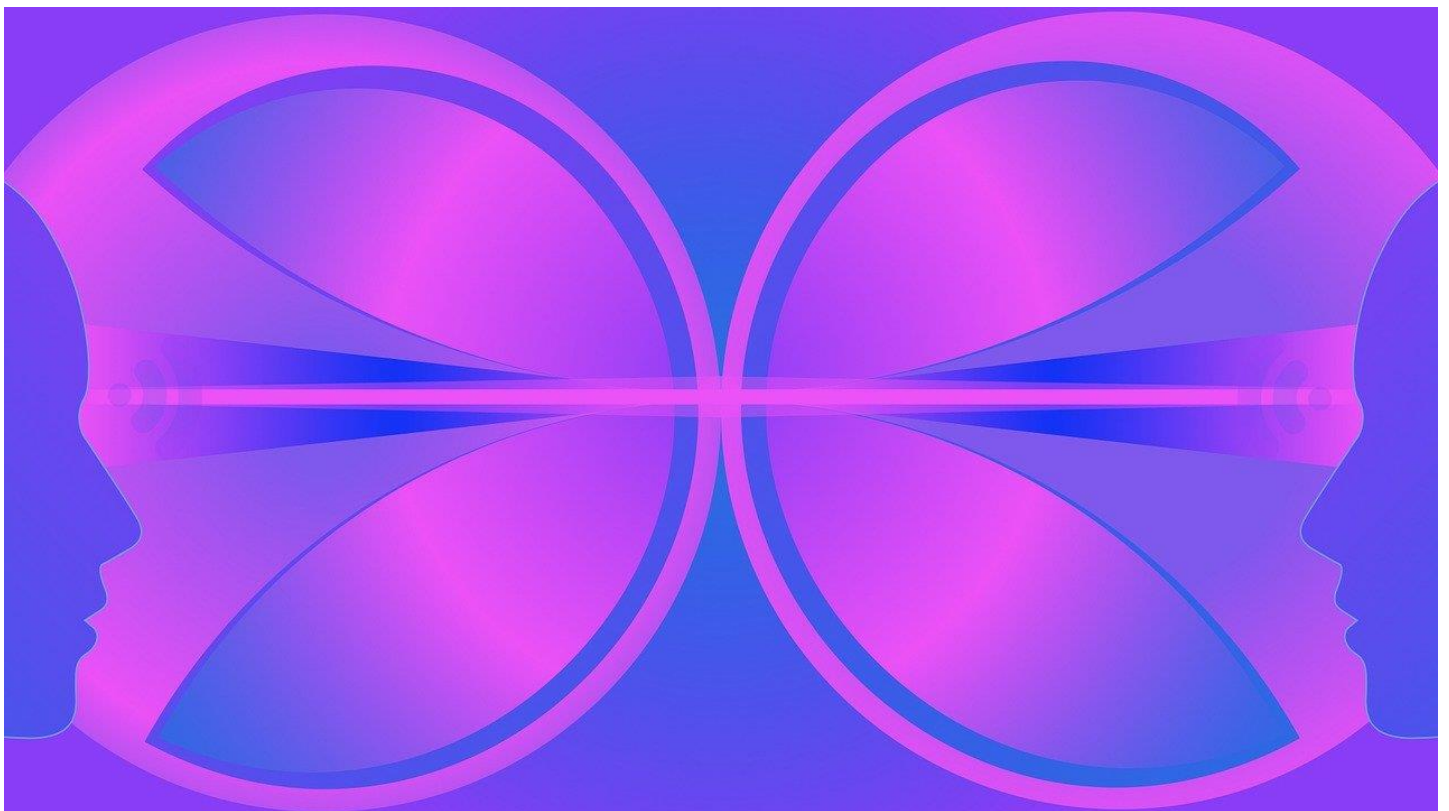


# Study Guide: English 101/100.5

## Departmental Final Exam

- Ralph Waldo Emerson: "Self-Reliance"
- Oliver Burkeman: "Happiness is a Glass Half Empty"



Welcome to the study guide for Borough of Manhattan Community College’s English 101 Departmental Final, created by staff members in the Writing Center and Learning Resource Center. The goal of this study guide is for students to immerse themselves in the ‘culture’ of the essays by learning as much as they can about the vocabulary, language and references in the text, in addition to the traditional points of critical analysis already studied in class.

