

St. Athanasius Academy

Class Syllabus – Our Thoughts Determine Our Lives

Teacher Information

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Course Description

This course is designed to offer students an opportunity to discover the Christian calling to "bear everything patiently and forgive all". Students will learn the practical ways in which good thoughts and desires give us peace and joy "in this life and even more so in eternity."

Required Text (to be purchased by the parents/guardians)

- No required text

Recommended text (optional, not required)

- Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica. Compiled by St. Herman of Alaska Brotherhood; ISBN 978-1-887904-19-3
- Fr. Paul may recommend various texts throughout the course.

Course Competencies/Learning Objectives

- Understand how man was created, what he was created for and the spiritual brokenness he finds himself in today.
- Discover the method in which our thoughts can lead us towards a deeper union with the Creator of the Universe.
- Realize the danger in entertaining ungodly thoughts – originating internally or externally.
- Beginning to grasp the significance and immediate fruit of controlling one's thoughts and how this relates to the cultivation of the grace of God.

Grading/Evaluations

Every effort will be given by the faculty to help students succeed, but laziness and lack of achievement cannot

be ignored. Also, it is unfair to give two students the same grade who did not apply themselves equally. Therefore, grades will be at the discretion of the teacher.

Class participation & engagement (70%)

Attendance (30%)

Attendance

We do not have an official attendance policy, but a lack of attendance could affect participation and final grading by the teacher. The virtual classrooms are available to any students with internet access. We attempt to record all video calls to make them available for students who are absent. The recorded videos, while not as useful as live interaction, are made available for enrolled students to review when absent. We are unable to promise that 100% of all video calls will be recorded and posted online.

Classroom Expectations

1. “Arrive” to class on time
2. Turn on AND leave on
 - a. Microphone
 - b. Speakers
 - c. Camera
3. Be prepared to engage in discussion
4. Respect your classmates and teacher
 - a. NO “chatting” in message box during lecture unrelated to topic. Very distracting to classmates and instructor.
 - b. NO obnoxious movements on camera (spinning in chair, making faces, etc.)

Class Requirements

Attending class each week and engaging in discussion. While there is no homework, at the instructor’s discretion, an assignment may be given.

Plagiarism, Cheating, and Academic Integrity

Plagiarism is the practice of copying words, sentences, images, or ideas for use in written or oral assessments without giving proper credit to the source. Cheating is defined as the giving or receiving of illegal help on anything that has been determined by the teacher to be an individual effort. Both are considered serious offenses and will significantly affect your course grade.

General Information:

Fr. Paul’s “office door” is always open. Whether you have a question related to the course or are looking for a “pastoral ear”, do not hesitate to reach out.