114年國立中興大學健康力輔導自我照顧評估報告書

2025 Self-care Plan Evaluation Report of NCHU’s Health Coaching Project

**一、個人基本資料Basic Personal Information**

|  |  |  |  |
| --- | --- | --- | --- |
| 姓　　名Name |  | 連絡電話Contact Number |  |
| 系 級Department and Grade |  系/所(Department/Institute) 年級(Grade) | 學　　號Student ID |  |

**二、繳交書面自我檢核項目（應完成1-3加起來至少三項）**

**Submit Self-Review Items in Written Form (Items 1-3 should be completed, totally 3 items)**

|  |  |
| --- | --- |
| 請勾選完成之項目Please check completed items | 1. □興健康講堂Hsing health lecture
2. □校內外心理健康講座On-campus and off-campus mental health lectures
3. □心理衛生書籍Mental health books
4. □心理衛生影集或電影Mental health TV series or movie films
5. □校內外心理健康展覽、畫展、演奏會

On-campus and off-campus mental health exhibitions, art exhibitions and concerts1. □有益身心健康活動(如超馬、三鐵 、交響樂、獨立旅行或畫展等規劃)

 Activities beneficial for physical and mental health (such as ultramarathon, triathlon, symphony, independent travel or art exhibition and other plans)1. □其他(others)：
 |

**三、自我評估項目Self-evaluation Items**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 項目內容Item Content | 極有幫助Extremely Helpful | 很有幫助Very Helpful | 尚可Not Bad | 沒什麼幫助Not Helpful | 完全沒幫助Totally not helpful |
| 1. 健康力輔導自我照顧計畫讓我有更多自我照顧的學習？

The health ability counseling self-care program makes me learn more about self-care. | □ | □ | □ | □ | □ |
| 1. 是否達成個人預期自我照顧目標？

My expected self-care goal is achieved. | □ | □ | □ | □ | □ |
| 1. 為了增加自我照顧的能力，我會尋找方法？

I would seek a way to increase self-care ability. | □ | □ | □ | □ | □ |
| 1. 尋找的方式請列舉：

Please list seeking methods: | □ | □ | □ | □ | □ |
| 1. 我在本次計畫中的表現認真

I participated this program seriously and performed well. | □ | □ | □ | □ | □ |
| 1. 透過自我照顧學習，讓我對自己更加認識？

Self-care learning allows me to learn more about myself. | □ | □ | □ | □ | □ |
| 1. 透過自我照顧學習，讓我有主動探索與解決問題的能力？

Self-care learning allows me to have the ability to actively explore and solve problems. | □ | □ | □ | □ | □ |
| 1. 透過自我照顧學習，讓我增加行動力？

Self-care learning improves my execution. | □ | □ | □ | □ | □ |
| 1. 透過自我照顧學習，減緩我對生活的壓力感？

Self-care learning mitigates my feeling of pressure from life. | □ | □ | □ | □ | □ |
| 1. 我期待健康及諮商中心還可以給我什麼協助？(簡述)

What else do I expect the Health and Consultation Center can help me with? (Brief description) |
| 1. 我希望學校還可以給我什麼協助？(簡述)

What else do I expect the University can help me with? (Brief description) |
| 學生簽名Signature of Students |  |

※備註：審查通過者未如期繳交相關資料，視同放棄不予以核發獎勵金。

\* If students passing review fail to submit relevant documents, it shall be regarded as waiving and no bonus will be granted to such students.

※請勿用書寫或拍照方式繳交。

\* Please do not submit by writing or photographing.