

Values: What Matters Most? 27/6/26

SESSION PLAN

10:00–10:10	– Welcome, Norms and Key Questions
10:10–11:00	– I. Preflection: Your Values
11:00–11:15	– Tea Break, Booking Raffle and Next Session
11:15–11:40	– II. Values and Activities
11:40–12:05	– Partner Explanations and Group Report Back
12:05–12:30	– III. Evaluation / Revaluation
12:30–12:50	– IV. Reflection
12:50–1:00	– Survey and Close
If time	– General Chat

Philosophy Club 2026 Norms

1. Here to explore the question, not to win the argument.
2. Respectfully listen to understand each other's views and opinions.
3. One speaker at a time; we allow all to participate.
4. Phones are silent (except in emergencies.)
5. Stay on topic (and use the "parking lot".)

Values: What Matters Most? 27/6/26

- *Value: something we treat as mattering. It might show up in what we choose, avoid, protect, admire, resent, make time for, or sacrifice for.*
 - *Object: Any object of consciousness.*
- Avoid discussion re what a person is doing when they make a value claim.
 - EG you might think that a person saying “value x is supreme” is saying either:

a) everyone ought to make sandwiches b) I think it is good to make sandwiches c) God says you should/must make sandwiches d) Science tells us that making sandwiches is optimal	These statements all correspond to meta-ethical positions.
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Key questions for today:

1. What really matters to me?
2. Why does it matter?
3. Under what circumstances?
4. Is this how I live my life?
5. Is this how I want to continue to live my life?
6. If this is how I want to live my life, do I want to / is it necessary to /
can I continue some behaviours or habits, adopt some others or
possibly cease some?

→ 10:10am

I. Preflection: YOUR values (10:10 - 11:00am)

- ***Monk conditions:*** One token each

During the First activity (first four stages) —you can use this token to share one and only one statement about your thinking.

1. First ranking: three values. Explain one.
2. Expansion: six more values, re-rank. Explain another.
3. Gallery Walk.
4. Add/revise values after seeing others' thinking.
5. Final quiet re-rank.
6. Short discussion.

- **TEA BREAK | Booking raffle | Next session**

II. Under what circumstances do these values matter?

11:15 - 11:40am

- A. Write down the top 5–10 activities that you do with your time.
- B. Try to arrange your activities and values so that they map to each other or relate in some clear way that you can explain.
- C. Write an “elevator pitch” explaining (B): How do your values actually relate to your activities?
- D. Swap explanations with the person next to you.

11:40am - 12:05pm

E. Report back to the group:

- What did your partner tell you? Before reporting back, ask your partner: "What one thing are you happy for me to tell the group?"

F. Second report

- Did your partner represent you accurately?
- Has the discussion so far led you to rethinking any values, actions or their relation?

III. Evaluation / Revaluation: 12:05pm - 12:30pm

- Revisit values
- Choose a working top 5 for today.

Questions:

Is this consistent with how I actually live my life?

When two of my top values conflict, which one usually wins in my actual life?

Written reflection: In order for my values to be consistent with my actions, what would I need to:

● Keep Doing ● Stop Doing ● Start Doing	<i>Bear in mind that thinking and speaking are- in phenomenal life- both <u>kinds of actions</u>.</i>
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IV. Reflection: 12:30 - 12:50pm

- Has my thinking about values changed at all?
- Did anything surprise me?
- Does thinking about values matter? Why or why not?
- What is one thing I might keep doing, stop doing, or start doing?

5. Survey (12:50 - 1:00pm)

6. If time: General Chat.