朝陽科技大學 096學年度第1學期教學大綱
Self-Exploration 自我探索

當期課號	3692	Course Number	3692
授課教師	林明寬	Instructor	LIN,MING KUAN
中文課名	自我探索	Course Name	Self-Exploration
開課單位	社會工作系(四進)一A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	我們總以爲自己最瞭解自己。也許，我們清楚我們想要別人怎麼看我們，知道別人要我們成爲什麼樣的人，或害怕成爲哪種人，但是，我們真的知道我們是誰嗎？答案是否定的。 事實上，現代心理學一再告訴我們，我們對自己的瞭解充滿了無知。本課程將運用夢、心理學理論、冥想、身體動作、以及互動討論，使學生能探索他們的潛意識，增進自我瞭解與問題解決能力。	Objectives	The one thing we assume we know the most about is ourselves. We may know who we"d like other people to think we are, who others have told us we should be, or who we"re afraid we"ll become.? But do we actually know who we are?? No.? Modern psychology tells us we do not.? It is, in fact, the area of our greatest and most complete ignorance. This course will employ dreams, psychological theories, meditations, body techniques, and class discussion to enable students to explore their own unconscious mind and facilitate their abilities of self-understanding and problem solving.
教材	1.黃慧真、簡麗姿、陳嘉鳳譯（2005）：生命抉擇與個人成長。台北市：雙葉書廊。 2.葉彥君譯（2002）：公主向前走。台北市：方智出版社。 3.王石珍譯（2000）：爲自己出征。台北市：方智出版社。	Teaching Materials	
成績評量方式	1.課堂參與及討論（40%） 2.每週作業單（60%）	Grading	1.Class attendance and discussion（40%） 2.Weekly assignments（60%）
教師網頁	_		
教學內容	本課程透過團體活動與分享，瞭解人己關係，以及過去成長經驗對個人的影響。藉由經驗性的活動，增加自我瞭解。主要內容包括思考自己生命的各種可能性；理解過去生活經驗對人生各發展階段的影響；成人生命中有關身體健康、壓力管理、愛情、關係、成爲心目中的自己、性、工作與休閒、孤獨與獨處、死亡和失落等議題；個人生命的意義和價值；追求成長的多種方式。	Syllabus	This course is to understand interrelationship and influence of growth experience on individual, through group activities and sharing. The main content is related to increasing self-understanding, including thinking about various probabilities of life, understanding the effect of living experience on every developmental stage, the issues on adult life such as health, pressure management, love, relationship, becoming the person that one expect to be, sex, working and leisure, solitary and living alone, death and lost, meaning and value of life, and various ways of pursuing growth.

尊重智慧財產權，請勿非法影印。