

课程详述

COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

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| 1. | 课程名称 Course Title | 大学生心理健康与发展 Mental Health and Development for University Students | | | | |
| 2. | 授课院系 Originating Department | 思想政治教育与研究 Research Center of Ideological and Political Education | | | | |
| 3. | 课程编号 Course Code | GE192 | | | | |
| 4. | 课程学分 Credit Value | 2 | | | | |
| 5. | 课程类别 Course Type | 通识选修课程 General Education (GE) Elective Courses | | | | |
| 6. | 授课学期 Semester | 春季 Spring / 秋季 Fall | | | | |
| 7. | 授课语言 Teaching Language | 中文 Chinese | | | | |
| 8. | 授课教师、所属学系、联系方式 (如属团队授课, 请列明其他授课教师) Instructor(s), Affiliation & Contact (For team teaching, please list all instructors) | 杨再勇、思想政治教育与研究 YANG ZAIYONG, Center of Ideological and Political Education and Research 13751099480/88015353 | | | | |
| 9. | 实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact | 无 NA | | | | |
| 10. | 选课人数限额(可不填) Maximum Enrolment (Optional) | 100 | | | | |
| 11. | 授课方式 Delivery Method | 讲授 Lectures | 习题/辅导/讨论 Tutorials | 实验/实习 Lab/Practical | 其它(小组汇报) Other (Please specify) | 总学时 Total |
| | 学时数 Credit Hours | 28 | | | 4 | 32 |

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| 12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements | No pre-course requirement |
| 13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite | // |
| 14. 其它要求修读本课程的学系 Cross-listing Dept. | // |

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

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| <p>1.普及大学生心理健康知识，树立大学生心理健康意识； To popularize mental health knowledge and establish mental health awareness to college students;</p> <p>2.提升大学生心理调适技能，培育大学生心理健康素养； To improve psychological adjustment skills and cultivate mental health characteristic for students;</p> <p>3.促进大学生人格品质完整，丰富大学生社会属性与精神品质。 To promote the integrity of Students' personality and enrich their social attributes and spiritual qualities.</p> |
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16. 预达学习成果 Learning Outcomes

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| <p>1.适应大学学习生活，获得独立生活和学习能力，能求同存异并与人和谐相处； They will adapt to the study life of university, acquire independent ability for living and learning , get along with different people in harmony from learning this course ;</p> <p>2.有丰富的情感能力，能识别、表达、感知、控制情绪，有品味有情趣； They will get abundant emotional qualities, can recognize, express, perceive and control emotions, and has taste and interest;</p> <p>3.有生涯意识和目标意识，有时间管理能力，有价值感和效能感； They will get Career and goal awareness, time management ability,and sense of value and efficacy;</p> <p>4.提升自我意识，自尊自信自立自强，有独立人格和批评精神； They will Promote self-awareness, get self-esteem, self-confidence, self-reliance and self-improvement, enhance independent personality and critical spirit;</p> <p>5.建立适应社会的意识，学习沟通、合作； They will establishing the consciousness of adapting to society, learning to communicate and cooperate;</p> |
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17. 课程内容及教学日历（如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人） Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)

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| <p>第一讲 心灵之美 Lecture 1 The Beauty of the Mind 2 学时 1.心理结构及其功能；2.心理健康的标准；3.心理异常的原因及表现 1.Mind structure and function; 2. Standards of mental health; 3. Causes and manifestations of psychological abnormalities</p> <p>第二讲 应激与适应 Lecture 2 Stress and adaptation 2 学时 1.变化、应激与健康；2.压力应对策略；3.心理舒适区与主动适应 1. Change, Stress and Health; 2. Stress Coping Strategies; 3. Psychological Comfort Zone and Active Adaptation</p> <p>第三讲 自我与人际 Lecture 3 Self and interpersonal relationship 2 学时 1.爱和尊重的需要；2.同理心与人际关系；3.自我的边界；4.共赢关系与行动； 1. The need for love and respect; 2. Empathy and interpersonal relationships; 3. Self-boundaries; 4. Win-win relationships and actions;</p> <p>第四讲 学习与成长 Lecture 4 Learning and Growth 2 学时 1.学习的神经基础；2.学习风格与学习能力；3.自我教育； 1. Neurall basis of learning; 2. Learning style and learning ability; 3. Self-education;</p> |
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第五讲 智商与情商 Lecture 5 IQ and EQ 2 学时

