
CROSSING BORDERS:ADAPTING TO JAPAN AND
ADAPTING TO THE WORLD 2 credits (Fall)

日本文化への適応、世界への適応 2単位(秋学期)

Learning from Life Abroad: Adapting to Japan and Adapting to the
World

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Course Description/Objectives/Teaching Method/Intended Learning Outcome:

This course focuses on the deep cultural learning and personal growth that can result from adjusting to life in another country. We will learn about the psychology of adjusting to foreign experiences, including: culture stress, culture shock, resistance, acceptance and adaptation. We will see that experiences abroad can be either deep or shallow. We will learn about the impact of living abroad on our values and identity. Each student will interview someone about their intercultural experiences and analyze and present the results. The ultimate goal is for students to get the most out of intercultural experiences.

Course Plan:

- 1 Introduction - Edward Hall and the intercultural experience
 - 2 Deep culture in everyday life
 - 3 Understanding deep culture
 - 4 Understanding deep culture
 - 5 Understanding deep culture
 - 6 Intercultural sensitivity, empathy, cultural identity, stereotypes, prejudice
 - 7 Trial & error cultural learning, culture surprise, stress and shock
 - 8 Surface and deep experiences, adaptive demands
 - 9 resistance (reversal), acceptance, adaptation (forced adaptation - mixed reactions)
 - 10 Interview preparation: Doing a deep culture interview
 - 11 Interview analysis - Presentation preparation
 - 12 In-class presentations
 - 13 Final exam
- Other Students will take part in an interview project analyzing someone's intercultural adaptation experience.

Method of Evaluation:

1. Written final exam (30%)
2. Student presentation(s) (30%)
3. Attendance, Participation (30%)
4. Final reflection paper (10%)

Textbooks:

The Beginner's Guide to Deep Culture: Beneath the Surface, (2010),
Shaules, Intercultural Press, Boston and London

Reference Books:

Deep Culture: The Hidden Challenges of Global Living, by Joseph
Shaules, Multilingual Matters, 2007

Lecturer's Comments to Students:

This class is suitable for Japanese and non-Japanese students. There will be a lot of opportunity to talk about your cultural experiences and discuss with other students about theirs.

Questions/Comments:

This class will include both online and in-class sessions. The in-class sessions will be "hybrid" to allow online students to participate as well. This may be adjusted as conditions require. The class meeting schedule can be found on the Canvas Learning Management System.