

# THEME 1: A VISION OF LIFE

CMECS

## Lesson 1: Freedom To Be and Become

In this lesson students will learn to understand freedom in a way that is connected to what they understand about the purpose of life; To make the connection between the call to goodness and the exercise of freedom and introduce the idea that every time I exercise my free will I am choosing a direction in my life.

To be truly free is to be enabled to choose the good that will bring me closer to my full human potential.

There are many times when we confuse freedom with the superficial elements and 'doing what we like' whereas in this lesson students are led to reflect on freedom being bound up with our essential nature and the pursuit of goodness and happiness.

## Lesson 2: Freedom and Responsibility

This lesson is designed to assist students to arrive at an understanding of how freedom is connected to achieving their dreams and goals and to show the connection between having an end in mind and making choices every day as part of the exercise of my free will.

This lesson will help students pause to evaluate how well they are doing with their daily choices and what process they are using to make decisions that will impact their year as Sec 4 students on the cusp of career and a future that is partially at least in their hands.

## Lesson 3: My Values and My Actions Reflect Who I Am

In this lesson we want to continue to help students become aware of their freedom to choose and how their choices and their priorities give their lives direction and purpose.

The focus of this lesson is the Values that we live by. Students become more aware of the values they truly espouse when they examine their actions. Their daily choices reflect their real interests and priorities.

The identification of values and the priority given to them are exercised and values are linked with our lives as beings, doers and consumers.

## Lesson 4: Conscience

The objectives of this lesson are to help students understand the nature of conscience and how freedom is connected to following ones conscience.

We would want to insist that moral choices require the application of basic moral principles and listening to our conscience.

In the next part of the lesson we build on this understanding and develop some basic principles for deciding what to do in a given situation. We do this by Identifying the moral dilemma in a problem and deciding how to act on it following one's well-informed conscience.

This lesson provides a conscience theory to clarify how the student views his conscience. He can check his approach to his conscience using the scenarios provided and finally he is able to check the 'ethics attitude' among his friends from the way they respond to moral challenges.