

(For JSPS Fellow)

Form B-5

Date (日付)

19JULY2016 (Date/Month/Year: 日/月/年)

Activity Report -Science Dialogue Program-
(サイエンス・ダイアログ事業 実施報告書)

- Fellow's name (講師氏名): Kristopher S. MCEOWN (ID No. P14762)

- Participating school (学校名): Chiba Prefectural Sakura High School

- Date(実施日時): 15JULY2016 (Date/Month/Year: 日/月/年)

- Lecture title (講演題目): (in English) An Introduction to Sleep Research

(in Japanese) 導入は研究をスリープ状態に

- Lecture summary (講演概要): Please summary your lecture 200-500 words.

The lecture covered three main topics. Firstly, the lecture explored Canadian geography, history and contemporary life in Canada. Specifically, Canadian lifestyle, governance, cultural background and comparisons with life in Japan were presented. Secondly, my educational background and motives for undertaking a career in research were examined by providing students with interesting scientific findings from the history of psychology and neuroscience that I personally found both motivating and interesting and subsequently resulted in me undertaking a career in research. Thirdly, students were provided with an introduction to sleep medicine (e.g., What is sleep? How much sleep do we need?), and methods used in sleep research. The presentation was followed by a question and answer session.

Contents of the lecture included the following subject matter. The discipline of psychological science was explored by highlighting studies related to emotion, mental illness and health psychology. These topics were then mapped onto sleep research that I am currently undertaking at the International Institute for Integrative Sleep Medicine. Students were also briefly educated on the need for adequate sleep to maintain overall health and wellness. Cutting edge methods used in neuroscience and sleep medicine were presented to students by showing visual presentations of these techniques (e.g., optogenetics, adeno-associated virus administration, immunohistochemistry and so forth). Students were encouraged to participate throughout the lecture by answering hypothetical questions related to presented scenarios and examples.

- Language used (使用言語): English

- Lecture format (講演形式) : Oral and visual presentation.

◆Lecture time (講演時間) 80 min (分), Q&A time (質疑応答時間) 20 min (分)

◆Lecture style (ex.: used projector, conducted experiments)

(講演方法 (例: プロジェクター使用による講演、実験・実習の有無など))

Used projector

◆Interpretation (ex.: assistance by accompanied person, provided Japanese explanation by yourself) (通訳 (例: 同行者によるサポート、講師本人による日本語説明))

None provided

◆Name and title of accompanied person (同行者 職・氏名)

None

◆Other note worthy information (その他特筆すべき事項):

- Impressions and opinions from accompanied person (同行者の方から、本事業に対する意見・感想等がありましたら、お願いいたします。):

Not applicable.