朝陽科技大學 094學年度第2學期教學大綱
Mental Health 心理衛生

當期課號	1919	Course Number	1919
授課教師	李克明	Instructor	LEE,KEH MING
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	劉若蘭(2005)：心理衛生概要(二版)。台北：偉華書局。	Teaching Materials	
成績評量方式	1.課堂參與及討論（20%） 2.期中考試（40%） 3.期末考試（40%）	Grading	1.Class attendance and discussion（20%） 2.Midterm（40%） 3.Final exam（40%）
教師網頁			
教學內容	本課程首先介紹心理衛生學的領域與架構，再詳細探討心理衛生學的各項議題。主要目的在於幫助學生認識心理衛生學的理論，包括心裡適應、壓力管理、人際關係等，且活用理論探索、覺察自己，未來更能運用這些知識於日常生活。	Syllabus	This course is beginning with introducing areas and structures of mental hygiene, followed by detailed exploration of various topics in metal hygiene, including psychological adaptation, pressure management, and interpersonal relationship. The main goal is to help students recognize theories about this subject and apply the knowledge to the daily life.

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