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	0100	**Course Number**	0100
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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