Life Principle: EFFORT
Myth - “The Choice of Hercules”

Summary:
This ancient parable was first recorded in the fourth century B.C. in Xenophon’s Memorabilia, an account of the teachings of Socrates. In the story, Hercules, the half-mortal son of the god Zeus, is confronted by two beautiful women—virtue (labor) and vice (pleasure)—and forced to choose which path he will pursue.

The Choice of Hercules – Retold by James Baldwin - printable version of the story
History of Hercules  
Effort Myth Choice Worksheet  
Effort Choice Worksheet

Step 1: Question Focus: “Effort”

Step 2: Produce Questions.

Rules for producing questions:
1. Ask as many questions as you can.
2. Change any statements into questions.
3. Write down every question exactly as stated.
4. Do not stop to discuss, judge, or answer the questions.

Step 3: Improve the Questions.

1) Identify open and closed-ended questions.
2) Change questions: select one question to change from open to closed-ended and one closed question to open-ended.

Example: Closed to open

What words were used to describe Virtue and Vice?

What connection may be made between Virtue and Vice?
Step 4: Prioritize questions. Identify 2-3 that are the most important. Be able to share a rationale for your choices.

Critical Thinking Questions:
1. __________________________________________
   __________________________________________
   __________________________________________
2. __________________________________________
   __________________________________________
   __________________________________________
3. __________________________________________
   __________________________________________
   __________________________________________

Step 5: Determine how questions are going to be used:
   (Evidence of Learning)
   i.e. research project, real life application, assessment creation, discussion, written report, visual representation, oral presentation, etc.

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

Mythweb - website with a variety of resources for teaching myths.
Tips for Teachers for Myths  Suggestions for activities in the classroom
More Teaching Tips for Myths  More Suggestions for activities in the classroom
Folklore and Mythology Guide

Step 6: Reflection
What do the characteristics of effort look like for me?

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________