PLATO'S EU

Philosophical Learning
Applied To Online
Surroundings
in EU

Draft and example
for PRP2 workshop:

"Philosophers digital dream:

What can philosophers ask in a digital era?"

PLATO's EU

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CONTENTS

2nd WORKSHOP:

"Philosophers digital dream –

What can philosophers ask in a digital era?"

1. INTRODUCTION TO THE TOPIC

At the beginning of the workshop, the teacher/facilitator briefly describes the course of the workshop to his students. He explains to the students the goal of our workshop, that goal is to answer several questions:

- What exactly is philosophy?

- Why does this philosophy last for at least 2600 years?

- What happened to philosophy after the digital revolution?

- What is the purpose of philosophy in the digital world?

- How can philosophy help us in the digital world?

If (student) responds in the workshop on all questions, he or she will learn what type of philosopher's digital dream it is.

2. LESSON OVERVIEW

This workshop is a classical Socratic dialogue with stimulus in the digital world. The main objectives of this workshop are:

- to show the meaning and importance of philosophical discussion in the contemporary world

- to point out the importance of developing digital literacy (knowing how to choose the right information)

- show how the digital world has a lot of important philosophical questions closely related to everyday life and life as a whole

- it would be good if every student could use his or her mobile phone (with internet connection)

- use of critical thinking skills in a digital world.

Materials that should be issued include: it would be good if every student could use his or her mobile phone (with internet connection), computer, projector, and paper for the students.

Learning outcomes that will be attained through workshop:

- to comprehend the meaning of philosophy in a digital age
- improve digital literacy
- adopt some basic skills for selecting useful information on the Internet
- to know how to differentiate useful from useless information on the Internet.

3. LESSON BREAKDOWN – WORSKHOP ACTIVITIES

3.1. Part I. What is philosophy?

The facilitator asks the students if they know what philosophy is. But he does not demand answers from them but directs them to Google to try to find the best possible definition of

philosophy on the Internet. Let them use all their digital search skills. Students have five minutes to find the best definition of philosophy on the internet. While the students explore, the teacher plays music (you can listen to Friedrich Nietzsche's Eine Sylvesternacht, for violin and piano (1863)).

After ten minutes, the teacher encourages the students to present their found or created definition of philosophy. The teacher writes three to five definitions on the board or word document. There the teacher opens a discussion, which is the best of the written definitions.

Let the discussion last up to ten minutes. After ten minutes, the students vote to choose the best definition. Other definitions are deleted, so that only the selected one remains, so that it will be visible to the students until the end of the session.

3.2. Part II. Why do we need philosophy in today's world?

The teacher/facilitator explains to the students how, with the help of Google, they have now defined what philosophy is. The students get a new task, which is to determine what philosophy is needed for today. What is the purpose of philosophy in the digital world? This time, the students have only 5 minutes to offer their answers.

Negative answers are prohibited. After 5 minutes to think, the teacher opens the discussion by choosing a few students to answer the question: "What is the purpose of philosophy in the digital world today?" Following the discussion, the teacher selects the most useful answer at his discretion and allows the students to decide, together with him, what the purpose of philosophy in the digital world is based on the selected example.

Some of the answers can be:

- A philosophy supports an intellectual framework, including that which we are now experiencing.
- Philosophy is rethinking the values and functions of the digital world.
- Think ethically and philosophically about our current rush to outsource decision-making to computers, their owners, and programmers.
- Information ethics (IE is concerned with ethical, legal, and societal aspects of using information and information and communication technologies).
- Rethinking values in the digital world.

3.3. Part III. The philosopher digital dream come true

On the begging student watch short movie – stimulus:

Scenario:

A typical philosopher (beard, etc.) sits on a bench and thinks. Once upon a time in antiquity, philosophers had their own schools. They explored the world and answered questions about the philosophy of nature. With Socrates, they started thinking about the relationship between people, how to behave correctly but also how to think correctly. In the Middle Ages, they tried to explain what God is and the relationship between philosophy and theology. In the early modern period, they thought about science and what the true scientific principles and methods were that would make our lives easier. Philosophers also considered how to have a just state, happy people, and what art is. Thinking like that, the philosopher fell asleep.

