# 朝陽科技大學 091學年度第1學期教學大綱
# Adjustment and Mental Health 適應與心理衛生

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| 當期課號 | 0656 | Course Number | 0656 |
| 授課教師 | 李華璋 | Instructor | LEE,HUA CHANG |
| 中文課名 | 適應與心理衛生 | Course Name | Adjustment and Mental Health |
| 開課單位 | 生活與生涯類(日) | Department | |
| 修習別 | 選擇必修 | Required/Elective | Topics in Career and Social Skills |
| 學分數 | 2 | Credits | 2 |
| 課程目標 | 了解心理健康的意義及學習增進心理健康的方法 | Objectives | To understand the meanings and definitions of mental health . Also, Learn to improve the methods of personal mental health . |
| 教材 | | Teaching Materials | |
| 成績評量方式 | | Grading | |
| 教師網頁 | | | |
| 教學內容 | | Syllabus | |

尊重智慧財產權，請勿非法影印。