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開課班級：四熱農二A

授課老師：廖珮如

學分數：2

課程大綱：

本課程旨在全面介紹心理健康與福祉的基本概念。學生將探索壓力與情緒的生理及心理層面，學習辨識如憂鬱、焦慮等常見的心理健康狀況，並理解成癮與飲食失調等議題。課程設計旨在挑戰與心理疾病相關的污名，並使學生具備實用的自我照顧策略、正念技巧及壓力應對模式。課程重點將放在建立復原力、培養健康的人際關係，以及學習如何提供心理急救。最終目標是賦予學生能力，以改善自身的心理福祉，並為營造一個具支持性的友善校園環境做出貢獻。

outline:

This course provides a comprehensive introduction to the foundational concepts of mental health and well-being. Students will explore the physiological and psychological aspects of stress and emotions, learn to identify common mental health conditions such as depression and anxiety, and understand issues like addiction and eating disorders. The curriculum is designed to challenge the stigma associated with mental illness and equip students with practical self-care strategies, mindfulness techniques, and stress-coping models. A key focus is on building resilience, fostering healthy relationships, and learning how to offer mental health first aid. The ultimate goal is to empower students to improve their own mental well-being and contribute to a supportive and friendly campus environment.

教學型態:

課堂教學+小組討論

成績考核方式:

平時成績:25%

期中考:35%

期末考:40%

其它:%

本科目教學目標:

Upon completion of this course, students will be able to: Understand the importance of mental health. Learn to identify emotional states and psychological conditions in themselves and others. Challenge the stigma related to mental health illness. Develop self-caring strategies and stress-coping models to improve mental well-being. Offer first aid to others and understand the importance of professional community resources. Promote a friendly environment for mental health support on campus. Teaching Methods:

參考書目:



課程進度表：

週次	起訖月日	授課單元(內容)	備註
第1週	9.08~9.15	Introduction to the course	8日正式上課。8~12日課程加退選，轉學(系)生、復學生及延修生選課，雙主修、輔系申請，12日申辦抵免學分截止日
第2週	9.15~9.22	Introduction to Mental Health	
第3週	9.22~9.29	Mental Health with Gender Sensitivity (1)	28日(日)孔子誕辰紀念日/教師節(放假),29日(一)補假
第4週	9.29~10.06	Mental Health with Gender Sensitivity (2)	29日成績優異提前畢業者提出申請截止日
第5週	10.06~10.13	The physiology and psychology of stress	6日(一)中秋節(放假)，10日(五)國慶日(放假)
第6週	10.13~10.20	The physiology and psychology of emotions	14日學生宿舍安全輔導暨複合式防災疏散演練。18日多益測驗
第7週	10.20~10.27	Why is sleeping, nutrients, and exercises important to mental health?	24日(五)補假，25日(六)光復暨古寧頭大捷日(放假)。
第8週	10.27~11.03	Mindfulness and self-care techniques	30日校課程委員會
第9週	11.03~11.10	Submission of mid-term individual projects.	3~9日期中考試
第10週	11.10~11.17	The neuroscience of addiction and coping-strategies	13日教務會議,16日教師期中成績上網登錄截止日
第11週	11.17~11.24	Eating disorders and body image issues	
第12週	11.24~12.01	The signs and symptoms of depression and anxiety	24~28體育運動週。24日校園路跑。27日運動大會夜間開幕，28日運動大會活動，29日101週年校慶活動日，照常上班
第13週	12.01~12.08	Keynote speech: LGBTQ+ people and multi-traumas	
第14週	12.08~12.15	Keynote speech: Medical social work in a psychiatry specialised hospital	12日申請停修課程截止日
第15週	12.15~12.22	Boosting up 'resilience' and protective factors in the social environment	
第16週	12.22~12.29	Oral Presentation (1)	22日校務會議。25日行憲紀念日(放假)
第17週	12.29~1.05	Oral Presentation (2)	1日(四)開國紀念日(放假)
第18週	1.05~1.12	Submission of Final Group Project	5~11日期末考試，10~11日學生退宿