CARAGAY ARISTON R. April 8, 2024 RAMOS, CARL JAMES

ETHICS

Activity on Aristotle's Virtue Ethics

***What specific virtue a PSUnian student must possess? Briefly discuss your answer.***

Based on the core values of Pangasinan State University, a PSUnian student must possess the virtue of integrity. Integrity encompasses both credibility and honesty, which are essential for upholding the values of accountability and transparency within the university community. As representatives of the institution, PSUnian students are expected to demonstrate integrity in their academic pursuits, interactions with peers and faculty, and involvement in extracurricular activities. Upholding integrity fosters trust and respect among members of the university community, contributing to a positive and ethical learning environment.

Furthermore, competence is another crucial virtue for PSUnian students. Competence involves the knowledge, skills, and abilities necessary to excel academically and professionally. By committing to competence, PSUnian students demonstrate their dedication to achieving academic excellence and contributing meaningfully to their chosen fields of study. Competence also reflects a commitment to continuous learning and improvement, as students strive to develop and refine their skills to meet the demands of their academic and professional endeavors.

Lastly, social and environmental responsiveness are important virtues for PSUnian students. In a rapidly changing world facing pressing social and environmental challenges, PSUnian students must be socially and environmentally conscious and proactive in addressing these issues. By embracing social responsibility, PSUnian students demonstrate a commitment to making positive contributions to society and promoting social justice and equity. Likewise, environmental responsiveness reflects a commitment to sustainability and stewardship of the environment, aligning with the university's values of excellence in service delivery and spirituality, which encompasses a holistic approach to personal and societal well-being. In summary, PSUnian students must possess the virtues of integrity, competence, and social and environmental responsiveness to uphold the core values of the institution and contribute positively to the university community and beyond.

***What do you think is the importance of “acting in moderation” rather than acting in excess or in deficiency? Give an example/s.***

Acting in moderation holds significant importance across various aspects of life as it fosters balance, sustainability, and well-being. One crucial aspect is maintaining physical health. For example, consuming food in moderation rather than in excess or deficiency helps prevent health issues such as obesity or malnutrition. Similarly, engaging in physical exercise in moderation promotes fitness and prevents injuries compared to excessive exercise or a sedentary lifestyle.

Moreover, moderation is essential for mental and emotional well-being. For instance, managing stress in moderation through techniques like mindfulness or relaxation helps prevent burnout and promotes resilience, whereas excessive stress can lead to anxiety and depression. Similarly, experiencing emotions in moderation, such as expressing joy without excessive euphoria or sadness without overwhelming despair, contributes to emotional stability and resilience.

In social interactions, acting in moderation fosters healthy relationships. For example, practicing assertiveness in moderation promotes effective communication and mutual respect, whereas excessive assertiveness can come across as aggression, and deficiency in assertiveness can lead to passivity and resentment. Additionally, moderation in social activities such as socializing, partying, or spending time with loved ones helps maintain a balanced social life without neglecting other responsibilities or overindulging to the detriment of one's well-being.

Furthermore, moderation extends to financial matters. Spending money in moderation ensures financial stability and prevents debt, whereas excessive spending can lead to financial stress and deficiency in spending may hinder enjoyment and personal growth. Similarly, moderation in consumption habits, such as reducing waste and adopting sustainable practices, contributes to environmental well-being and resource conservation.

In summary, acting in moderation plays a crucial role in promoting physical health, mental and emotional well-being, maintaining healthy relationships, managing finances, and contributing to environmental sustainability. By finding a balanced approach to various aspects of life, individuals can achieve greater overall well-being and lead fulfilling lives.

***How can you be a morally virtuous person in our present-day situation, after the Pandemic?***

To be a morally virtuous person in our present-day situation, especially after enduring the challenges of a pandemic, I believe it's crucial for me and my partner, Carl James, to prioritize empathy and compassion. We can actively seek to understand the struggles and hardships that others have faced during this time, and offer support and assistance wherever possible. By empathizing with others' experiences and showing compassion, we can foster a sense of solidarity and unity within our community, contributing to a more caring and supportive society overall.

Additionally, Carl James and I can uphold integrity and honesty in all our actions and interactions. Transparency and accountability are more important than ever as we strive to rebuild and move forward after the pandemic. By maintaining honesty and integrity in our dealings with others, we can help build trust and credibility within our community, laying the foundation for cooperation and collaboration towards common goals.

Furthermore, we can demonstrate resilience and adaptability in the face of continued uncertainty and challenges. The pandemic has taught us the importance of being flexible and resilient in navigating unexpected circumstances. By embracing change with a positive mindset and persevering through difficulties, we can inspire others to do the same and contribute to a culture of resilience and growth.

Moreover, Carl James and I can actively promote social and environmental responsibility in our actions and choices. The pandemic has highlighted the interconnectedness of our global community and the importance of taking care of both people and the planet. By making sustainable choices and advocating for social justice and equality, we can contribute to positive change and help create a more just, equitable, and sustainable world for future generations.

In essence, being morally virtuous individuals in our present-day situation requires a commitment to empathy, integrity, resilience, and social and environmental responsibility. By embodying these virtues in our daily lives and interactions, Carl James and I can play our part in building a brighter and more compassionate future for all.