Ideally, learning about these essays should be done in collaboration with other students as well as BMCC Academic Support Services.

Students should use the study guide to:

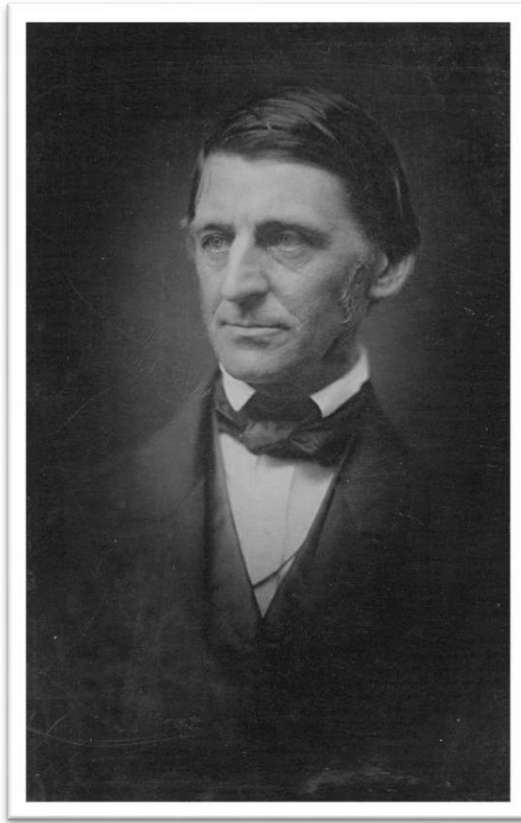
- Study the writer’s biographies and learn about their areas of focus and achievements.
- Define important terms and understand the context in which the writers use them.
- Study the people who are mentioned in the texts and explain their reference in the context of the essay.
- Study the writer’s phrasing and explain (paraphrase) what they mean when they use certain language.
- Answer the study questions, always connecting information to specific language in the text.
- Study the available outside sources and develop a working knowledge of how the themes in the essays connect to each other, other media and your life.
- Generate study questions and ideas that you can share with your classmates.
- Look for responses to the essays online and analyze how other readers react to the content.

Students should take the time to study and annotate the essays independently as well as during class time. Besides that, students should consider taking advantage of a number of resources available to them:

- Organize study groups with your classmates or other students taking English 101/100.5. Students can meet online using Zoom, Microsoft Teams, Skype or another online software.
- Visit an S.I. Leader in the Learning Resource Center, Writing Coach in the Writing Center or tutor in the ESL Lab. All of these services have been moved online to [www.BMCC.Upswing.io](http://www.BMCC.Upswing.io).
- Take advantage of library online resources at <https://www.bmcc.cuny.edu/library/> .
- Look out for the upcoming English 101 Final workshops offered by the Learning Resource Center and Writing Center on:

- Tue, Dec 1<sup>st</sup> @11am-1pm
- Wed, Dec 2<sup>nd</sup> @11am-1pm
- Wed, Dec 2<sup>nd</sup> @2-3pm
- Thu, Dec 3<sup>rd</sup> @7-8pm
- Fri, Dec 4<sup>th</sup> @3-4pm

- Sat, Dec 5<sup>th</sup> @1-2pm
- Mon, Dec 7<sup>th</sup> @1-2pm
- Tue, Dec 8<sup>th</sup> @12-1pm
- Wed, Dec 9<sup>th</sup> @3-5pm
- Wed, Dec 9<sup>th</sup> @5-6pm



## Ralph Waldo Emerson: “Self Reliance”

Ralph Waldo Emerson (May 25, 1803 – April 27, 1882), who went by his middle name Waldo, was an American essayist, lecturer, philosopher, and poet who led the transcendentalist movement of the mid-19th century. He was seen as a champion of individualism and a prescient critic of the countervailing pressures of society, and he disseminated his thoughts through dozens of published essays and more than 1,500 public lectures across the United States.

Emerson gradually moved away from the religious and social beliefs of his contemporaries, formulating and expressing the philosophy of transcendentalism in his 1836 essay "Nature". Following this work, he gave a speech entitled "The American Scholar" in 1837, which Oliver Wendell Holmes Sr. considered to be America's "intellectual Declaration of Independence."

