



※ Lectures will be conducted in Mandarin

課程名稱 Topic	活動時間 Time	講 師 Speaker	場 地 Location	聯絡人 Contact	備 註 Note
紓壓與療心— 情緒管理與壓力調適 Stress Relief and Emotional Healing: Emotion Management and Stress Coping Strategies	03. 09 Mon 14:00-16:00	蔡毅樺 兼任助理教授 (暨南大學諮人系) Tsai, Yi-Hua Adjunct Assistant Professor (Dept. of Counseling and Human Services, National Chi Nan University)	雲平樓會議室 A Meeting room A, Yun Ping Building	程宇豐 Cheng, Yu-Feng	<ul style="list-style-type: none"> • 對象：全校教職員工 • Target audience: All faculty and staff of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time • 可報名人數 40 人 • Headcount: 40
身體的微型戰爭： 50 分鐘搞懂生理期與情緒密碼 The Body's Microscopic Battle: Understanding the Menstrual Cycle and Emotional Codes in 50 Minutes	03. 10 Tue 12:00-13:00	劉世明 醫師 (澄清綜合醫院平等院區 婦產科主治醫師兼主任) Liu, Shih-Ming Medical Doctor (Attending Physician and Director, Dept. of Obstetrics and Gynecology Cheng Ching General Hospital, Pingdeng Branch)	雲平樓 F12 階梯教室 Lecture Hall F12, Yun Ping Building	許文馨 Hsu, Wen-Hsinuan	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participants. <ul style="list-style-type: none"> • 提供教職員研習時數 1 小時 • Provide 1 hour of faculty study time • 可報名人數 80 人 • Headcount: 80
【導師輔導知能研習】 學生社交焦慮陪伴與理解 Supporting and Understanding Students with Social Anxiety	03. 11 Wed 10:00-12:00	許家綺 諮商心理師 (心蘊心理諮商所) Xiu, Chia-Chi Counseling Psychologist (Mellow Counseling Center)	健諮中心會議室 (惠蓀堂 1 樓) Health & Counseling Center Conference Room (Hui-Sun Auditorium 1F)	程宇豐 Cheng, Yu-Feng	<ul style="list-style-type: none"> • 對象：全校教職員工 • Target audience: All faculty and staff of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time • 可報名人數 20 人 • Headcount: 20
健康減重不復胖秘笈攻略 Secrets to Healthy Weight Loss and Long-Term Weight Retention	03. 11 Wed 13:30-15:00	營養麵包呂孟凡 營養師 (台北享新代診所) Nutritional Bread – Lu, Meng-Fan Nutritionist (Taipei Xiangxindai Clinic)	雲平樓 F12 階梯教室 Lecture Hall F12, Yun Ping Building	郭雅娟 Kuo, Ya-Chuan	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hours of faculty study time • 可報名人數 90 人 • Headcount: 90
翻牌吧！你的情緒正在出牌 - 情緒覺察桌遊工作坊 Flip the Cards! Your Emotions Are on the Table - Emotional Awareness Board Game Workshop	03. 13 Fri 14:00-17:00	施柏宇 社工師 (南投縣學生輔導諮商中心) Shih, Bo-Yu Social Worker (Nantou Student Guidance & Counseling Center)	雲平樓會議室 A Meeting room A, Yun Ping Building	張雅涵 Chang, Ya-Han	<ul style="list-style-type: none"> • 對象：全校學生 • Target audience: All students. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participants. <ul style="list-style-type: none"> • 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 40 人 • Headcount: 40
【優良導師講座】 陪伴學生們走讀人生風景 "Lecture on Excellent Advisor's Experience Sharing" Walking Alongside Students Through the Landscapes of Life	03. 17 Tue 14:00-15:00	林淑貞 特聘教授 (中國文學系) Lin, Shu-Chen Distinguished Professor (Dept. of Chinese Literature)	興憩小站 (圖書館五樓 508 室) Hsing Chill Station (Rm. 508, 5F, Library)	程宇豐 Cheng, Yu-Feng	<ul style="list-style-type: none"> • 對象：全校教職員工 • Target audience: All faculty and staff of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 1 小時 • Provide 1 hour of faculty study time • 可報名人數 15 人 • Headcount: 15
