

Mon Jan 19 2026 13:11:05 GMT+0900 (日本標準時)

Keio University Syllabus and Timetable

CROSSING BORDERS:ADAPTING TO JAPAN AND ADAPTING TO THE WORLD

Subtitle	Learning from Life Abroad: Adapting to Japan and Adapting to the World
Lecturer(s)	SHAULES, JOSEPH
Credit(s)	2
Academic Year/Semester	2026 Fall
Day/Period	Tue.3
Campus	Mita
Classroom	527
Class Format	Face-to-face classes (conducted mainly in-person)
Registration Number	88945
Faculty/Graduate School	INTERNATIONAL CENTER
Year Level	2, 3, 4
Grade Type	S, A, B, C, D
Course Description	A course to aim to focus on the deep cultural learning and personal growth that can result from adjusting to life in another country by learning about the psychology of adjusting to foreign experiences.
K-Number	CIN-CO-00133-212-10

[▼ Detail](#)

Course Contents/Objectives/Teaching Method/Intended Learning Outcome

This course focuses on psychological process of adjusting to foreign cultural environments (e.g. study abroad / migration)--both its challenges and the potential it creates for personal growth. 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.

Course Taught by Faculty Member with Professional Experience

Not applicable

Active Learning Methods [Description](#)

Fieldwork
 Presentations
 Discussions, Debates
 Group work
 Problem-based learning

Preparatory Study

Please listen to Episode 1 of the Deep Culture Podcast. <https://japanintercultural.org/podcast/welcome-to-the-deep-culture-podcast/>

Course Plan

Lesson 1

Introduction – Edward Hall and the intercultural experience

Lesson 2

Deep culture in everyday life

Lesson 3

Understanding deep culture

Lesson 4

Understanding deep culture

Lesson 5

Understanding deep culture

Lesson 6

Intercultural sensitivity, empathy, cultural identity, stereotypes, prejudice

Lesson 7

Trial & error cultural learning, culture surprise, stress and shock

Lesson 8

Surface and deep experiences, adaptive demands

Lesson 9

resistance (reversal), acceptance, adaptation (forced adaptation – mixed reactions)

Lesson 10

Interview preparation: Doing a deep culture interview

Lesson 11

Interview analysis - Presentation preparation

Lesson 12

In-class presentations

Lesson 13

Semester course content review

Lesson 14

Students will take part in an interview project analyzing someone's intercultural adaptation experience.

Other

There will be online interaction with other students to build community and explore these topics more deeply.

Method of Evaluation

1. Written final exam (30%)
2. Final presentation (30%)
3. Participation (Attendance + assignments) (40%)

Generative AI Policy for Classes

AI will be allowed for some assignments and not others. The instructor will give clear instructions about each assignment.

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

Policy regarding use of AI. The class will include readings, class lecture, and small-group discussion of critical questions and key concepts. Students are free to use AI as a form of background research for class topics. They are not permitted to use it for responding to specific homework questions. In general, assignments require students to give a personal reaction to the material. AI assistance for such assignments is not permitted.

Question/Comments

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.