



UNIT 1 — TOUCHSTONE 1.2: Philosophical Reflection

-/50



Ready



Submitted



Graded

You can work on a Touchstone whenever you want, but you must complete the previous assessments in the Unit before you can submit it.

SUBMIT TOUCHSTONE

ⓘ It's Fourth of July Weekend in the U.S., and grading turnaround times may be slightly longer than usual (3-5 business days). We appreciate your understanding.

Touchstones are projects that illustrate your comprehension of the course material, help you refine skills, and demonstrate the application of knowledge. You can work on a Touchstone anytime, but you can't submit it until you have completed the unit's Milestone. Once you've submitted a Touchstone, it will be graded and counted toward your final course score.

Touchstone 1.2: Philosophical Reflection

ASSIGNMENT: As reported in Plato's account, *The Apology*, Socrates famously claimed at his trial that "The unexamined life is not worth living." In this course, you have had the opportunity to examine your own life and reality through the thoughts of the Ancient Greek philosophers. The purpose of this Touchstone assignment is for you to reflect on how these philosophical ideas have impacted your thinking and will continue to influence your life.

For this Touchstone, you will write a 1-2 page (approximately 300-600 words) reflection essay applying what you've learned in the course and reflecting on the meaning and benefits of thinking philosophically in your own life. You will use the Greek Philosophers as support for the reflection essay.

In order to foster learning and growth, all work you submit must be newly written specifically for this course. Any plagiarized or recycled work will result in a Plagiarism Detected alert. Review [Touchstones: Academic Integrity Guidelines](#) for more about plagiarism and the Plagiarism Detected alert. For guidance on the use of generative AI technology, review [Ethical Standards and Appropriate Use of AI](#).

A. Directions

Step 1: Select Question

Now that you understand and have described the three main branches of philosophy, you will focus on one of the three questions presented in Touchstone 1.1. Use this as a starting point to guide your personal philosophical reflection. The questions are:

- What is knowledge?
- What is the nature of reality?
- What is the good life, and how ought I live it?

Step 2: Philosophical Reflection

The purpose of this Touchstone is to apply what you’ve learned about philosophy and the Greek philosophers to refine your own philosophical thinking now and in the future. This assignment is more open-ended than Touchstone 1.1 but should include reflections on the following items:

1. What does it mean to think philosophically? How can thinking philosophically help me in my own life?
2. Choose one of the three questions to include in your reflection. (“What is knowledge?”; “What is the nature of reality?”; “What is the good life?”). Then select an appropriate Greek philosopher to support how you have answered this question in your own life. Use cited examples from the course to support your answer.
3. What impact do the ideas of the Ancient Greek philosophers have on my own perspectives and convictions? Use cited examples from the course to support your answer.

This assignment should be approximately 1-2 pages (300-600 words). You should write at least one paragraph for each of the three prompts listed above.

In answering these reflection questions, draw from your own experiences while relating specific Ancient Greek philosophers and their arguments to your chosen reflection question. Please note: Some philosophers will be more suited for particular questions than others.

⇒ **EXAMPLE** Epictetus has a lot to say about “What is the good life and how ought I live it?” while not saying much about knowledge or reality. Plato and Aristotle wrote a great deal about all three questions.

Make sure your information and citations come from the Sophia tutorials to support your response. When citing material from a tutorial, please include the name of the lesson and use the following format for in-text citations:

⇒ **EXAMPLE** (Aristotle’s Highest Good, n.d.)

⇒ **EXAMPLE** (The Footnotes to Plato, n.d.)

Please note these are examples only. You will have to adjust the citation based on the specific part of the tutorial you are referencing.

Step 3: Review Checklist

Refer to the checklist below throughout the writing process. Do not submit your Touchstone until it meets these guidelines.

1. Philosophical Thinking

☐ Have you reflected on what philosophical thinking means to you?

2. Perspective

☐ Have you selected one of the philosophical questions from Touchstone 1.1 as the focus of your essay?

☐ Have you connected at least one Greek Philosopher to your reflective essay?

☐ Have you properly cited your examples from the course material to support your answer?

3. Impact

☐ Have you reflected on how the ideas of the Ancient Greek philosophers can impact your own views and opinions?

