# 朝陽科技大學 092學年度第1學期教學大綱
# Adjustment and Mental Health 適應與心理衛生

| | | | |
|---|---|---|---|
| 當期課號 | 0657 | Course Number | 0657 |
| 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 | 短劇表演, 機構參訪, 講課 | Teaching Materials | drama playing, institude visiting, lecture |
| 成績評量方式 | 防衛機轉短劇表演 10%<br>機構訪問報告 20%<br>期中考 30% 期末考 30% 課堂參與 10% | Grading | drama play 10% final test 30% institude report 20% performance at class 10%<br>mid-test 30% |
| 教師網頁 | | | |
| 教學內容 | 1.使學習者了解適應的心理學機制及心理衛生之定義。<br>2.了解心理健康的意義,以及促進心理健康的方法。<br>3.了解各種心理衛生機構的功能與運作方式, 進而能運用各種心理衛生資源。 | Syllabus | This course is designed to<br>1.Understand the definition of mental health and the psychological mechanism of adjustment.<br>2.Learn the method that improve mental health.<br>3.Know the functions of mental health institudes. |

尊重智慧財產權，請勿非法影印。