

# Design Your Life, Design Your Semester, Design Your World

PHIL 44HA, Section 01

Fall 2026

In-person, Mondays and Wednesdays, Clark Hall 204 (1:30-2:45 p.m.)

3 unit(s), Grading: ABC-/No Credit

High Impact Practice: First-Year Seminars and Experiences

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## Want to know yourself better?

**Curious about your relationships—both the ones you value and the ones you might be ignoring?**

**Wondering what it actually means to live a good, meaningful, and happy life?**

You're not alone. Most of us want answers to these questions—I do too. In a way, we are all like the wanderer in *Wanderer Above the Sea of Fog*. The tricky part is that they're almost impossible to figure out if we think about them in isolation.

So why not explore them **together—through philosophy?**

In **PHIL 44HA**, we'll think about these questions with the help of fascinating thinkers from different times and traditions, including **Plato, Russell, Adorno, Sartre, Arendt, Singer, Ruddick, Murakami, Turkle**, and others.

The class combines **seminar-style discussions** with **lectures**, so you won't just listen—you'll think, question, debate, and explore ideas together. And the assignments are a little different too: in addition to reading and writing, you might **watch films, attend events, take reflective walks, or even play *The Sims*** as part of thinking about life, choices, and society.

Think of this class as a space to pause, reflect, and **ask the kinds of questions we rarely get to ask in everyday life—questions that are existentially close to us, yet often pushed aside by the fast pace of daily life.**

PHIL 44HA is part of a set of courses required of all College of Humanities and Arts native first-year students starting with Fall 2025 (exempting BM degrees at this time) that, in their first year, helps them explore the values of college, design their current and future lives in terms of career and lifelong learning, explore the many programming opportunities at SJSU, linking these to larger issues in our culture; and then, in their junior year, students will explore interdisciplinary inquiry in a 2-4 unit class outside of their major but within the College of Humanities and the Arts.