「醫窺生死：法醫與社會案例」 不是嚇你，是身體真的有在講話 "Medical Insights into Life and Death: Forensic Medicine and Social Cases" Not to freak you out, but your body is actually sending signals.	03. 19 Thu 09:30-12:00	高大成 醫師 (中山醫學大學附設醫院法醫科主任) Gao, Da-Cheng Medical Doctor (Director, Dept. of Forensic Medicine, Chung Shan Medical University Hospital)	國農大樓 1 樓 國際會議廳 1st Floor, International Conference Hall, International Agricultural Research Center	陳柿霓 Chen, Shih-Ni	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hours of faculty study time • 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 100 人 • Headcount: 100
眼睛要亮，背也要棒， 不然考試看不清+坐不直 Keep your eyes bright and your back strong, or you won't see clearly and can't sit straight during exams!	03. 24 Tue 09:00-11:00	林孟軒 醫師 (祥鶴中醫診所) Lin, Meng-Hsuan Medical Doctor (Xianghe Chinese Medicine Clinic)	健諮中心會議室 (惠蓀堂 1 樓) Health & Counseling Center Conference Room (Hui-Sun Auditorium 1F)	陳柿霓 Chen, Shih-Ni	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hours of faculty study time • 可報名人數 30 人 • Headcount: 30
關係中的愛之語： 當我們用彼此懂得的語言說愛， 親密才能真正發生 Love Language in Relationships : Intimacy can only truly occur when we express love in a language we both understand	03. 25 Wed 10:00-12:00	楊芳豪 諮商心理師 (慈光社區心理諮商所) Yang, Fang-Hao Counseling Psychologist (Tsu-Kuang Counseling Center)	雲平樓會議室 A Meeting room A, Yun Ping Building	張哲宇 Chang, Che-Yu	<ul style="list-style-type: none"> • 對象：全校學生 • Target audience: All students. <ul style="list-style-type: none"> • 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 45 人 • Headcount: 45
藥 U 知道，愛不迷失，共創 U 愛 Drug Abuse Prevention, Find Love, Not Confusion — "U=U" Love Together	03. 26 Thu 13:00-15:00	張淑惠 護理師 (臺中市北區衛生所) Chang, Shu-hui Registered Nurse (North District Health Center, Taichung City)	國農大樓 1 樓 國際會議廳 1st Floor, International Conference Hall, International Agricultural Research Center	蔡沁瑩 Tsai, Chin-Ying	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> • 提供教職員研習時數 2 小時 • Provide 2 hours of faculty study time • 可報名人數 50 人 • Headcount: 50
急救教育訓練 (BLS 證書) CPR+AED 實作課程 Emergency First Aid Training (BLS Certification) CPR and AED Hands-on Training Course	04. 17 Fri 08:40-13:00	社團法人台灣災難醫療隊發展 協會講師群 Association of Taiwan Disaster Medical Team Development Lecturers	雲平樓 F12 階梯教室 Lecture Hall F12, Yun Ping Building	許文馨 Hsu, Wen-Hsinuan	<ul style="list-style-type: none"> • 對象：全校教職員生 • Target audience: All faculty, staff, and students of the school. • 事先報名者提供餐食 • Meals will be provided for participants who register in advance. • 報名審核通過者須提供個人資料以利製作證書 • Those who pass the registration review must provide personal information to facilitate the production of the certificate. • 欲取得 BLS 證書者，需現場繳交 100 元證書費 • Participants who wish to obtain a BLS certificate are required to pay a NT\$100 certificate fee on-site. <ul style="list-style-type: none"> • 提供教職員研習時數 4 小時 • Provide 4 hour of faculty study time • 可報名人數 96 人 • Headcount: 96

