

Junior Seminar I

Syllabus Number

SEM-301

Compulsory 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. Each participant is required to submit a report, in a PowerPoint format, at each class on assigned part of the textbook, i.e. ①summary, ②Japanese translation, ③your comments on author's view. A separate group presentation is also required in each class. A thorough preparation and an active participation in the discussion at each session are strongly encouraged.