

**朝陽科技大學 099學年度第2學期教學大綱**  
**Interpersonal Relationship and Communication 人際關係與溝通**

<b>當期課號</b>	9054	<b>Course Number</b>	9054
<b>授課教師</b>	蔡慧玲	<b>Instructor</b>	TSAI,HUI LIN
<b>中文課名</b>	人際關係與溝通	<b>Course Name</b>	Interpersonal Relationship and Communication
<b>開課單位</b>	心理與自我成長課群(進)	<b>Department</b>	
<b>修習別</b>	選擇必修	<b>Required/Elective</b>	Topics in Psychology and Self Growth
<b>學分數</b>	2	<b>Credits</b>	2
<b>課程目標</b>	課程目標在於協助學生建立適當的人際關係態度，培養良好的人際溝通能力，學習處理自己的人際問題，進而減少個人困擾，增進社會知識。故課程將介紹關係的形成及其重要性，並探討溝通的技巧，說明人際衝突的處理模式，並分析各種人際關係類型的特質。	<b>Objectives</b>	This class is concerned with the establishment of an adequate interpersonal relationship, the capacity of communication and the resolution of relationship problems. To raise the students to be effective communicators, critical thinkers and problem solvers, self-directed learners, and involved, contributing citizens, we will discuss communication skills, interpersonal conflicts and types of interpersonal relationships.
<b>教材</b>	1.傅清雪(2006)，人際關係與溝通技巧，台北：高立。 2.徐西森、連廷嘉、陳仙子、劉雅瑩(2002)，人際關係的理論與實務，台北：心理。 3.周談輝、吳文憲(2005)，人際關係與溝通，台北：全華科技。 4.邱美華(2008)，人際關係與溝通，台北：楊智文化。	<b>Teaching Materials</b>	1. Interpersonal Relations and Communication skill. 2. Theory and Practice of Interpersonal Relations. 3. Interpersonal Relations and Communication. 4. Interpersonal Relations and Communication. Yang-Chih Book Co.
<b>成績評量方式</b>	期中考 30% 期末報告 40% 課堂表現 30%	<b>Grading</b>	Mind Term Exam 30% Final Reports 40% Participation 30%
<b>教師網頁</b>	-		
<b>教學內容</b>	1.人際溝通的基礎(如語言、非語言溝通) 2.實用的人際關係與溝通 3.人際衝突的解決	<b>Syllabus</b>	1. The foundation of Interpersonal Communication, ex language and nonverbal communication. 2. Practical Interpersonal Relations and Communication. 3. Interpersonal conflict to solve.

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