朝陽科技大學 097學年度第2學期教學大綱
Adjustment and Mental Health 調適與心理衛生

當期課號	2394	Course Number	2394
授課教師	陳斐虹	Instructor	CHEN,FEI HUNG
中文課名	調適與心理衛生	Course Name	Adjustment and Mental Health
開課單位	社會工作系(四日)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	林彥妤、郭利百加等譯（1996）心理衛生：現代生活的心理適應。台北市桂冠圖書公司。(暫定) 羅惠筠等譯（1994）現代心理學-生活適應與人生成長。台北：美亞書版股份有限公司。(暫定)	Teaching Materials	
成績評量方式	期中考(30%) 期末考(30%) 作業(30%) 出席及參與討論(10%)	Grading	Mid-term exam(30%) Final-term exam(30%) Assignments(30%) Class participation and discussions(10%)
教師網頁			
教學內容	1.心理衛生概論與理論 2.自我概念與自尊 3.焦慮、壓力與防衛機轉 4.人際關係 5.異常行爲 6.生活適應及自我成長	Syllabus	1.Mental health introduction and theory 2.Self-concept and self-esteem 3.Anxiety 、stress and defense mechanisms 4.Interpersonal relationships 5.Abnormal behaviors 6.Life-adjustment and self-growth

尊重智慧財產權，請勿非法影印。