朝陽科技大學 096學年度第2學期教學大綱
Mental Health 心理衛生

當期課號	3595	Course Number	3595
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)一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" Explorations in personal growth(7E) 作者: Gerald Corey & M. S. Corey 譯者: 黃慧真,簡麗姿,陳嘉鳳 出版社: 雙業書廊	Teaching Materials	"I never knew I had a choice" Explorations in personal growth(7E) Editor : Gerald Corey & M.S. Corey
成績評量方式	分組報告(以小組爲單位):20% 期中考:30% 期末考:30% 出席率與平時表現:20%	Grading	group report : 20% midterm : 30% final exam : 30% the rate of attendance : 20%
教師網頁			
教學內容	一.個人成長與學習: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.愛與性 七.關係 八.做一個你想做的女人或男人 九.工作與休閒 十.孤單與獨處 十一.失落與死亡	Syllabus	1. Introduction to personal growth and learning 2. Review your childhood and puberty 3. Adulthood and autonomy 4. Your body and health 5. Manage your stress 6. Love and sex 7. Relationship 8. To be a man or woman you want 9. Work and leisure 10. Lonelyness and to be with yourself 11. Lose and death

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