When the students watch the movie, the facilitator divides them into groups of two or three students, who are given the task of writing scenarios in which they describe the end of the philosopher's digital dream, in which the philosopher discovers what his task is in this digital age. It reveals what philosophy is and how it is needed today, as well as in all other times since 640 BC.

If possible, there can be a break in the workshop and the students can be given a task that they have to do within seven days before the continuation of the workshop.

After the students have created short scenarios, they present them to their colleagues and the teacher. Then everyone together discusses the importance that certain scenarios have determined for philosophy in the digital world. They also choose the most original and best scenario. The best scenario, if the school has money, can be filmed.

4. DISCUSSION CHECK

As this workshop is built completely on a set of discussions, next questions can be used to expand on the topics explored through the course of the workshop:

1. What would the world look like if there was no philosophy? That there is no general philosophy?
2. What good things has philosophy caused in human history?
3. What would the world look like today without the Internet?
4. How much does the Internet influence human behavior?
5. What can philosophy do to improve living conditions in today's digital world?

6. What would the world be like if philosophical thought suddenly disappeared?

7. What are the main topics that philosophy can and must discuss today?

8. Can the digital world help us fulfill our dreams?

5. ADDITIONAL RESOURCES

- Online article "Philosophy and Digitization: Dangers and Possibilities in the New Digital Worlds" [https://www.degruyter.com/document/doi/10.1515/sats-2021-0006/html?lang=en]

- Online article "The Fourth Revolution: Philosophy to Survive in the Digital Age" [https://www.bbvaopenmind.com/en/humanities/beliefs/the-fourth-revolution-philosophy-to-survive-in-the-digital-age/]

- Online article "Unit information: Philosophy in the Digital Age in 2020/21" [https://www.bris.ac.uk/unit-programme-catalogue/UnitDetails.jsa?ayrCode=20%2F21&unitCode=PHIL30132]

- Book: Soames, S. *The World Philosophy Made: From Plato to the Digital Age* Princeton University PressOnline, 2019

- Online article "Socrates As A LifeLong Learner In A Digital Age" [https://elearningindustry.com/lifelong-learner-in-a-digital-age-socrates/]

- Paper ""Socratic Questioning" is the Way the World Functions Now" [https://www.mintcopy.com/content-marketing-blog/socratic-questioning-is-the-way-the-world-functions-now]

- Ep. "Socrates" (dubbed) - Animated...Philosophers" [https://www.youtube.com/watch?v=Sk0oSfivOyc]

6. ANNEX

Sleep and Dreaming: Do You Dream Every Night? And Other Fascinating Facts About Dreams, By Kendra Cherry October 02, 2022 (Medically reviewed by Claudia Chaves, MD)[1]

We spend roughly one-third of our lives sleeping - and during that time, we dream. Many theories exist to explain why we dream, but researchers still don't know for sure. Some believe dreams have symbolic meaning, whereas others believe that they relate to waking life.

What scientists do know is that just about everyone dreams every time they sleep, and those dreams can be fascinating, exciting, terrifying, or just plain weird. Here are 10 things to know about dreams.

We Dream Every Night

The brain is active all night long. Brain activity in the forebrain and midbrain is particularly intense during rapid eye movement (REM) sleep, which is when we dream. Adults and babies alike dream for around two hours per night, even if they don't remember it. In fact, researchers have found that people usually have several dreams each night, each typically lasting for five to 20 minutes.

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[1] Article is from Verywellmind.com and can bee seen here: https://www.verywellmind.com/facts-about-dreams-2795938

We Forget Most of Our Dreams

We forget up to 95% of all dreams shortly after waking. According to one theory about why dreams are so difficult to remember, changes in the brain during sleep don't support the information processing and storage needed to form memories.

