Ruth Chang asks why some choices are so hard — and what that means for the human condition.

Why you should listen

When Ruth Chang graduated from college, she was presented with a choice: Should she pursue a career in philosophy, or a career in law? Soon after finishing Harvard Law School and dipping her toe in the legal world, she regretted her decision and switched paths. She went off to Oxford University to study philosophy and has been a philosopher studying choice, freedom, value and action ever since.

Chang’s research focuses on decision-making and the human condition: How do we exercise our freedom through the choices we make? She studies the relationship between reason and value, and how we navigate the sea of pros and cons as we make decisions that shape our lives.

DEBRIEF WITH CLASS

Q  What types of bad habits do you have? When did they start?

Q  What types of good habits have you examined in others?

Q  What makes some decisions harder than others?

Q  How should we approach hard choices?

REFLECTION

1. Which hard choices do you have in front of you right now?

2. What hard choices have you made in the past?

3. How did those choices work for you? What would you do differently?

Some text taken from Ted Talks: www.ted.com