3月

4月

<p>花語：綻放夠好的自己—手作花藝工作坊 Floriography: Embrace being enough-DIY Floral Workshop</p>	<p>04. 22 Wed 09:00-12:00</p>	<p>沈燕玲 花藝講師 (To Heart Flora 花藝教室) Shen, Yan-Ling Flower Arranging Teacher (To Heart Flora Workshop)</p>	<p>圖書館 6 樓第二會議室 The Second Conference Room 6F of Library</p>	<p>張哲宇 Chang, Che-Yu</p>	<p>• 對象：全校學生 • Target audience: All students of the school.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 30 人 • Headcount: 30</p>
<p>導生活動—密室逃脫，別當沉睡的小五郎 Advisor Activities—Escape room, Stop being Sleeping Kogoro</p>	<p>04. 28 Tue 12:10-16:30</p>	<p>張哲宇 社工師 Chang, Che-Yu Social Worker</p>	<p>笨蛋工作室旗艦店 Idiot Studio Flagship Store</p>	<p>張哲宇 Chang, Che-Yu</p>	<p>• 對象：全校師生 • Target audience: All teachers and students.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 25 人，一組 8-9 人，共計三組 • Headcount: 25, with 8-9 people in each group, for a total of three groups.</p>
<p>我沒有不一樣—自閉症 VR 遊戲與身心障礙體驗 Not So Different: Autism VR Gaming & Disability Simulation</p>	<p>04. 28 Tue 15:00-17:00</p>	<p>蘇彥欣 專員 (心路基金會) Su, Yen-Hsin Program Officer (Syin-Lu Social Welfare Foundation)</p>	<p>健諮中心會議室 (惠蓀堂 1 樓) Health & Counseling Center Conference Room (Hui-Sun Auditorium 1F)</p>	<p>林宛璉 Lin, Wan-Lien</p>	<p>• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participants.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 提供教職員研習時數 2 小時 • Provide 2 hours of faculty study time • 可報名人數 20 人 • Headcount: 20</p>
<p>導生活動—密室逃脫，誰是名偵探柯南？ Advisor Activities—Escape room, Who is Detective Conan?</p>	<p>05. 06 Wed 12:10-16:30</p>	<p>張哲宇 社工師 Chang, Che-Yu Social Worker</p>	<p>笨蛋工作室旗艦店 Idiot Studio Flagship Store</p>	<p>張哲宇 Chang, Che-Yu</p>	<p>• 對象：全校師生 • Target audience: All teachers and students.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 25 人，一組 8-9 人，共計三組 • Headcount: 25, with 8-9 people in each group, for a total of three groups.</p>
<p>導生活動—密室逃脫，成為工藤新一 Advisor Activities—Escape room, Being Kudo Shinichi</p>	<p>05. 07 Thu 12:10-16:30</p>	<p>張哲宇 社工師 Chang, Che-Yu Social Worker</p>	<p>笨蛋工作室旗艦店 Idiot Studio Flagship Store</p>	<p>張哲宇 Chang, Che-Yu</p>	<p>• 對象：全校師生 • Target audience: All teachers and students.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 25 人，一組 8-9 人，共計三組 • Headcount: 25, with 8-9 people in each group, for a total of three groups.</p>
<p>當我們先穩住自己：陪伴者自我照顧的藝術體驗—自殺防治工作坊 Holding Ourselves First: An Art Experience of Self-Care for Suicide Prevention Helpers</p>	<p>05. 11 Mon 13:30-16:30</p>	<p>陳煒 諮商心理師 (基隆市學生輔導諮商中心) Chen, Wei Counseling Psychologist (Keelung Student Guidance & Counseling Center)</p>	<p>綜合教學大樓 1308 教室 Room 1308, Teaching Complex Building</p>	<p>李佳樺 Lee, Chia-Hua</p>	<p>• 對象：全校教職員工生及家長 • Target audience: All faculty, staff, students, and parents of the school. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 提供教職員研習時數 3 小時 • Provide 3 hours of faculty study time • 可報名人數 50 人 • Headcount: 50</p>
<p>虛擬與真實人生大富翁：掌握跨維度的選擇權 Virtual & Real-Life Monopoly: Mastering Cross-Dimensional Choice Options</p>	<p>05. 15 Fri 15:00-17:00</p>	<p>黃唐施 諮商心理師 (心途心理諮商所) Huang, Tang-Shi Counseling Psychologist (On the Way Counseling Center)</p>	<p>雲平樓 F12 階梯教室 Lecture Hall F12, Yun Ping Building</p>	<p>王逸然 Wang, I-Jan</p>	<p>• 對象：全校學生 • Target audience: All students.</p>	<p>• 提供通識自主學習點數 1 點 • Provide 1 point of self-planned learning • 可報名人數 90 人 • Headcount: 90</p>

