

StoicDan Speaks at Resiliency, Grit, and Stoicism Symposium at Florida State College

For Immediate Release
October 14, 2024

StoicDan, (407) 327-7000
askstoicdan@gmail.com

(ORLANDO)—StoicDan, the director of the Orlando Stoics for the last nine years, spoke this week at the Resiliency, Grit, and Stoicism symposium hosted by Florida State College in Jacksonville, Florida.

The symposium was offered by Florida State College to their students, and StoicDan was one of 12 speakers at the half-day event. He spoke at three different breakout sessions: Introduction to Stoicism, Psychology of Stoicism, and Stoic Ethics.

"I was glad to see the event offered student seminars in psychological grit, resiliency, and my topic, Stoicism," said StoicDan. "As I presented the history and concepts in Stoic practice, I found students very engaged in the material, and the Q&A session that followed was lively."

The event started at FSC's Wilson Center for the Arts (Jacksonville) at 9:00 a.m. with a keynote on resilience and grit; breakout sessions were held until the event closed at 12:30. Breakout sessions were led by FSC professors, physical trainers, veterans, and other outside speakers.

The overall theme of the Psychology Symposium Fall 2024, led by Dr. Troianne Grayson, professor of Psychology at Florida State College, was to expose students to the concepts of resilience and grit. Stoicism is part of that formula; StoicDan was selected as a regional expert in Stoicism.

Several of the struggles that students shared at the event included college debt or debt that arose from mistakes made earlier in life.

Another concern students shared was finding meaning in their careers. "Several people told me that they don't know if they can find a career that suits them," said StoicDan. "They don't know what career can be meaningful for them, yet they want to do something meaningful with their lives."

Finally, many of them spoke about their turbulent relationships — not just romantic relationships, but with their parents and people in their workplace.

StoicDan added, "I was especially heartened that three young people I met all wanted to go home and start Stoic study groups in their own hometowns, including Jacksonville and Miami."

###

About Orlando Stoics:

The Orlando Stoics is a philosophical discussion group that originated in 2015. It hosts five weekly meetings, both online and in-person, uniting participants from the United States, United Kingdom,

Australia, Thailand, and Nepal. The group focuses on the examination of Stoic principles and their intersectionality with diverse philosophical frameworks. <https://www.meetup.com/orlando-stoics>

For more information about Florida State College, visit <https://www.fscj.edu>