

# グローバルスタディーズ演習Ⅰ

Syllabus Number

SEM-303

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 parts of the textbook are assigned to some participants and they should prepare presentations on the assigned parts. In the class, each assigned member is required to present the contents, Japanese translation and his/her comment on the assigned part. A thorough preparation and an active participation in the discussion at each session are strongly encouraged.