

# Senior Seminar I

Syllabus Number

SEM-401

Compulsory Elective  
2 credit

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## 1. Course Description

We are exposed to a huge amount of stress every day. In this seminar, we are going to read the textbook to understand the mind-body connection under the stressful environment and to contemplate how we lead our lives through an in-depth introspection. The participants are put into six groups and group presentations are made on the specified parts of the textbook. A thorough preparation and an active participation in the discussion at each session are strongly encouraged.