



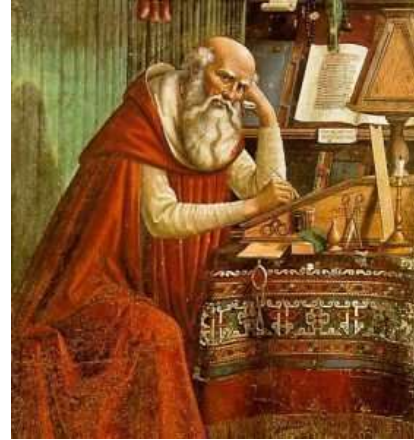
How to Teach History with Wes Callihan

Lesson 5: Developing as a Student of History

Outline:

To be a good student of anything...be a faithful Christian

- Your spiritual life should be disciplined and in order.
- You should have a disciplined diligent prayer life. Have a prayerful attitude about what you do. Have a spirit of gratefulness and thanksgiving. Know that you can only do what you do by God's power.
- Remember who we are and what we are supposed to be.
- Darkness of heart produces darkness of mind. Regularly confess sins, and maintain a pure conscience.
- This includes faithful attendance at church.
- Asceticism means to struggle against the passions.
- Read the scriptures.



Personal standard and rule

- Govern your normal day so that it follows patterns and rhythm. Know what you will do because it is part of a habitual life.
- Rise at the same time each morning, go to bed at the same time each night.
- Habits of discipline transfer from area of life to another.
- Begin small and where you can.
 - Say prayers at the same time.
 - Do personal devotions.
 - Get exercise.
 - Disciplined habits of eating are important.
 - Rest and relaxation, for stillness and contemplation, are important.
 - Take a vacation.
- Simplicity and purity
 - The more distractions in your life, the harder it will be to develop your intellectual life.
 - Simplify your life. Reduce physical baggage – think about getting rid of some stuff. Possessions have a tie and create chains.



- Think how much insistence Jesus puts on how difficult it is for a rich man to enter the kingdom of Heaven.
 - Learn to say no to things for the sake of your own soul.
 - Do fewer things. The tyranny of the urgent is a destroyer of souls.
- An unmixed life, purity
 - Everything in your life be what is necessary and relevant for the pursuit of your goals.
- Avoid distraction.
 - Social media dissipates our concentration. What possible purpose does it serve? It takes up a lot of time.
 - I don't need to know everything that is going on.
 - We need to avoid excessive distraction.

The intellectual life, how to grow as a student yourself

- To be a good teacher, you have to begin by being a good student.
- Read. This doesn't mean undisciplined reading.
- Read widely, but shallowly in other areas.
- Read narrowly and deeply in my area. I must not read everything that sounds good. I can't know everything.
- Rereading some good books is important.
- The best student of knowledge (of history) is someone who knows the **primary sources**. Read primary sources over and over again.
- Accumulate a good library. This is a well-chosen and well selected library.