Brain scans of sleepers have shown that the frontal lobes—the area that plays a key role in memory formation—are inactive during REM sleep, the stage in which dreaming occurs.

We might also forget our dreams because of changes in the levels of certain neurotransmitters, specifically acetylcholine and norepinephrine, during REM sleep.

Yet another study found a link between dream recall and the brain matter density of the medial prefrontal cortex (MPFC). Participants with higher white matter density reported higher dream recall.

Not All Dreams Are in Color

Most people report dreaming in color, but roughly 12% of people claim to dream only in black and white.

In studies in which dreamers have been awakened and asked to select colors that match those in their dreams, people chose soft pastel colors most frequently.

People younger than 25 rarely report dreaming in black and white. However, people older than 55 report black and white dreams about 25% of the time. Researchers believe this difference results from childhood exposure to black-and-white television. This idea is

supported by an older study, which found that people in the 1940s rarely reported dreaming in color.

Men and Women Dream Differently

Researchers have found differences between men and women in dream content.

In several studies, men reported dreaming about weapons significantly more often than women did, whereas women dreamed about clothing more often than men.

Another study showed that men's dreams tend to have more aggressive content and physical activity, whereas women's dreams contain more rejection and exclusion, as well as more conversation than physical activity.

Women tend to have slightly longer dreams with more characters. Men dream about other men twice as often as they do about women; women tend to dream about both sexes equally.

Animals Probably Dream

Many think that, when a sleeping dog wags its tail or a sleeping cat swats its paws, it's dreaming. Although no one can say for sure, researchers believe that most animals go through REM and non-REM sleep stages, so they probably do dream.

Animals might not experience dreams in the same way as humans, however. In other words, they might not remember images or attach a storyline to them.

You Can Control Your Dreams

A lucid dream is one in which you're aware that you're dreaming even though you're still asleep. Lucid dreaming is thought to be a combination of consciousness and REM sleep, during which you can direct or control the dream content.

People can learn how to have lucid dreams using various techniques, including mnemonic induction of lucid dreams (MILD) and senses-initiated lucid dreams (SSILD). These involve waking up after five hours and repeating a phrase like "I will remember my dream", or focusing on the stimuli (sights, sounds, sensations) in your sleep environment, respectively.

Approximately half of all people can remember at least one instance of lucid dreaming, and some are able to have lucid dreams frequently.

Negative Dreams Are More Common

Researcher Calvin S. Hall, Ph.D., collected more than 50,000 dream accounts from college students over more than 40 years. Made available to the public in the 1990s by Hall's student, William Domhoff, the dream accounts reported many emotions during dreams. Several factors affect the emotional content of dreams, including anxiety, stress, and certain medications. One study found that external stimuli, including good and bad smells, can play a role in positive and negative dreams.

The most common emotion experienced in dreams is anxiety. Generally, negative emotions are much more common than positive ones.

Blind People May Dream Visually

In one study of people who have been blind since birth, they still seemed to experience visual imagery in their dreams, and they had eye movements that correlated to visual dream recall. Although they had fewer eye movements during REM sleep than the sighted participants, the blind participants reported the same dream sensations, including visual content.

You're Paralyzed While Dreaming

REM sleep is characterized by paralysis of the voluntary muscles. This phenomenon is known as REM atonia and prevents you from acting out your dreams while you're asleep. Basically, because motor neurons are not stimulated, your body does not move.

In some cases, this paralysis can even carry over into the waking state for as long as 10 minutes, a condition known as sleep paralysis.

Although the experience can be frightening, it's perfectly normal and should last only a few minutes before normal muscle control returns.

Some Dreams Are Universal

Although dreams are often influenced by personal experience, researchers have found that certain dream themes are common across cultures. For example, people from all over the world frequently dream about being chased, being attacked, or falling. Other common dream experiences include feeling frozen and unable to move, arriving late, flying, and being naked in public.