Emerson wrote on a number of subjects, never espousing fixed philosophical tenets, but developing certain ideas such as individuality, freedom, the ability for mankind to realize almost anything, and the relationship between the soul and the surrounding world. Emerson's "nature" was more philosophical than naturalistic: "Philosophically considered, the universe is composed of Nature and the Soul." Emerson is one of several figures who "took a more pantheist or pandeist approach by rejecting views of God as separate from the world."

He remains among the linchpins of the American Romantic Movement, and his work has greatly influenced the thinkers, writers and poets that followed him. "In all my lectures," he wrote, "I have taught one doctrine, namely, the infinitude of the private man." Emerson is also well known as a mentor and friend of Henry David Thoreau, a fellow transcendentalist.

[https://en.wikipedia.org/wiki/Ralph\\_Waldo\\_Emerson](https://en.wikipedia.org/wiki/Ralph_Waldo_Emerson)

# Vocabulary

Define any term from Emerson's essay that is unfamiliar or especially important to the text:

- education
- conviction
- envy
- imitation
- kernel
- toil
- bestowed
- till
- power
- nature
- character
- thyself
- iron string
- divine
- providence
- society
- contemporaries
- confided
- age
- betraying
- perception
- trustworthy
- seated
- predominating
- being
- transcendent
- destiny
- minors
- invalids
- revolution
- redeemer
- benefactor
- Almighty effort
- Chaos
- Dark
- oracle
- brute
- sentiment
- arithmetic

- purpose
- disconcerted
- conform/ity/nonconformist
- prattle
- youth
- puberty
- manhood
- piquancy
- enviable
- gracious
- force
- Hark
- bashful
- nonchalance
- disdain
- lord
- aught
- conciliate
- consciousness
- éclat
- sympathy
- Lethe
- neutrality
- pledge
- unaffected
- unbiased
- un/bribeable
- un/affrighted
- innocence
- formidable
- utter
- affairs
- solitude
- inaudible
- conspiracy
- manhood
- joint-stock company
- shareholder
- surrender

- bread
- liberty
- culture
- virtue
- Self-reliance
- aversion
- realities/creators
- names/customs
- immortal palms
- hindered
- goodness
- sacred
- integrity
- absolve
- suffrage
- prompted
- adviser
- importune
- doctrine
- traditions
- transferable
- constitution
- titular
- ephemeral
- capitulate
- badges
- societies
- institutions
- decent
- affects
- sways
- upright
- vital
- rude truth
- malice
- vanity
- philanthropy
- bigot
- bountiful

- Abolition
- Barbados
- varnish
- un/charitable
- ambition
- afar
- spite
- truth
- affectation
- counteraction
- pule
- whine
- genius
- lintel
- whim
- popular estimate
- exception vs rule
- expiation/expiate
- apology
- extenuation
- penance
- spectacle
- genuine
- primary evidence
- secondary testimony

- forbear
- reckoned
- arduous
- greatness vs meanness
- base
- screen
- work
- blindman's buff/bluff
- sect
- expedience
- spontaneous
- ostentation
- parish minister
- retained attorney
- author
- chagrin
- asinine
- mortify/ing
- usurp/ing
- disagreeable
- displeasure
- estimate
- askance
- parlour
- aversation

- resistance
- countenance
- multitude
- formidable
- discontent
- senate
- brook
- cultivated classes
- decorous
- prudent
- feminine
- magnanimity
- concernment
- consistency
- reverence
- corpse
- contradict
- foolish consistency
- hobgoblin
- statesmen
- philosopher
- divines
- principle

Research any of the names, mentioned by Emerson. Why does he mention them?

- Pythagoras
- Socrates
- Jesus
- Luther

- Copernicus
- Galileo
- Newton

## Notable Language

Explain (paraphrase) what Ralph Waldo Emerson means in each paragraph when he writes. . .

