朝陽科技大學 095學年度第1學期教學大綱
Career Planning 生涯規劃

當期課號	0085	Course Number	0085
授課教師	劉麗薇	Instructor	LIU,LI WEI
中文課名	生涯規劃	Course Name	Career Planning
開課單位	生活智能課群(日)	Department	
修習別	選擇必修	Required/Elective	Topics in Life, Society ,and Science
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		Teaching Materials	
成績評量方式	出席 15% 平時表現 10% 自我探索 20% 上課心得 15% 團體討論 10% 圓夢計劃 30%	Grading	attendance 15% Class Participation 10% self-exploration 20% class paper 15% group discussion 10% career planning 30%
教師網頁	劉麗薇 朝陽科技大學通識教育中心專任講師		
教學內容	主題內容 1. 探討生涯規劃 2. 揭開自我密碼 3. 形成職業目標 4. 漫談兩性生涯觀 5. 成爲社會新鮮人	Syllabus	Career Planning Discover self Find Your Vocation The new Relationships between men and women To be a Worker

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