

PHILOSOPHY TALKS

Willpower Is a Skill

Or, How to Stop Procrastinating

Michael Funke PhD.

In philosophy, there is a longstanding debate about the possibility of acting against one's own better judgment. This sort of action is akratic, or, weak-willed. Assuming weakness of will exists, how can it be overcome? Recent science on self-control or strength of will has described willpower as like a muscle; depleted with use in the short term, but strengthened through use in the long term. Unfortunately, brute force of will is often overcome by other interests. Effective self-control requires strategy. The picture that emerges is of self-control as a skill; like hitting a baseball, it takes metabolic energy and the knowledge of how to use that energy most efficiently.

Thursday, May 31st, 10:30 – 11:20
LMC Event Center, Room D106



Free and open to all individuals and classes.

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