1. ...that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till.
2. ...not cowards fleeing before a revolution but guides, redeemers, and benefactors, obeying the Almighty effort, and advancing on Chaos and the Dark.
3. Infancy conforms to nobody: all conform to it, so that one babe commonly makes four or five out of the adults who prattle and play to it.
4. The nonchalance of boys who are sure of a dinner, and would disdain as much as a lord to do or say aught to conciliate one, is the healthy attitude of human nature.
5. As soon as he has once acted or spoken with éclat, he is a committed person, watched by the sympathy or the hatred of hundreds, whose affections must now enter into his account.
6. Society is a joint-stock company, in which the members agree, for the better securing of his bread to each shareholder, to surrender the liberty and culture oft lie eater.
7. He who would gather immortal palms must not be hindered by the name of goodness; but must explore if it be goodness.
  - Good and bad are but names very readily transferable to that or this; the only right is what is after my constitution, the only wrong what is against it.
8. Their works are done as an apology or extenuation of their living in the world,
9. This rule, equally arduous in actual and in intellectual life, may serve for the whole distinction between greatness and meanness.
10. ...under all these screens I have difficulty to detect the precise man you are.
11. Do I not know that, with all this ostentation of examining the grounds of the institution, he will do no such thing?
12. ...it needs the habit of magnanimity and religion to treat it godlike as a trifle of no concernment.
13. The other terror that scares us from self-trust is our consistency; a reverence for our past act or word,
14. Suppose you should contradict yourself; what then?
15. A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers and divines.
16. Nothing can bring you peace but the triumph of principle.

## Questions

Answer the following questions using signal verbs and providing strong evidence from the text:

1. Think about a time when you were challenged to do something that you felt was right, because your friends or family wanted you to do the opposite. Maybe it was choosing an unpopular career path, moving to a new place or helping someone out who you were told not to trust?
  - What would Emerson recommend you do?
  - What did you decide to do? Why?
  - Why did you feel that your way of doing things was best? What inspired you?
  - Why did you feel that others were seeing things wrongly?
  - What did you ultimately end up doing and how did things turn out?
2. What is the meaning of the quote at the top of the essay, “Ne te quaesiveras extra”? How does it relate to Ralph Waldo Emerson’s message?
3. What is transcendentalism? What transcendentalist qualities can you find in Emerson’s essay?
4. Based on the essay, what does it mean to be self-reliant?
  - How can it help you to improve?
  - How can it help to improve your community?
5. Explain (paraphrase) how Emerson introduces his topic in the first paragraph.
6. What sentence best represents the main idea of the first paragraph?
7. What would you say is the “iron string” that every heart vibrates to” (Emerson 1)? Explain based on the clues in the paragraph.
8. Based on Ralph Waldo Emerson’s essay, what are two qualities of a person who is truly self-reliant?
9. Would you consider Emerson to be an optimist? Why/Why not?
10. Based on the essay, how would you explain the idea of “divine providence” (Emerson 1)? What clues in the essay might help us understand what that is?
11. Explain Emerson’s metaphor of infancy, based on his argument.
  - What quality does an infant have that forces the adults to “conform to it” (Emerson 1)?
  - What happens to that quality over time?
12. Why does Emerson bring up the qualities of “boys who are sure of dinner” (2)? Explain.
13. In your own words, what are three things that Emerson identifies as working against a person’s ability to be self-reliant?
14. Can you identify any weaknesses in Ralph Waldo Emerson’s argument? Explain.
15. Do you agree with Emerson’s assertion that, “Whoso be a man must be a nonconformist” (2)? Why/why not?

16. Based on “Self-Reliance”, what positive youthful qualities do we lose as we become adults vulnerable to the impressions of others?
17. When Emerson calls society a “joint-stock company” (2), what is he saying about the reasons people conform to popular thinking? What do you lose when you join the company?
18. What is the difference between being “hindered by the name of goodness” and “exploring if it be goodness” (2)?
19. Based on the essay, “Self-Reliance”, how would you characterize Emerson’s views on biblical texts and religious edicts?
20. How does Emerson differentiate between doing a good thing out of virtue and doing a good thing out of obligation or “expiation” (3)?
21. What is “blindman’s-buff” (3)? Why does Emerson use it as a metaphor?
22. According to Emerson, what are some of the things that make us shy away from trusting our instincts?
23. What does Emerson mean when he uses the term “foolish consistency” (4)? How might that be distinguished that from true critical thinking?





Oliver Burkeman:

## “Happiness is a Glass Half Empty”

I'm Oliver Burkeman, author of *The Antidote: Happiness for People Who Can't Stand Positive Thinking* (2012) and *Help! How to Become Slightly Happier and Get a Bit More Done* (2011), a collection of my columns for the Guardian newspaper.

