

Name _____

Letters from a Stoic by Seneca

Multiple Choice Questions

1. Who is the author of "Letters from a Stoic"?
 - a) Plato
 - b) Aristotle
 - c) Seneca
 - d) Cicero

2. What philosophical school of thought does Seneca represent in his letters?
 - a) Epicureanism
 - b) Stoicism
 - c) Existentialism
 - d) Skepticism

3. What is the central role of virtue in Stoic philosophy, according to Seneca?
 - a) Accumulating wealth
 - b) Pursuing pleasure
 - c) Attaining tranquility
 - d) Achieving moral excellence

4. What does Seneca advise regarding hardships and setbacks in life?
 - a) Avoid them at all costs
 - b) Embrace them as opportunities for growth
 - c) Complain and lament about them
 - d) Blame others for them

5. What does Seneca encourage readers to focus on in order to attain happiness?
 - a) The past
 - b) The future
 - c) The present moment
 - d) Material possessions

