

朝陽科技大學 099學年度第1學期教學大綱
Emotional Management of Teachers 教師情緒管理

當期課號	8014	Course Number	8014
授課教師	陳蕙如	Instructor	CHEN,I JU
中文課名	教師情緒管理	Course Name	Emotional Management of Teachers
開課單位	師資培育中心(幼教學程)二B	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	本課程主要目的是讓老師從情緒理論、情緒模式之中、進而探討情緒及了解一些紓解情緒的方法，藉由以上幾個方法增強老師在情感、情緒感受和精神層面等等之情緒管理技巧；在本課程中也將介紹頭腦/身體/精神的相互關係和新興科學及微妙的心理神經剖析並強調體驗探索許多情緒之應對技巧及放鬆技巧。	Objectives	The purpose of this course is to give teachers a thorough investigation into the theories, models, methods and skills that enhance a teacher's mental, emotional, and spiritual levels. Mind/Body/Spirit interrelationships and emerging sciences of psychoneuroimmunology and subtle anatomy will be introduced. Experiential exploration of numerous coping skills and relaxation techniques is emphasized.
教材	教科書，自備教材資料	Teaching Materials	textbook, handout
成績評量方式	1.個案討論與分享30% 2.情緒管理活動 40% 3.學期報告30%	Grading	1.Case-study 30% 2.Emotional Management 40% 3.position paper 30%
教師網頁	-		
教學內容	本課程著重於認知及認知行為互動（經常被務認為標題“社會技能”），重點放在教學生如何改變與管理他們自己的行為。由於以前的知識和了解，傳統的行為（操作性）的概念和戰略需要，建議先認識這門課程中介召教師的行為管理課程，學習基本的術語和概念的行為管理。	Syllabus	This course focuses on cognitive and cognitive-behavioral interventions (often lumped together under the rubric "social skills") with an emphasis on teaching students how to change and manage their own behavior. Since previous knowledge and understanding of traditional behavioral (operant) concepts and strategies is required, it is strongly recommended that an introductory behavior management course to learn the basic terms and concepts of teacher behavior management.

尊重智慧財產權，請勿非法影印。