My next book, *Four Thousand Weeks: Time Management for Mortals*, will be published in 2021 by FSG in the US and The Bodley Head in the UK. It's about making the most of our radically finite lives in a world of impossible demands, relentless distraction and political insanity (and 'productivity techniques' that mainly just make everyone feel busier).

In my journalism, I've made the case for rediscovering unfashionable old-school psychoanalysis as a path to self-understanding; explored how the news took over reality; and argued that we should stop accusing people of being on the wrong side of history. I've also written about tackling overload by limiting your work-in-progress; tolerating the discomfort involved in getting better at your creative work; how to figure out if you're the underfunctioner or the overfunctioner in your relationship – and how liberating it is to remember that everyone is totally just winging it, all the time.

I've appeared on podcasts including Ten Per Cent Happier, Hurry Slowly, The Art of Charm, Half Hour of Heterodoxy and How I Work. My email is [oliver@oliverburkeman.com](mailto:oliver@oliverburkeman.com).

<https://www.oliverburkeman.com/>

# Vocabulary

Define any term from Oliver Burkeman's essay that is unclear or very important to the text:

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"><li>• failure/failure rate</li><li>• mantra</li><li>• contentment</li><li>• unremarkable</li><li>• Ann Arbor</li><li>• Michigan</li><li>• poignant</li><li>• memorial</li><li>• haphazard/ly</li><li>• cacophonous</li><li>• GFK Custom Research North America</li><li>• Museum of Failed Products</li><li>• consumer</li><li>• capitalism</li><li>• Clairol</li><li>• Gillette</li><li>• Pepsi</li><li>• discontinued</li><li>• caffeinated</li><li>• Colgate</li><li>• crack cocaine</li><li>• <i>mono no aware</i></li><li>• pathos</li><li>• bittersweet</li><li>• melancholy</li><li>• impermanence</li><li>• cherry blossom</li><li>• inevitable/y</li><li>• fleeting</li><li>• proprietor</li><li>• "reference library"</li></ul> | <ul style="list-style-type: none"><li>• Granary</li><li>• Michigan</li><li>• indiscriminately</li><li>• viable</li><li>• steward/ed</li><li>• resource</li><li>• belated/ly</li><li>• averse</li><li>• philosophy</li><li>• Ancient Greece/Rome</li><li>• sabotage</li><li>• negative/positive</li><li>• alternative</li><li>• radical/ly</li><li>• stance</li><li>• uncertainty</li><li>• insecurity</li><li>• positive visualization</li><li>• intertwined</li><li>• <u>The Optimism Bias</u></li><li>• depression</li><li>• subconscious/ly</li><li>• Stoicism/Stoic</li><li>• Western thinking</li><li>• tranquility</li><li>• cultivate</li><li>• indifference</li><li>• circumstances</li><li>• shun/ning</li><li>• delusion</li><li>• anxious/anxiety</li><li>• colleague</li><li>• counsel</li></ul> | <ul style="list-style-type: none"><li>• hedonic adaptation</li><li>• predictable</li><li>• subtle/r</li><li>• antidote</li><li>• assuage</li><li>• double-edged sword</li><li>• exacerbate</li><li>• inadvertent/ly</li><li>• catastrophic</li><li>• unrelenting</li><li>• irrational</li><li>• exaggerated</li><li>• nebulous</li><li>• finite</li><li>• fleeting</li><li>• brittle</li><li>• contemplate</li><li>• lemon</li><li>• continuum</li><li>• implicit view</li><li>• fixed theory</li><li>• incremental theory</li><li>• innate</li><li>• relevant</li><li>• analogy</li><li>• mindset</li><li>• distinction</li><li>• sustainable</li><li>• proposition</li><li>• precondition</li><li>• guru</li><li>• Zen</li><li>• correlation</li></ul> |
|--|--|--|

In making his argument, why does Burkeman mention the following persons?

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Carole Sherry</li><li>• Robert McMath</li><li>• Tali Sharot</li><li>• Gabriele Oettingen</li><li>• Aristotle</li><li>• Seneca</li></ul> | <ul style="list-style-type: none"><li>• Albert Ellis</li><li>• Felix Dennis</li><li>• Jerker Denrell</li><li>• Carole Dweck</li><li>• Natalie Goldberg</li></ul> |
|---|--|

## Notable Language

Explain (paraphrase) what Oliver Burkeman means in each paragraph when he writes...

