



The Scholé Way with Christopher Perrin

Lecture 13: The Restful Schedule and Curriculum

Outline:

In this lesson, Dr. Christopher Perrin explores how to create a curriculum and schedule that align with *scholé*, or restful learning. Drawing from *The Scholé Way* and classical thought, he emphasizes the importance of doing less but doing it well, prioritizing depth over breadth, and structuring education around the liberal arts, natural sciences, and great books.

"The word used to designate the place where we educate and teach is derived from a word which means leisure, and that word is scholé." – Josef Pieper, Leisure, the Basis of Culture

The Need for a Restful Curriculum

- The meaning of *scholé* as restful, contemplative learning
- The tendency in modern education to overload students with too much content
- The problem of short-term memory learning and superficial test preparation

Doing Less but Doing It Well

- The problem of excessive subjects and fragmented learning
- C.S. Lewis on the importance of teaching fewer subjects and teaching them well
- The need to cultivate mastery rather than mediocrity

The Three Pillars of a Classical Curriculum

- **The Liberal Arts** – The foundation of intellectual formation
 - The **Trivium**: Grammar, Logic, and Rhetoric
 - The **Quadrivium**: Arithmetic, Geometry, Astronomy, and Music



- **The Natural Sciences** – Developing a disciplined understanding of the created world
- **The Great Books** – Engaging with the treasury of human wisdom

Applying the Classical Curriculum to Different Stages

- **Grades K-2:** Mastery of reading and arithmetic as the primary focus
- **Grades 3-6:** Introduction to Latin, literature, history, mathematics, and music
- **Grades 7-9:** Deeper study of logic, literature, history, and elementary science
- **Grades 10-12:** Mastery of rhetoric, advanced mathematics, sciences, and the great books

Avoiding Common Pitfalls in Curriculum Design

- The temptation to overload students with too many good things
- The pressure of college preparation and standardized testing
- The "curse of knowledge" – teachers forgetting what it was like to be a student
- The problem of oversized textbooks that overwhelm rather than educate

The Importance of Thoughtful Scheduling

- Applying the principle of *multum non multa* (much, not many)
- Reading fewer books but reading them deeply
- Creating time for contemplation, reflection, and mastery of essential skills
- The role of feast days, celebrations, and structured rhythms in education