

グローバルスタディーズ演習Ⅳ

Syllabus Number

SEM-404

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. Prior to each class, specific part of the textbook is assigned to each participant and he/she should read the assigned part in depth. In the class, each participant is required to explain the assigned part to other participants. A thorough preparation and an active participation in the discussion at each session are strongly encouraged.