

Subject	Exploring Culture and Society				
Day/Period	Wed.5Period		Place	川北キャンパス A 1 0 1	
Subject Group	全学教育科目先進科目－国際教育				
Credit(s)	2.0Credits				
Eligibility	全				
Instructor (Position)	小島 奈々恵 所属：高度教養教育・学生支援機構				
Term	2/4/6/8セメスター				
Course Numbering	ZAC-GLB805E				
Language of Instruction	英語				
Media Class Subjects					
Essential Subjects	各学部の履修内規または学生便覧を参照。				
Class Subject	【国際共修】Deepening one's understanding of oneself and others: For better interpersonal relationships (English) 自己理解を深める：より良い対人関係のために（英語）				
Class Objectives and Summary	Students will deepen their understanding of oneself and others through discussions with others with different backgrounds. Better interpersonal relationships will be built by trying to understand each other, and at the same time, we will discuss ways to discuss, stress coping methods, mental and physical health, etc. 背景の異なる他者との対話を通して、自己理解を深めます。お互いをわかろうとすることでより良い対人関係を育むと同時に、対話の方法、ストレス対処方法、心身の健康等についても共に考えます。				
Learning Goals	1. Students will deepen their understanding of oneself. 2. Students will deepen their understanding of others. 3. Students will develop skills to interact and to communicate with others with different backgrounds. 1. 自己理解を深める。 2. 他者理解を深める。 3. 背景の異なる他者との付き合い方やコミュニケーション方法を身につける。				
Contents and Progress Schedule of the Class	This class will be conducted face-to-face. Google classroom will be used to share handouts and to submit assignments. Students will be asked to share their thoughts and feelings about various topics with the other students and to present. 1：Class orientation & introducing oneself 2-3：Understanding oneself and others 4-5：Interpersonal relationships (1) 6-8：Interpersonal relationships (2) 9-11：Coping with stress & mental and physical health 12-14：Final presentations 15：Class wrap-up **Contents and schedule are subject to change depending on circumstances** **There is a possibility of limiting the number of students taking this class** **If you would like to take this class, please be sure to attend the first class** 授業は対面で行われ、資料の配布や課題の提出にはGoogle Classroomを使用します。 種々のテーマに対する自身の考えや思いを他学生と共有し、発表することが求められます。 第1回：オリエンテーションと自己紹介 第2-3回：自己理解と他者理解 第4-5回：対人関係 (1) 第6-8回：対人関係 (2) 第9-11回：ストレス対処と心身の健康 第12-14回：最終発表 第15回：まとめ **状況によって内容及び進度を変更する場合もある** **受講学生数を制限する可能性があります** **受講希望者は最初の授業に必ず出席してください**				
Evaluation Method	Positive participation, assignments including presentations and comments (100%) 積極的参加、発表やコメント等の課題（100%）				
Textbook and References					
Title	Author	Publisher	Year	ISBN/ISSN	Classification

U R L	
Preparation and Review	<p>1 hour each week for after-class comments, etc. About 5 hours of group work for preparing your final presentations. 授業後コメント（課題）等のために週1時間。 最終プレゼンテーション準備のためにグループワーク5時間程度。</p>
Practical Skill/Hands-on Class *Practical classes are marked with a ○.	
Students must bring their own computers to class [Yes / No]	<p>Yes. Students may be asked to make presentation slides, etc. 必要。発表スライドの作成等に使用する場合があります。</p>
Contact (Email, etc.)	<p>全学教育HP掲載の「全学教育科目授業担当教員連絡先一覧」を参照。</p>
Other Comments/Instructions	<p>1. This is a discussion based class. Positive participation is expected. 2. A similar class will be conducted in Japanese for the spring semester. 3. This class will be conducted in English. You are expected to have B1 level of English proficiency. When needed, follow-ups may be given in Japanese after each class. 1. ディスカッションを中心とした授業です。積極的な参加が期待されます。 2. 同様の授業を、前期は日本語で実施いたします。 3. 授業は英語で行います。B1程度の英語運用能力が必要となります。必要に応じて、日本語でのフォローアップを各授業後に行います。</p>
Last Update	<p>2025/01/16(木)</p>

One-credit courses require 45 hours of study. In lecture and exercise-based classes, one credit consists of 15-30 hours of class time and 30-15 hours of preparation and review outside of class. In laboratory, practical skill classes, one credit consists of 30-45 hours of class time and 15-0 hours of preparation and review outside of class.