

# BRITISH HUMANIST ASSOCIATION

## *EXPLORING HUMANISM*

### PREFACE

This course is intended for anybody who is interested in Humanism and wishes to find out more about its principles and the activities of Humanists. It is designed to be interactive at every point.

Timing. In the light of experience the course sessions are two hours long. Shorter sessions had restricted discussions. We hope that participants will be able to make appropriate transport arrangements.

The course folder. A course folder is distributed at the beginning of the course. It includes all the material needed for the discussions on which the course is based. Participants are encouraged to read the material in advance so that they can bring contributions and questions to each session.

Procedure. The six sessions cover key aspects of Humanism, and are each divided into between two and four sections. The general procedure is that after a brief introduction to the aspect being covered in the session, the course leaders alternate in leading participants through relevant discussions based on the material in the folder. One of the leaders will generally provide a concluding reflection to relate discussions to Humanist principles. Specific procedures for Sessions 2,3 and 5 are explained in the session plans.

Support material is provided for discussion or further study and reflection on each aspect of the course. This material is included as a final section for each session. It may take the form of a relevant document, or be an extended treatment of an element covered during the session – for example, religious arguments used in contrast to the four ‘building blocks’ of Humanist morality.

Questions for discussion are included in bold type at the end of each piece of information, or sets of reflections and quotations, that make up the main body of the course material. Discussion will focus on the first one or two questions, and where there are additional questions these are intended for further reflection.

Feedback sheets (copy overleaf) are distributed at the beginning of the course, and course members are invited to make comments at any point if they so wish. Such comments have already led to some valuable improvements, for example the provision of a Glossary. Additionally the welcome pack sent to participants before the course gives contact details for the course leaders who will be happy to respond to any enquiries.

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**FEEDBACK SHEET**

We will appreciate any thoughts you may have to improve the course. Please jot down anything that occurs to you as we go through the course as well as a brief comment at the end of the final session. This framework should help, but feel free to add anything you wish.

A. Sessions or items that seemed particularly useful /enjoyable

B. Sessions or items that could be improved (and how!)

C. Any additional comments

Many thanks