朝陽科技大學 098學年度第1學期教學大綱
Self-Exploration and Careers in Social Work 自我探索與社會工作生涯

當期課號	2514	Course Number	2514
授課教師	翁樹澍	Instructor	WONG,SHU SHU
中文課名	自我探索與社會工作生涯	Course Name	Self-Exploration and Careers in Social Work
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	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。 本課程主要目的在協助同學探索自我，瞭解工作世界，並學習規劃畢業後之生涯發展，進而體認生涯與生活之意義。藉由個人對自己興趣、特質、能力、價值觀念、優點、及限制各方面的認識，及對外在工作環境的瞭解，透過本課程學習做決定的技巧，瞭解自己的決策風格，並規劃現在及未來生活。	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. The aim of this course is to introduce the basic factors of career, various of career, to realize the philosophy of life and vocation. Furthermore, assist student to adopt personal ability and value to develop the individual career map, otherwise the career of social work will be emphasized.
教材	李茂興（民87）追求未來與過去。台北：弘智文化	Teaching Materials	
成績評量方式	（一）平時成績 30% （二）六次平時作業 30% （三）期末報告 40%	Grading	1.disscussion 20% 2.group report, 40% 3.midterm reoprt (20%) 4.final report (20%)
教師網頁	_		
教學內容	本課程討論以下主題：追求自主權的挑戰；性別角色、兩性關係；平衡工作與休閒；保持健康的身新狀態；壓力的管理；愛、性和親密關係；孤獨與獨處；接納死亡和失落。	Syllabus	The question "Who am I? " would be the core focus of this class. Every explorative activities would help to know oneself better.

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