國立中興大學 健康及諮商中心 班級輔導申請表

National Chung Hsing University Health and Counseling Center

Class Counseling Application Form

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| --- | --- | --- | --- | --- | --- |
| 申請人Name |  | 輔導系級Department/Class |  | 填表日期Date |  年 月 日 (yyyy/mm/dd) |
| 電子信箱Email |  | 手機Phone No. |  |
| 班輔地點Class Location |  | 班級人數Headcount | \_\_\_\_\_\_ 人/student(s) |
| 器材檢核Equipment | 🞏投影機 Projector 🞏電腦/NB Computer/Laptop 🞏麥克風及音響 Microphone and speakers (請勾選教室具備之器材 Please select all available in the classroom) |
| 班輔時間Expectation Date and Time |  年(year) 月(month) 日(date) 時(hour) 分(minutes) 至(to)  時(hour) 分(minutes) ，共(total) 分鐘(minutes)。 |
| 1. 班輔時間**至少50分鐘，至多100分鐘**

Each class counseling session will last **from 50 to 100 minutes**.1. **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。

Choose an issue, we’ll contact for further detail after receiving application.1. 若下列選項中無合適之議題，請來電與承辦人討論。

Please contact us if none of the options below meets your needs. |
| 主題分類 Topic | 相關議題(詳見下頁說明) Issue (see next page for details) |
| 1. 身心健康

Physical and Mental Health | 🞏認識精神疾病 Understanding mental illness 🞏悲傷輔導 Grief counseling 🞏自傷自殺預防 Self-harm / Suicide prevention |
| 1. 人際關係

Interpersonal Relationships | 🞏人際關係經營 Interpersonal relationship management🞏認識溝通風格 Understanding communication styles |
| 1. 生涯探索

Career | 🞏生涯規劃Career planning 🞏生涯相關量表心理測驗 Career planning psychological assessments |
| 1. 自我探索

Self-Exploration | 🞏自我探索 Self-exploration 🞏心理測驗 Self-exploration psychological assessments |
| 1. 情感與性別

Love and Gender | 🞏親密關係 Intimacy 🞏性騷擾/性侵害預防 Sexual harassment/assault prevention |
| 1. 情緒與壓力

Emotions and Stress | 🞏情緒管理 Emotional management 🞏壓力調適 Coping with stress 🞏紓壓放鬆 Stress relief and relaxation |
| 1. 學業適應

Academic adaptation | 🞏時間管理 Time management 🞏學習適應 Study adjustment |
| * 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」。

Please send the completed application form to counsel@dragon.nchu.edu.tw, *Re: Application for Class Counseling Service*.* 聯絡電話：04-2284-0241分機39，傳真：04-2285-9915。

04-2284-0241 ext.#39 (Mandarin) or ext.#41 (English); Fax: 04-2285-9915. |
| * 預約須知(Notice)：
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**。

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**.1. 班輔時間：週一到週四9：00~16：00。

 週五9：00~16：00。 Services are available Monday to Friday from 9 AM to 4 PM.1. 班輔時間若有更動或取消，請務必在**7天前**告知。

A **7-day notice** is required for any changes or cancellations.1. 每個科系一學期限申請一次為原則。

Every department has a maximum of **one** application per semester. |

班級輔導相關議題說明

Description of Issues Discussed in Class Counseling

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| --- | --- |
| 身心健康Physical and Mental Health | 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。

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. |
| 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。

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. |
| 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。

Self-harm/suicide prevention: Help to better understand the warning signs of suicide and available lifeline resources, becoming suicide prevention gatekeeper together. |
| 人際關係Interpersonal Relationships | 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。

Interpersonal relationship management: Teach interpersonal skills and help build relationships. |
| 1. 認識溝通風格：介紹常見的溝通類型，學習因應溝通方式。

Understanding communication styles: Introduce common types of communication and learn how to respond or interact. |
| 生涯探索Career | 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。

Career planning: Through career exploring, planning and pursuing discussion, help students to better achieved career goal. |
| 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。

Career planning psychological assessments: Through psychological assessments help students to better achieved career goal. Only provide in mandarin. |
| 自我探索Self-Exploration | 1. 自我探索：協助同學探索自我，增進自我概念認識。

Self-exploration: Guide students on a journey to explore and better understanding themselves. |
| 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。

Self-exploration psychological assessments: Guide students on a journey to explore and better understanding themselves through psychological assessments. Only provide in mandarin. |
| 情感與性別Love and Gender | 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。

Intimacy: Teach students to manage intimacy relationship, cope with loss, recognizing warning signs of abuse, and prevent violence. |
| 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。

Sexual harassment/assault prevention: Introducing concepts, the importance of self-protection, and the knowledge/ability to seek help and support. |
| 情緒與壓力Emotions and Stress | 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。

Emotional management: Introduce different types and teach students to recognize, express, and respond to emotions. |
| 1. 壓力調適：探索自身壓力源，學習壓力調適方法。

Coping with stress: Identify stressors and teach coping methods. |
| 1. 紓壓放鬆：透過多元紓壓活動，協助同學釋放身心壓力。

Stress relief and relaxation: Help relieve physical and mental stress through various activities. |
| 學業適應Academic adaptation | 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。

Time management: Help students understanding the importance of time management and teach them to allocate their time properly. |
| 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。

Study adjustment: Through practice or activities to help student raise the concentration and efficient of study. |