1. But perhaps the true path to contentment is to learn to be a loser. Are we maybe just looking for happiness in the wrong way?
2. And you won't find many of them in a real supermarket anyway: they are failures, products withdrawn from sale after a few weeks or months, because almost nobody wanted to buy them.
3. This is consumer capitalism's graveyard – the shadow side to the relentlessly upbeat, success-focused culture of modern marketing.
4. Every failure, the way she sees it, embodies its own sad story on the part of designers, marketers and salespeople.
5. “These are real people who sincerely want to do their best, and then, well, things happen.”
6. Simply by collecting new products indiscriminately, McMath had ensured that his hoard would come to consist overwhelmingly of unsuccessful ones.
7. You might have assumed that any consumer product manufacturer worthy of the name would have its own such collection – a carefully stewarded resource to help it avoid making errors its rivals had already made. Yet the executives who arrive every week at Sherry's door are evidence of how rarely this happens.
8. Failure is everywhere. It's just that most of the time we'd rather avoid confronting that fact.
9. But ever since the first philosophers of ancient Greece and Rome, a dissenting perspective has proposed the opposite: that it's our relentless effort to feel happy, or to achieve certain goals, that is precisely what makes us miserable and sabotages our plans.
10. In order to be truly happy, it turns out, we might actually need to be willing to experience more negative emotions – or, at the very least, to stop running quite so hard from them.
11. In her book, The Optimism Bias, the neuroscientist Tali Sharot compiles growing evidence that a well-functioning mind may be built so as to perceive the odds of things going well as greater than they really are.
12. In one ingenious experiment, Oettingen had participants rendered mildly dehydrated. Then some were taken through an exercise that involved visualizing drinking an icy, refreshing glass of water, while others took part in a different exercise. The water-visualizers experienced a significant reduction in their energy levels, as measured by blood pressure.
13. Yet that is precisely one of the conclusions that emerges from Stoicism, a school of philosophy that originated in Athens a few years after the death of Aristotle, and that came to dominate western thinking about happiness for nearly five centuries.
14. When you're irritated by a colleague at the next desk who won't stop talking, you naturally assume that the colleague is the source of the irritation;

15. It follows, then, that regularly reminding yourself that you might lose any of the things you currently enjoy can reverse the adaptation effect.
16. ...when you reassure your friend that the worst-case scenario he fears probably won't occur, you inadvertently reinforce his belief that it would be catastrophic if it did. You are tightening the coil of his anxiety, not loosening it.
17. Losing your job is unlikely to condemn you to starvation and death; losing a relationship won't condemn you to a life of unrelenting misery.
18. Each one must have made it through a series of meetings at which nobody realized that the product was doomed.
19. But research by the Oxford management theorist Jerker Denrell suggests that these are just as likely to be the characteristics of extremely unsuccessful people, too. It's just that the failures don't write books.
20. Fortunately, developing a healthier approach to failure may be easier than you'd think.
21. The relevant analogy here is with weight training: muscles grow by being pushed to the limits of their current capacity, where fibers tear and re-heal.
22. Alternatively, it's worth trying to recall it next time failure strikes: next time you flunk an exam, or mishandle a social situation, consider that it's happening only because you're pushing at the limits of your present abilities.
23. At the extremes, it is an exhausting and permanently stressful way to live: there is a greater correlation between perfectionism and suicide,

## Questions: “Happiness is a Glass Half Empty”

Answer the following questions using signal verbs and providing strong textual evidence for your claims:

1. What is Oliver Burkeman’s thesis in “Happiness is a Glass Half Empty”?
2. In this essay, what is the significance of the Museum of Failed Products?
  - a. What does it seem to represent for Oliver Burkeman?
  - b. What does it seem represent for its proprietor?
3. What does Burkeman establish by pointing out how manufacturers are reluctant to maintain a record of their own failed products (Burkeman 1)?
4. What irony does Burkeman point out about the way the Museum of Failed Products was started? What could it say about nature of consumer products?
5. What irony does Burkeman point out about the existence of the Museum of Failed Products? What could it say about the mindsets of the manufacturers of consumer products?
6. What does Burkeman tell us is “most surprising” (2) about the designers who come to visit the museum?
7. What personal challenges are you right now that could be informed by the content of this essay?
8. What challenge is the world facing that could be informed by the content of this essay?
9. What is the difference between and fixed mind set and an incremental mind set? How does each one affect the way humans interpret experiences according to Burkeman?
10. In “Happiness is a Glass Half Empty”, which way of approaching life does Burkeman tell us is the most popular or well-accepted? In what paragraph does he make this clear?
11. How can beliefs cause suffering, according to the essay?
12. What is Stoicism? How does it relate to Burkeman’s argument?
13. Based on the essay, how could a stoic approach to life lead to greater fulfillment?
14. Name one major figure in the stoicism movement. How does that person’s ideas relate to negative and positive thinking?
15. According to Burkeman, how might you unintentionally harm a friend by reassuring them (Burkeman 4)?
16. What surprising language does Burkeman use to characterize perfectionism toward the end of his essay? Does this language change your perception of people who are perfectionist? Why/Why not?
17. What are two clear dangers of positive thinking that Burkeman points out in his essay?
18. What are two clear benefits of contemplating failure that Burkeman points out in his essay?

19. When Burkeman says that “failure is everywhere”, how does that relate to life and/or the Museum of Failed products?
20. Burkeman tells us that the Stoics favored a tranquil mind over a happy one (3). What’s the difference?
21. What abstractions about failure tend to develop when we avoid thinking about it? Where in the essay does Burkeman discuss this?
22. In “Happiness is a Glass Half empty”, Oliver Burkeman points out several benefits of negative visualization, as asserted by stoic philosophers and present day thinkers. In your opinion, why does “ceaseless optimism” (4) seem to be more popularly favored?
23. Do you think Ralph Waldo Emerson would be more associated with the stoics who advocate negative visualization or those who advocate positive thinking? What evidence can you cite in the essay, “Self-Reliance” to support your answer?

## Talking Points from the English Department

Below are the Talking Points in no particular order. Students should be familiar with these terms and how they relate to both of the readings.

- Self-Reliance / Conformity
- Control (self, feelings, happiness)
- Conventional Thinking / Stoics, Stoicism
- Fulfillment / Contentment
- Optimism / Positivity / Happiness
- Failure / Success
- Inconsistency
- Incremental vs Fixed – theory

## Outside Sources

Find below some links that can help deepen your understanding of the subject matter:

- Playlist \* [https://www.youtube.com/playlist?list=PLX3YvCPQB2hS6lm1nUYh\\_HlcDrBbiMbZo](https://www.youtube.com/playlist?list=PLX3YvCPQB2hS6lm1nUYh_HlcDrBbiMbZo)  
This playlist contains any videos listed below.
- Self-Reliance \* [https://youtu.be/\\_1rAxaqi-0w](https://youtu.be/_1rAxaqi-0w) Video  
reading of excerpt from the essay, "Self-Reliance".
- Happiness is a Glass Half Empty \* [https://youtu.be/eJumh\\_0SCYE](https://youtu.be/eJumh_0SCYE) Video  
reading of the essay, "Happiness is a Glass Half empty".
- Self-Reliance Summary \* <https://youtu.be/33QDZiu6p7E> Animated  
summary of the collection, Self Reliance and Other Essays.
- Corn Pone opinions \* [https://drive.google.com/file/d/1PPpmW1uIZyP73IPvy-KPsXnkl4ZGV\\_7j/view?usp=sharing](https://drive.google.com/file/d/1PPpmW1uIZyP73IPvy-KPsXnkl4ZGV_7j/view?usp=sharing) In  
"Corn Pone Opinions", Mark Twain discusses the impact of outside influences on our decision making, accentuating the importance of maintaining a spirit of "self-reliance".
- Oliver Burkeman: The Negative Path to Happiness and Success \* <https://youtu.be/aKxzszelPKE>  
Burkeman presents on some of his ideas around negative and positive thinking.
- The Foul Reign of Emerson's 'Self-Reliance' \* <https://www.nytimes.com/2011/12/04/magazine/riff-ralph-waldo-emerson.html?auth=link-dismiss-google1tap>  
Writer Benjamin Anastas criticizes Self-Reliance by reframing it as the genesis of the problematic individualism or self-centeredness that drives our national depression and addiction to ceaseless infusions of dopamine.
- Ralph Waldo Emerson on Self Reliance, Cultivating Your Genius and The Curse Of Society \* <https://youtu.be/zOuTNgNscSc> An  
exploration of Emerson's work and ideas.
- What is Negative Visualization \* <https://youtu.be/2xos3UAUSM0> This  
video gives a brief background on Stoicism and negative visualization, then offers some practice for the viewer.
- Discourse \* <https://youtu.be/Na4Nlb-WbV4> How do  
our conversations reflect our perception of reality? What controls can be placed on a conversation and how does that affect the way we perceive the world, ourselves and our communities?
- Adopting the dominant discourse in order to survive. \* [https://youtu.be/pvZ4Rp\\_Vcn8](https://youtu.be/pvZ4Rp_Vcn8) Further  
exploration of discourse and its application in our personal lives.
- GREEK ANCIENT GAME : MYINDA (Blindman's bluff) \* <https://youtu.be/sgerLUBxMUo> When  
Emerson uses the game Blindman's Buff as a metaphor, what is he talking about? This video gives a demonstration of the game. Can you work out how this metaphor works within Emerson's argument?



