

# COURSE DETAIL

## DEEPENING ONE'S UNDERSTANDING OF ONESELF AND OTHERS: THROUGH CROSS-CULTURAL INTERACTIONS

**Country**

Japan

**Host Institution**

Tohoku University

**Program(s)**

Engineering and Science

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Communication

**UCEAP Course Number**

20

**UCEAP Course Suffix****UCEAP Official Title**

DEEPENING ONE'S UNDERSTANDING OF ONESELF AND OTHERS: THROUGH  
CROSS-CULTURAL INTERACTIONS

**UCEAP Transcript Title**

CULTURAL INTERACT

**UCEAP Quarter Units**

3.00

**UCEAP Semester Units**

2.00

**Course Description**

This course deepens understanding of oneself and others through group activities (e.g. group discussions). The course also considers ways to interact with people, to cope with stress, and to stay healthy physically and mentally.

**Language(s) of Instruction**

English

**Host Institution Course Number**

CB35220

**Host Institution Course Title**

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**Host Institution Course Details****Host Institution Campus**

Tohoku University

**Host Institution Faculty****Host Institution Degree****Host Institution Department**

International Program in Liberal Arts

**Course Last Reviewed**

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