# 朝陽科技大學 099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

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| 當期課號 | 2277 | Course Number | 2277 |
| 授課教師 | 洪健胤 | Instructor | |
| 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 | 我們總以為自己最瞭解自己。也許，我們清楚我們想要別人怎麼看我們，知道別人要我們成為什麼樣的人，或害怕成為哪種人，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。<br>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.<br>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 | 生命抉擇與個人成長（譯者：黃慧貞、簡麗姿、陳嘉鳳；雙葉書郎有限公司出版） | Teaching Materials | Life choices and personal growth (Gerald Corey, Marianne Schneider Corey, and a; Huang Huizhen, Jane Ricci, Chen Jiafeng, who translated;YEH YEH BOOK GALLERY publishing; ISBN 986-7497-55-4) |
| 成績評量方式 | 1.平時成績（含出席記錄）20%<br>2.小組討論與報告 20%<br>3.個人交讀書心得一篇 20%<br>4.個人期末報告（主題） 40% | Grading | 1. Usually results (including attendance) 20%<br>2. 20% of group discussions and reports<br>3. Personal reading experience a 20% pay<br>4. Individual Final Report (Topics) 40% |
| 教師網頁 | | | |
| 教學內容 | 課程綱要：<br>課程大綱介紹<br>什麼是自我？<br>猜猜我是誰--自我概念<br>自我探索--我的人格特質<br>自我探索--我的價值觀<br>我的重要他人--人際關係<br>我愛你--兩性關係<br>我可愛的家--原生家庭<br>天邊的飛雲--我的心情<br>我的自我—田納西自我概念<br>傾聽身體之歌--給自己打分數<br>認識自己--自我畫像<br>我就是我--自我肯定<br>勇敢作自己<br>我是誰--我的故事 | Syllabus | Course Outline Introduction<br>What is self?<br>Guess Who --- self-concept<br>Self-exploration of my personality ---<br>The values of self-exploration --- I<br>My significant others - interpersonal relations<br>I love you - gender relations<br>My lovely family - family of origin<br>Fei horizon - my heart<br>My self - Tennessee Self Concept<br>Listening to the body of the song - give yourself a grade<br>Understanding of their own - self-portrait<br>I'm me - self-esteem |

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| | | | Brave for their own<br>Who am I? My story |

尊重智慧財產權，請勿非法影印。