朝陽科技大學 093學年度第2學期教學大綱
Mental Health 心理衛生

當期課號	2105	Course Number	2105
授課教師	劉麗薇	Instructor	LIU,LI WEI
中文課名	心理衛生	Course Name	Mental Health
開課單位	社會工作系(四日)一B	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	本課程主要是將心理學知識運用到日常生活領域，所以內容主要是從心理學的觀點說明生活的事件，諸如自我概念、壓力、人際關係、異常行爲、生活適應及自我成長等議題。課程目標在協助本身瞭解自己的生活問題並擁有較好的適應能力，並將協助社會工作者瞭解一般人的生活困境，有助於未來的專業助人工作。	Objectives	This class will introduce the knowledge of psychology that is related to everyday life, so it could help students know how to face and solve their own problems in life. We will discuss the issues about self-concept, pressure, interpersonal relationships, abnormal behaviors, life-adjustment and self-growth and so on. Students would realize the difficulties about life and learn skills for adopting the environment; in addition, as a social worker, they could improve their ability of helping people in professional work.
教材	未定	Teaching Materials	
成績評量方式	出席 15% 平時表現 10% 自我檢核 20% 團體報告 20% 小組討論 10% 期中末考 25%	Grading	Attendance 15% Class Participation 10% Self-Check 20% Team Paper 20% Group 10% Mid-term and Final 25%
教師網頁			
教學內容	心理衛生與生活適應的意義 人類行爲與發展 自我概念 性別角色 壓力 人際關係 性行爲 異常行爲 自我調適 人生意義探索	Syllabus	Mental Hygiene and life-adjustment Human behaviors Self-Concept Sexual roles Pressure Interpersonal relationships Sexual Behavior Abnormal behavior Self-adjustment The meaning of life

尊重智慧財產權，請勿非法影印。