



The Scholé Way with Christopher Perrin

Lecture 5: The Incarnation of Scholé

Outline:

In this lesson, Dr. Christopher Perrin explores the concept of *scholé* (restful learning and teaching) and how educators can embody it in their own lives to model it for students. He emphasizes that education is a process of formation and that teachers must first cultivate contemplative habits themselves in order to pass them on. The lecture provides practical strategies for developing a more restful and reflective teaching practice.

Understanding Scholé as Formation

- The challenge of teaching what we have not fully cultivated ourselves
- The contrast between modern frenetic education and contemplative learning
- The necessity of harmony between active and restful learning

Scholé as a Foundational Principle

- Scholé is not a method or technique but a way of life
- The three dimensions of scholé:
 - Atmosphere – a peaceful, undistracted environment
 - Disposition – a contemplative and attentive posture
 - Activity – deep conversation, exploration, reflection

Cultivating a Life of Scholé

- Practical steps for personal formation in restful learning:
 - Reading reflectively and keeping a commonplace book
 - Joining or forming a book club
 - Spending time in nature for contemplation
 - Practicing liturgical and spiritual disciplines



- Setting aside daily time for study and meditation
- Slowing down and prioritizing fewer, meaningful pursuits
- Recommended books to support a restful, intellectual life

Living Scholé in the Classroom

- The importance of embodying what we want students to become
- The long-term process of transformation—thinking in terms of years, not days
- Encouragement for teachers to embrace restful teaching as a lifelong pursuit