

Let's go to Japan!

PY423 – Aging in Japan (Special Topics in Developmental Psychology)

Description: This is an upper-level psychology course offered in May 2025. You will learn what it is like to age in Japan which is the known for longevity. It fulfills the one of the two 400-level courses that you need for psychology major.

Highlights:

- Visit Okinawa, one of the five Blue Zones in the world, and learn about the centenarians.
- Attend the sessions offered by professors in geropsychology, geriatric nursing, sports psychology, and public health.
- Visit assisted living facilities, senior day programs, and community gathering.
- Join the “Every Day Hike” with local seniors and Hike Rokko Mt.
- Take a tour of the psychology department and mingle with Japanese students.



of Students: Max of 14 students.

Eligibilities: Undergraduate students who majored psychology and have taken developmental psychology courses: PY244, PY343, or PY445.

Scheduled Trip: May 18 (Sun) through May 31 (Sat) for 2 weeks

Zoom Classes: two meetings before and after the trip

Places: Osaka, Kobe, Hiroshima, Miyajima, and Okinawa (you may extend your trip to visit other places, such as Kyoto, Tokyo, or even nearby countries!)



Information sessions: Nov. 6 (Wed): 7-8, Room BE106