體塑班系列 Body Sculpting Class Series

<p>體態控制班 - 運動課程 Weight Control Class - Exercise Program</p>	<p>04. 13-05. 18 每週一中午 On Monday afternoon (共 6 堂課) (Total of 6 classes) 12:10-13:10</p>	<p>賈俊瀚 老師 (體育室) Chia, Chun-Han Teacher (Office of Physical Education and Sports)</p>	<p>第一健身房 (體育館二樓) Gym 1 (The 2nd floor of the gymnasium)</p>	<p>郭雅娟 Kuo, Ya-Chuan</p>	<p>• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school.</p>	
<p>體態控制班 - 養營課程 Weight Control Class - Nutrition Program</p>	<p>04. 15-05. 06 每週三上午 On Wednesday morning (共 4 堂課) (Total of 4 classes) 11:00-12:00</p>	<p>王筱淇 林劭宇 營養師 (Mr. and Mrs.) Wang, Xiao-Qi Nutritionist (Mr. and Mrs.)</p>	<p>健諮中心會議室 (惠蓀堂 1 樓) Health & Counseling Center Conference Room (Hui-Sun Auditorium 1F)</p>		<p>• 體脂肪率： (1) 男生 >25% (2) 女生 >30%</p>	<p>• 提供教職員研習時數：12 小時 • Provide 12 hours of faculty study time • 報名人數上限：16 人 • Headcount: 16</p>
<p>體態控制班 - 儀態課程 Weight Control Class - Demeanor Program</p>	<p>04. 17 Fri 14:00-16:00 (共 1 堂課) (Total of 1 classes)</p>	<p>洪翊瑄 紘書長 (國際親善禮賓協會) Hung, Yi-Hsuan Secretary General (International Hospitality & Protocol Association)</p>	<p>健諮中心會議室 (惠蓀堂 1 樓) Health & Counseling Center Conference Room (Hui-Sun Auditorium 1F)</p>			

體塑班注意事項：

- 營養、運動及儀態課程屬連續性課程，請務必確定您的時間可完全配合後再報名，若報名後無法參加，將停權一年不能報名【體態控制班】相關課程。
- 報名日期：115/03/23 起至 115/03/27 止 (上午 9 時 ~ 下午 5 時)；若課程人數額滿，則提前截止報名。
- 報名方式：至健康及諮詢中心 (惠蓀堂一樓) 郭雅娟營養師現場報名及前測，完成活動說明，再上「研習暨演講活動報名系統」(<https://psfcost.nchu.edu.tw/registration/>) 報名。
- 每周運動課程前亦需先找時間至健康及諮詢中心進行量測體重及體脂肪，方便講師了解各學員狀況。

Body Sculpting Class Notes:

- Nutrition and exercise courses are continuous. Please ensure that your time can be fully coordinated before registration.
- If you cannot participate in the registration, you will be suspended for one year and cannot apply for the [Body Sculpting Class] related courses.
- Registration Dates: From March 23rd to 27th, 2026, 9 a.m. to 5 p.m.; if the number of people on the course is full, the registration will be closed earlier.
- Registration: to the Health and Counselling Center (Hui-Sun Auditorium, ground floor) Kuo, Ya-chuan dietitian on-site registration and pre-testing, complete the activity description, and then go to the 'Study and Lecture Activity Registration System' (<https://psfcost.nchu.edu.tw/registration/>) to register.
- Before the weekly exercise course, you need to find time to go to the Health and Counselling Center for weight and body fat measurement, so that the lecturer can understand the condition of each student.

主辦單位：國立中興大學健康及諮詢中心

Organizer: National Chung Hsing University Health and Counseling Center

協辦單位：國立中興大學體育室、通識中心、學士後醫學系、祥鶴中醫診所、台北享新代診所、國際親善禮賓協會

Co-organizers : National Chung Hsing University Sports Office, General Education Center,

Department of Post-Baccalaureate Medicine, Ilanghe Traditional Chinese Medicine Clinic,

Taipei Xiangxin Dai Clinic, International Hospitality & Protocol Association