朝陽科技大學 092學年度第2學期教學大綱
Career Planning 生涯規劃

當期課號	0657	Course Number	0657
授課教師	邱惟真	Instructor	CHIU,WEI CHEN
中文課名	生涯規劃	Course Name	Career Planning
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	協助學生瞭解生涯規劃的實質意義,探討生涯中的人生主題,並提供自我探索的機會,使學生瞭解自己的特質及需求,進而建構一個現實與理想兼顧的人生目標,踏實地面對自己的生活並追求自己的夢想	Objectives	To assist students in understanding the meaning of career and career planning and accomplishing their career goals. First, to help students assesment their personality,ablity and values for enhancing self-awareness ,and to discuss the issues of career. Finally, students could have their own dreams and pursue their dreams for the meaning of their life.
教材	演講, 專題報告, 工作坊訓練.	Teaching Materials	a lecture, a report on a designated topic, work shop.
成績評量方式	出席率, 作業, 專題報告.	Grading	attendance, home work, group report.
教師網頁			
教學內容	一 瞭解生涯規劃之意義, 二 進入他人之生涯發展, 三 釐清自身之生涯發展, 四 發展自我之生涯規劃.	Syllabus	1.Career Planning, 2.Career Development, 3.Try to see your career development, 4.Developing your career planning.

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