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# Connor Hay

Full Stack Web Developer

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My name is Connor.

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## Attention (Prosochē)

the practice of attention, is the fundamental spiritual attitude necessary to Stoicism as a way of life.

practice of consistent, vigilant attention to impressions, assents, desires, and for the purpose of creating excellence (virtue) in one's inner self and thereby ing a good flow in life (eudaimonia).

is essential for the prokoptōn to practice the three Stoic disciplines prescribed by (Discourses 3.2.1-5). Constant attention is necessary to live in agreement with

embarks on the path of the prokoptōn, the attitude of prosochē serves as an ever-vigilant watchman to ensure we continue to make forward progress. As Epictetus warns, our attention (prosochē) is not only dangerous because of the faults which may be in the present, but he further warns that "because of your fault today your affairs necessarily in a worse condition on future occasions" (Discourses 4.12.1).

ude and practice of prosochē focus our attention and provides the foundation for the disciplines, whose aim is a life of excellence (arete) lived in accordance with Nature, e experience human flourishing or well-being (eudaimonia).



## line of Assent



# PORTFOLIO ASSIGNMENT

CONNOR HAY - STUDENT NUMBER: 13716

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# Connor Hay

Full Stack Web Developer



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# Connor Hay

Full Stack Web Developer



## HOME PAGE

MOVING



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## about

Connor Hay



My name is Connor.



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## about

Connor Hay



# ABOUT PAGE

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## skills

# HTML



HTML - An invaluable tool for website  
structure

# CSS



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## skills



HTML - An invaluable tool for website structure

**CSS**



**SKILLS PAGE**  
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## projects

### My first website - Professional portfolio

Check out this site's breakdown on github  
through the link below:

<https://github.com/ConnorCoderAcademy/portfolio-assignment-t1>



<https://www.connorhay.com/projects.html>

# PROJECTS PAGE

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## blog

### The Art of Attention (Prosochē)

Prosochē, the practice of attention, is the fundamental spiritual attitude necessary to practice Stoicism as a way of life.

It is the practice of consistent, vigilant attention to impressions, assents, desires, and actions, for the purpose of creating excellence (virtue) in one's inner self and thereby experiencing a good flow in life (eudaimonia).

Prosochē is essential for the prokoptōn to practice the three Stoic disciplines prescribed by Epictetus (*Discourses* 3.2.1-5). Constant attention is necessary to live in agreement with Nature.

Once one embarks on the path of the prokoptōn, the attitude of prosochē serves as an ever-present, vigilant watchman to ensure we continue to make forward progress. As Epictetus warns, relaxing our attention (prosochē) is not only dangerous because of the faults which may be committed in the present, but he further warns that "because of your fault today your affairs must be necessarily in a worse condition on future occasions" (*Discourses* 4.12.1).

The attitude and practice of prosochē focus our attention and provides the foundation for the Stoic disciplines, whose aim is a life of excellence (aretē) lived in accordance with Nature, wherein we experience human flourishing or well-being (eudaimonia).



### The Discipline of Assent



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## blog

### The Art of Attention (Prosochē)

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### The Discipline of Assent



