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

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| 當期課號 | 9084 | Course Number | 9084 |
| 授課教師 | 張曉佩 | Instructor | CHANG,HSIAO PAI |
| 中文課名 | 心理衛生 | Course Name | Mental Health |
| 開課單位 | 心理與自我成長課群(進) | Department | |
| 修習別 | 選擇必修 | Required/Elective | Topics in Psychology and Self Growth |
| 學分數 | 2 | Credits | 2 |
| 課程目標 | 了解心理健康的意義及學習增進心理健康的方法 | Objectives | To understand the meanings and definitions of mental health . Also, Learn to improve the methods of personal mental health . |
| 教材 | 王以仁、林淑玲、駱芳美(民95)。心理衛生與適應(第2版)。台北：心理。 | Teaching Materials | |
| 成績評量方式 | 一、課堂參與(30%)：準時出席、課堂參與。二、個別報告(30%)：選擇三篇關於心理衛生的時事新聞閱讀，撰寫心得報告，並於期中考週進行口頭報告。<br>三、期末考(40%)：解釋名詞與問答題。 | Grading | 1.class participation(30%):attendance and involved2.individual paper(30%):reading three papers about mental health, writing individual paper and presentation3.final exam(40%) 。 |
| 教師網頁 | | | |
| 教學內容 | 一1.課程定向2.心理衛生的意義、目的與演變<br>二、挫折與衝突<br>三、角色、壓力與適應<br>四、焦慮與憂鬱五、憤怒與攻擊<br>六、人格特質、思考方式、情緒與心理適應七、異常行爲的定義與類別（一）<br>八、異常行爲的定義與類別（二）<br>九、電影賞析（一）<br>十、電影賞析（二）與分組討論<br>十一、人際關係與心理適應<br>十二、感情、婚姻與家庭生活<br>十三、生涯發展（一）<br>十四、生涯發展（二）<br>十五、工作與休閒<br>十六、自我成長與實現<br>十七、期末考週 | Syllabus | 1.(1)orientation(2)the meaning, goal and evolution of mental health<br>2.frustration and conflict<br>3.role, stress and adjustment<br>4.anxiety and depression<br>5.anger and aggression<br>6.personality, thinking style and mental adjustment<br>7.emotion and mental adjustment<br>8.the meaning and category of abnormal behavior<br>9.movie(1)<br>10.movie(2) and group discussion<br>11.interpersonal relationship and mental adjustment<br>12.marriage and family<br>13.carrer development(1)14.carrer development(2)<br>15. work and leisure<br>16.self-growth and accomplishment<br>17.final exam |

尊重智慧財產權，請勿非法影印。