

**Course Overview:** This is an interactive and discussion based Jewish philosophy class that will explore various Torah concepts including but not limited to:

- Belief in G-d/belief as a relationship
- Happiness (conceptual understanding and how to achieve it)
- Challenges and tests
- Forgiveness
- Self-growth and exploration
- Body and soul
- Wisdom of prayer
- Questions
- Passion
- The holiness of the commandments
- Imagination

The students' personal input and contributions to our discussions will be instrumental in determining how the class develops and flows since participation, individual thoughts, and self-growth are interconnected to the course material.

**Source Materials:**

- *The Human Challenge* by Rabbi Avraham Edelstein (workbook edition)
  - ❖ Summary: Every human being is presented with the “human challenge”: How do I grow? How do I become wise? How do I sanctify the world around me and make it a better place? How do I work on my character? How do I integrate work and food and intimacy into my life’s goals? This volume is an attempt to answer these questions for the intelligent and sensitive adult reader. It draws significantly on deeper Jewish thought, balancing brevity with profundity. The Human Challenge provides a rich and exciting entry point for those who are at the early stages of their relationship with Judaism as well as significant benefit to those with an extensive background, as it provides a methodical and sourced overview of topics that may otherwise remain as fragmented insights.
- Various articles from [aish.com](http://aish.com) relating to the weekly topic

**Expectations:**

- The students are expected to follow all policies and procedures outlined in the Torah High School handbook of 2025-206.
- The students are expected to be respectful of other students' personal contributions to the discussions so we can create an environment where all students feel comfortable sharing and participating.
- The students are expected to utilize class lessons, discussion, and written reflections as a springboard for their own individual introspection and self-development.

**Grading:**

Grades will be determined by the following components: attendance/timeliness, class participation, and homework/reflections. The breakdown for your grade is as follows:

- 50% attendance and timeliness
  - One absence per semester is excused until it impacts your grade (three tardies will count as one absence).
- 50% class participation and written reflections
  - Class participation is determined by the students' verbal input to our interactive lessons, attentiveness/focus, listening ability, and respectfulness to the other students.
  - Written reflections will be assigned at the end of class and will be turned in at the beginning of the next class the following week. Reflections must be hand-written, turned in on-time, and demonstrate genuine thoughtfulness and introspection to receive full credit.