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

當期課號	3354	Course Number	3354
授課教師	林平烘	Instructor	,
中文課名	適應與心理衛生	Course Name	Adjustment and Mental Health
開課單位	社會工作系(四進)三A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	如何界定「適應」？如何評量「心理衛生」？如何達到適應的境界？如何發展健康的心理？心理衛生對我們生命有什麼影響？有哪些關鍵性因素影響適應？影響心理衛生？這一連串的問題將逐步在課堂上討論。教學目標除了學習適應與心理衛生之心理及社會基礎外，同學也將運用理論，實際自我評量。	Objectives	What does it mean to be well-adjusted and mentally healthy? How is this achieved and what factors play a role -- positively and negatively. What is the practical significance of these issues on a day-to-day basis and can they be used to promote self-awareness?
教材	1.適應與心理衛生(俞筱鈞1996) 揚智出版社 2.心理衛生與適應 (王以仁 林淑玲 駱芳美 1997)　心理出版社 3.超越生活危機健康心理管理(曾華源 郭靜晃)揚智出版社	Teaching Materials	
成績評量方式	出席率與課堂參與 10% 2.期中考 40% 3.期末報告 50%	Grading	attending 10% , Midterm Exam 40% , Final Report 50%
教師網頁			
教學內容	介紹心理健康的意義和重要性。瞭解挫折與衝突，憤怒與攻擊，人際關係，感情、婚姻與家庭生活，壓力與調適之意義，並學習發展自我成長與實現。	Syllabus	The contents of this course include the introduction of the meaning and the important of mental health. Understand the meaning of frustration and conflict, anger and attacks,human relation,love marriage and family lives,stress and justment,also, learn to develop personal growth and self actualization.

尊重智慧財產權，請勿非法影印。