# BLOG

## MOVING

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# Connor Hay

Full Stack Web Developer

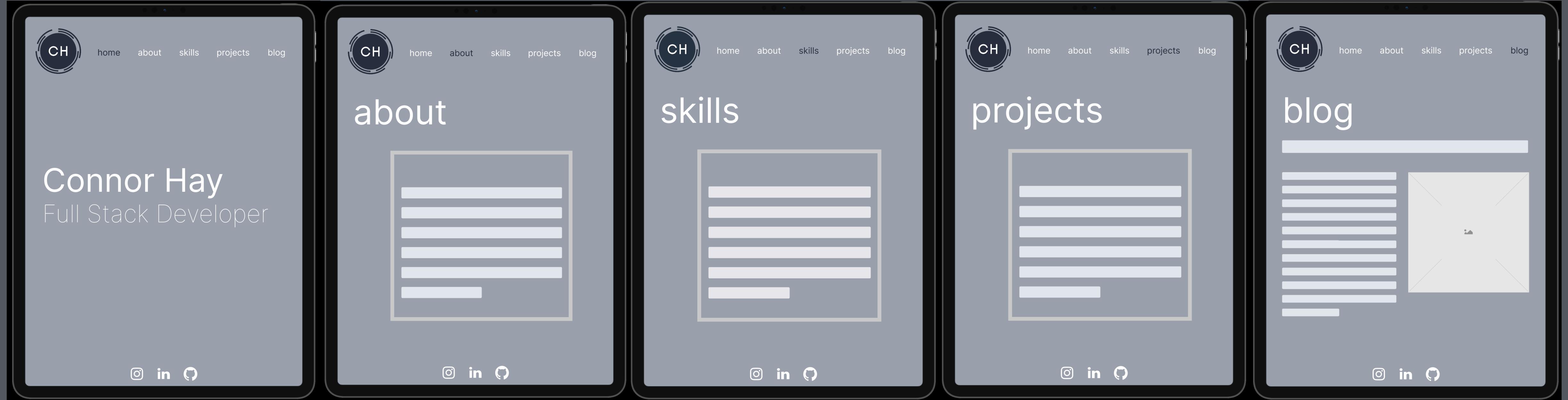


## HOVER FUNCTIONALITY

MOVING



**WIREFRAMES**  
**MOBILE**



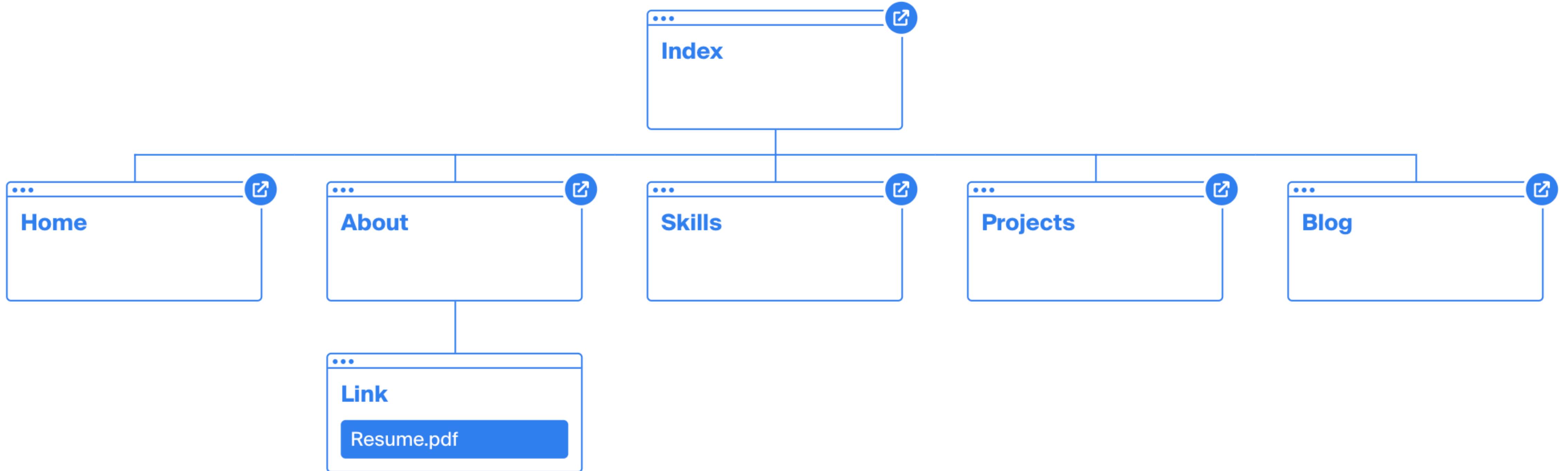
# WIREFRAMES

## TABLET



# WIREFRAMES

PC



# SITEMAP

# Challenges

- \* Formatting with flexbox
- \* Adjusting content to each device type
- \* Positioning of divs

# List of Components

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in



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Connor Hay



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