國立中興大學健康及諮商中心

班級輔導申請表

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 申請人 |  | | | | | 輔導系級 | | | |  | | | | 填表日期 | | | 年 月 日 | | | | | |
| Email |  | | | | | | | | | | | | | 手機 | | |  | | | | | |
| 班輔地點 |  | | | | | | | | | | | | | 班級人數 | | | \_\_\_\_\_\_ 人 | | | | | |
| 器材檢核 | 🞏投影機 🞏電腦/NB 🞏麥克風及音響 (請勾選教室具備之器材) | | | | | | | | | | | | | | | | | | | | | |
| 班輔時間 |  | 年 |  | 月 | |  | 日 |  | 時 | |  | 分 | 至 |  | 時 |  | | 分 | ， | 共 |  | 分鐘 |
| 1. 班輔時間**至少50分鐘，至多100分鐘** 2. **請勾選一個議題**，承辦人受理申請後，將再與申請人討論確定實際授課內容。 3. 若下列選項中無合適之議題，請來電與承辦人討論。 | | | | | | | | | | | | | | | | | | | | | | |
| 主題分類 | | | | | 相關議題(詳見下頁說明) | | | | | | | | | | | | | | | | | |
| A.身心健康 | | | | | 🞏認識精神疾病 🞏悲傷輔導 🞏自傷自殺預防 | | | | | | | | | | | | | | | | | |
| B.人際關係 | | | | | 🞏人際關係經營 🞏認識溝通風格 | | | | | | | | | | | | | | | | | |
| C.生涯探索 | | | | | 🞏生涯規劃 🞏生涯相關量表心理測驗 | | | | | | | | | | | | | | | | | |
| D.自我探索 | | | | | 🞏自我探索 🞏心理測驗 | | | | | | | | | | | | | | | | | |
| E.情感與性別 | | | | | 🞏親密關係 🞏性騷擾/性侵害預防 | | | | | | | | | | | | | | | | | |
| F.情緒與壓力 | | | | | 🞏情緒管理 🞏壓力調適 🞏紓壓放鬆 | | | | | | | | | | | | | | | | | |
| G.學業適應 | | | | | 🞏時間管理 🞏學習適應 | | | | | | | | | | | | | | | | | |
| * 請將申請表寄至健諮中心信箱（counsel@dragon.nchu.edu.tw），主旨為「申請班級輔導」。 * 聯絡電話：04-2284-0241分機39，傳真：04-2285-9915。 | | | | | | | | | | | | | | | | | | | | | | |
| * 預約須知：  1. 申請班級輔導，請於**20天前**申請，預約後3個工作天內院系輔導人員將以電話或E-mail方式聯絡，詳細確認細節，**請留下手機與E-mail資訊**。 2. 班輔時間：週一到週四9：00~16：00。   週五9：00~16：00。   1. 班輔時間若有更動或取消，請務必在**7天前**告知。 2. 每個科系一學期限申請一次為原則。 | | | | | | | | | | | | | | | | | | | | | | |

班級輔導相關議題說明

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| 身心健康 | 1. 認識精神疾病：介紹憂鬱症、躁鬱症及焦慮症…等常見精神疾患，幫助同學及早覺察自我身心狀態，達到早期預防。 |
| 1. 悲傷輔導：協助同學接受失落的事實，表達內心的感受，重新適應亡者離開的世界，班級中有同學非預期死亡，如自殺、意外、車禍等。 |
| 1. 自傷/自殺預防：協助同學認識自殺前兆及求助管道，共同成為自殺防治守門人。 |
| 人際關係 | 1. 人際關係經營：學習人際互動技巧，協助同學與他人建立關係。 |
| 1. 認識溝通風格：介紹常見的溝通類型，學習因應溝通方式。 |
| 生涯探索 | 1. 生涯規劃：藉由生涯規劃相關觀念，幫助同學達成生涯規劃的目標。 |
| 1. 生涯相關量表心理測驗：透過量表測驗，幫助同學了解自我興趣、自身價值觀、工作價值觀及生涯信念等，以作為生涯探索或規劃參考。 |
| 自我探索 | 1. 自我探索：協助同學探索自我，增進自我概念認識。 |
| 1. 心理測驗：透過各種量表測驗，增進同學對自我認識，如：人格量表、生活適應量表、人際行為量表…等。 |
| 情感與性別 | 1. 親密關係：學習親密關係經營、如何面對關係失落、辨識危險情人、防範親密關係暴力。 |
| 1. 性騷擾/性侵害預防：介紹性騷擾及性侵害相關概念，提升同學自我保護意識及求助知能。 |
| 情緒與壓力 | 1. 情緒管理：介紹情緒類型，學習辨識情緒能力、表達情緒及因應情緒的方法。 |
| 1. 壓力調適：探索自身壓力源，學習壓力調適方法。 |
| 1. 紓壓放鬆：透過多元紓壓活動，協助同學釋放身心壓力。 |
| 學業適應 | 1. 時間管理：協助同學了解時間管理的重要性及妥善分配時間。 |
| 1. 學習適應：協助同學提升學習專注力及了解高效率的學習方法。 |

