朝陽科技大學 095學年度第2學期教學大綱
Mental Health 心理衛生

當期課號	3697	**Course Number**	3697
授課教師	林明寬	**Instructor**	LIN,MING KUAN
中文課名	心理衛生	**Course Name**	Mental Health
開課單位	社會工作系(四進)二A	**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	生命抉擇與個人成長 (I never knew I had a choice) G. Corey et.al. 著 黃慧真等譯 雙葉書廊出版	**Teaching Materials**	The life choice (I never knew I had a choice) G. Corey et.al. Huang Huichen and so on is translating double Ye Shulang with individual growth to publish
成績評量方式	期末分組書面報告 30% 期中考 30% 期末考 30% 出席成績 10%	**Grading**	At the end of the semester grouping written report 30%, in the time tests 30%, at the end of the semester tests 30%, the attendance result 10%
教師網頁			
教學內容	一 個人學習與成長:導言 二 回顧你的童年與青春期 三 成年期與自主 四 你的身體與健康 五 處理壓力 六 愛 七 關係 八 做一個你想做的女人或男人 九 性 十 工作與休閒 十一 孤單與獨處 十二 死亡與失落	**Syllabus**	1. Individual study and growth: Introduction 2. Reviews your childhood and the puberty 3. The adult stage and is independent 4. Your body and health 5. Treating pressure 6. Loves 7. Relates 8. Is woman or man which you wants to do 9. Nature 10. Work and leisure 11. Lonelily with lives alone 12. The death with loses

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