## Further Viewing/Reading

- Machiavelli's Advice for Nice Guys \* <https://youtu.be/GTQlnmWCPgA>  
Philosopher, politician and writer Niccolo Machievelli was one of the proponents of the idea that good ends can sometimes justify bad means. This can relate to Emerson's idea of not doing good as "repatriation" (3), but only as part of one's innate ever-growing values.
- Ralph Waldo Emerson and The Psychology of Self-Reliance \* <https://youtu.be/PLPazL-wcwM>  
Further exploration of the ideas contained within "Self-Reliance".
- LITERATURE - Ralph Waldo Emerson \* <https://youtu.be/EOkdFMw0pmk>  
Further exploration of Emerson's life and impact on literature.
- The Art of Trusting One's Self - The Philosophy of Ralph Waldo Emerson \* <https://youtu.be/b04zs6QHuWM>  
Further exploration of Emerson's life and ideas.
- Marcus Aurelius' Meditations: The Stoic Ideal \* <https://youtu.be/Auuk1y4DRgk> Marcus Aurelius is one of two people considered to be the major figures in the stoicism movement. In this video presentation, Dr. Michael Sugrue discusses his life, ideas and work.
- 10 Life Lessons From the Stoic Master Seneca (Stoicism) \* <https://youtu.be/CK-fdRJD8Eo>  
Seneca is considered to be the other major figure in the Stoicism movement. This video extracts ten life lessons from his work.
- Rick Roderick on Epicureans, Stoics, and Sceptics \* <https://youtu.be/F660X7XV1B0>  
Exploring the roots and connections of these philosophical movements.
- Chapter 2.5: Michel Foucault, Power \* <https://youtu.be/keLnKbmrW5g>  
An exploration of Michel Foucault's concept of normalizing power.
- Negative Visualization // Stoic Practice \* <https://youtu.be/h3zOp6LHFx0>  
Further exploration of the practice of negative visualization.
- The Myth of Autonomy \* <https://www.resilience.org/stories/2019-10-18/the-myth-of-autonomy/>  
Writer Demaris Zehner , in debunking the myth of individual liberty, calls out, among other things, Self-Reliance.

## Links from the English Department

Find below some links that can help deepen your understanding of the subject matter:

- [Grit: The Power of Passion and Perseverance](#) (Ted Talk) by Angela Duckworth
- [“Quiet Ego, Self-regulatory Skills, and Perceived Stress in College Students”](#) (pdf) by Heidi A. Wayment and Keragan Cavolo (pairs well with Duckworth)
- [Grit Book Review by Scott Barry Kaufman \(edited\) 2016](#)
- [Emerson “Self Reliance” Guide](#) (pdf) from *Literary Themes for Students: The American Dream, Volume 2* includes biographical, thematic, and historical information among other information
- [The Arts of Reading on Emerson’s “Self-Reliance”](#) (pdf) includes commentary
- [“Emerson on Stoicism: Marcus Aurelius and American Transcendentalism”](#) (web article) by [Donald J. Robertson](#)