National Chung Hsing University

Health and Counseling Center

Class Counseling Application Form

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| --- | --- | --- | --- | --- | --- | --- |
| Name |  | | Department |  | Date | (YYYY/MM/DD) |
| Email |  | | | | Phone No. |  |
| Class Location |  | | | | Headcount | \_\_\_\_student(s) |
| Equipment | 🞏Projector 🞏Computer/Laptop 🞏Microphone and speakers  (Please select all available in the classroom) | | | | | |
| Expectation Date and Time | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (YYYY/MM/DD), from \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_ (hh:mm); total of \_\_\_\_\_\_\_\_\_ minutes | | | | | |
| 1. Each class counseling session will last **from 50 to 100 minutes**. 2. Choose an issue, we’ll contact for further detail after receiving application. 3. Please contact us if none of the options below meets your needs. | | | | | | |
| Topic | | Issue (see next page for details) | | | | |
| A. Physical and Mental Health | | 🞏 Understanding mental illness  🞏 Grief counseling 🞏 Self-harm / Suicide prevention | | | | |
| B. Interpersonal Relationships | | 🞏 Interpersonal relationship management 🞏 Understanding communication styles | | | | |
| C. Career | | 🞏 Career planning | | | | |
| D. Self-Exploration | | 🞏 Self-exploration | | | | |
| E. Love and Gender | | 🞏 Intimacy 🞏 Sexual harassment/assault prevention | | | | |
| F. Emotions and Stress | | 🞏 Emotional management 🞏 Coping with stress 🞏 Stress relief and relaxation | | | | |
| G. Academic adaptation | | 🞏 Time management 🞏 Study adjustment | | | | |
| * Please send the completed application form to [counsel@dragon.nchu.edu.tw](mailto:counsel@dragon.nchu.edu.tw), *Re: Application for Class Counseling Service*. * 04-2284-0241 ext.#39 (Mandarin) or ext.#41 (English); Fax: 04-2285-9915. | | | | | | |
| Notice:   1. Please apply **20 days in advance** to use our services. We’ll contact you for further details within 3 working days after receiving your application. **Please provide your phone number and email**. 2. Services are available Monday to Friday from 9 AM to 4 PM. 3. A **7-day notice** is required for any changes or cancellations. 4. Every department has a maximum of one application per semester | | | | | | |

Description of Issues Discussed in Class Counseling

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| --- | --- |
| Physical and Mental Health | Understanding mental illness: Introduce depression, bipolar disorder, anxiety, and other common mental illness to help students identify their mental health status early and facilitate prevention. |
| Grief counseling: Help coping with unexpected death from suicide or a (traffic) accident of a classmate, process the sudden loss, and express their inner feelings. |
| Self-harm/suicide prevention: Help to better understand the warning signs of suicide and available lifeline resources, becoming suicide prevention gatekeeper together. |
| Interpersonal Relationships | Interpersonal relationship management: Teach interpersonal skills and help build relationships. |
| Understanding communication styles: Introduce common types of communication and learn how to respond or interact. |
| Career | Career planning: Through career exploring, planning and pursuing discussion, help students to better achieved career goal. |
| Self-Exploration | Self-exploration: Guide students on a journey to explore and better understanding themselves. |
| Love and Gender | Intimacy: Teach students to manage intimacy relationship, cope with loss, recognizing warning signs of abuse, and prevent violence. |
| Sexual harassment/assault prevention: Introducing concepts, the importance of self-protection, and the knowledge/ability to seek help and support. |
| Emotions and Stress | Emotional management: Introduce different types and teach students to recognize, express, and respond to emotions. |
| Coping with stress: Identify stressors and teach coping methods. |
| Stress relief and relaxation: Help relieve physical and mental stress through various activities. |
| Academic adaptation | Time management: Help students understanding the importance of time management and teach them to allocate their time properly. |
| Study adjustment: Through practice or activities to help student raise the concentration and efficient of study. |