☐ Have you properly cited your examples from the course material to support your answer?

4. Conventions

☐ Have you checked your essay for grammatical and mechanical errors?

☐ Have you used spell check or another method to check spelling?

☐ Have you cited examples from the course using the in-text citation instructions? (Please do not include sources from outside of the course.)

5. Before you Submit

☐ Have you included your name, date, and course at the top left of the page?

☐ Is your essay between 1-2 pages (approximately 300-600 words)?

B. Rubric

	Advanced (100%)	Proficient (85%)	Acceptable (75%)	Needs Improvement (50%)
Philosophical Thinking Apply the philosophical concepts from the course to reflect on the benefits of adopting philosophical thinking. Any citations used must refer to the course material. (No outside sources.) (20%)	Submission clearly and accurately applies the philosophical concepts from the course to the learner's thought process and includes at least one example.	Submission accurately applies the philosophical concepts from the course to the learner's thought process. A more detailed explanation could be provided, or minor inaccuracies may be present.	Submission applies the philosophical concepts from the course to the learner's thought process; however, inaccuracies in the philosophical concepts may be present. The example is overly vague or missing.	Submission attempts apply the philosophical concepts from the course to the learner's thought process; however, the concepts included are largely inaccurate. The example is irrelevant or missing.
Perspective and Use of Evidence Provide a reflection on one of the three philosophical questions and connect a specific Greek philosopher from the course to support the response. Citations must be used and must refer to a specific course tutorial. (No outside sources.) (30%)	One of the philosophical questions is selected and supported by an appropriate Greek philosopher from the course material. The reflection demonstrates a comprehensive understanding of the course material and the ability to apply it to the learner's thought process. Citations are accurate and refer to specific course material.	One of the philosophical questions is selected and supported by an appropriate Greek philosopher from the course material. A more detailed reflection could be provided, or minor inaccuracies may be present. Citations are accurate and refer to specific course material.	One of the philosophical questions is selected and supported by an appropriate Greek philosopher from the course material; however, inaccuracies may be present, or the example is vague or missing. Citations are accurate and refer to specific course material.	One of the philosophical questions is selected and a reflection is attempted. The connection to a specific Greek philosopher is missing and/or citations may refer to outside sources or are missing.
Impact Submission reflects on the impact Ancient Greek philosophers have on the learner's perspectives and convictions. Any citations used must refer to the course material. (No outside sources.) (40%)	Submission clearly reflects the impact Ancient Greek philosophers have on the learner's perspectives and convictions. The reflection demonstrates a comprehensive understanding of at least one Greek philosopher and the ability to apply the philosopher's ideas to the learner's own thinking.	Submission reflects the impact Ancient Greek philosophers have on the learner's perspectives and convictions. A more detailed reflection could be provided, or minor inaccuracies may be present.	Submission vaguely reflects the impact Ancient Greek philosophers have on the learner's perspectives and convictions. The reflection weakly ties a Greek philosopher to the learner's own thinking.	Submission attempts reflect the impact Ancient Greek philosophers have on the learner's perspectives and convictions. Inaccuracies are present or the reflection is overly vague.
Conventions Submission follows conventions for standard written English and meets requirements. (10%)	There are almost no errors in grammar, punctuation, spelling, and capitalization; all length and formatting requirements are met.	There are minor errors in grammar, punctuation, spelling, and capitalization that do not impede readability; length and formatting requirements are nearly met.	There are frequent errors in grammar, punctuation, spelling, and capitalization that somewhat impede readability; length and formatting requirements are nearly met.	There are consistent errors in grammar, punctuation, spelling, and capitalization that significantly impede readability; length and formatting requirements are not met.

C. Requirements

The following requirements must be met for your submission to be graded:

- Composition must be 1-2 pages (approximately 300-600 words), double-spaced, with one-inch margins.
- Use a readable 12-point font.
- Composition must be original and written for this assignment, and all writing must be appropriate for an academic context.
- Plagiarism of any kind is strictly prohibited.
- Citations included only come from the course material. No outside sources are included.
- In-text citations should use this style: (Aristotle's Highest Good, n.d.)
- Submission must include your name, the name of the course, the date, and the title of your composition.
- Include all of the assignment components in a single .doc or .docx file.



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