

The Value of a Wise Use of Time in the Philosopher Seneca: Food for Thought for Young People and Educators

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Abstract

The philosopher Seneca, through a careful analysis of the society of his time, exposes, in his writings, considerations on how men mismanage the time they have available to live. Men complain that the time of life granted is short but, in reality, the thinker shows that the time actually lived is short, while much is wasted.

Through examples taken from everyday life, Seneca shows how wise it is the man who lives his life to the full. What can the great Roman philosopher teach the young people of the twenty-first century? Is his thinking still relevant and can valid lessons be drawn from it? Can it also be a source of inspiration for today's educators who find themselves working in a very complex and problematic reality marked by continuous changes and great uncertainty? The work aims to bring food for thought to educators starting from the analysis of passages of some works, contextualizing it with contemporary research and educational practice. The results of the work will be concretized in the description of the design processes of a teaching unit aimed at high school students describing contents, pedagogical approaches, and technologies. The work will be completed with a discussion about the implications for educators to support their educational practice aimed at developing in students global skills and big picture thinking to be ready to face the challenges of life.

Keywords: Seneca, Education, Time management, Global competencies, Big picture thinking, Youth education