朝陽科技大學 093學年度第2學期教學大綱
Career Planning 生涯規劃

當期課號	0659	**Course Number**	0659
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	參考書籍: 一 誰該爲你的學習負責:培養自我發展(2003),台北:小知堂. 二 卓越生涯發展:二十一世紀上班族前程規劃(1996),台北:博覽.	**Teaching Materials**	
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.

尊重智慧財產權，請勿非法影印。