1. 智商与情商的神经基础；2. 批判性思维与与圆通成熟；3. 情商提升策略；
1. Neural basis of IQ and EQ; 2. Critical thinking and maturity; 3. EQ promotion strategies;

第六讲 抑郁与焦虑 Lecture 6 Depression and anxiety 2 学时

1. 抑郁焦虑的神经基础 2. 抑郁机制、表现及自我调节；3. 焦虑机制、表现及自我调节；
1. The Neural basis of depression and anxiety 2. The mechanism, performance and self-adjustment of depression 3. The mechanism, performance and self-regulation of anxiety.

小组汇报 2 学时

第七讲 亲密与疏离 Lecture 7 Intimacy and alienation 2 学时

1. 原生家庭与依恋模式；2. 爱的本质与艺术；3. 亲密关系提升策略；
1. Native family and attachment pattern; 2. Nature and art of love; 3. Close relationship promotion strategy;

第八讲 拖延与效能 Lecture 8 Procrastination and effectiveness 2 学时

1. 拖延的人性本质；2. 个人使命宣言；3. 时间管理矩阵与效能策略；
1. The human nature of delaying; 2. Personal mission statement: 3. Time management matrix and effectiveness strategy;

第九讲 成瘾与韧性 Lecture 9 Addiction and resilience 2 学时

1. 成瘾的神经基础和人性本质；2. 成瘾戒除；3. 心理韧性及养成策略；
1. The Neural basis and human nature of addiction; 2. Abolition of addiction; 3. Psychological resilience and nurturing strategies;

第十讲 潜能与生涯 Lecture 10 Potential and career 2 学时

1. MBTI 测试；2. 性格测试与职业规划；3. 职业化
1. MBTI test; 2. Personality characteristics and career planning; 3. Professionalization

第十一讲 竞争与合作 Lecture 11 Competition and cooperation 2 学时

1. 竞争的量与质；2. 竞争与合作共存；3. 合作的奥秘；
1. Quantity and quality of competition; 2. Co-existence of competition and cooperation; 3. Secrets of cooperation;

第十二讲 沟通与封闭 Lecture 12 Communication and Closure 2 学时

1. 乔哈利窗；2. 孤独；3. 非暴力沟通；4. 同理心沟通；
1. Joharry's window; 2. Loneliness; 3. Non-violent communication; 4. Empathic communication;

第十三讲 混沌与整合 Lecture 13 Chaos and Integration 2 学时

1. 自我同一性与角色混乱；2. 镜像自我与独立自我；3. 生命之轮与自我整合；
1. Self-identity and role confusion; 2. Mirror ego and independent ego; 3. Wheel of life and self-integration;

第十四讲 意义与虚无 Lecture 14 Meaning and Nothingness 2 学时

1. 意义与生命存在；2. 空心病；3. 存在与虚无；
1. Meaning and Life Existence; 2. Hollow Disease of Mind; 3. Existence and Nothingness;

第十五讲 叙事与生命 Lecture 15: Narration and Life 2 学时

1. 生命的现象、量子与哲学；2. 生命意识与生命存在；3. 生命叙事与生命创造；
1. Phenomenon, quantum and philosophy of life; 2. Life consciousness and existence; 3. Life narration and life creation;

小组汇报 2 学时

18. 教材及其它参考资料 Textbook and Supplementary Readings

1. 《大学生心理健康—自主与自主手册》郑日昌.高等教育出版社
2. 《高效能人士的七个习惯》[斯蒂芬.柯维.中国青年出版社
3. 《哲学与人生》[台湾]傅佩荣.东方出版社
4. 《少有人走的路》[美]斯科特·派克吉林文史出版社
5. 《生命是什么》[美]薛定谔.湖南科技出版社
6. 《追寻生命的意义》[奥]弗兰克尔.新华出版社
7. 《把时间当作朋友》李笑来.电子工业出版社
8. 《情商》[美]丹尼尔.戈尔曼.中信出版社
9. 《爱的艺术》[美]艾·弗洛姆.上海译文出版社
10. 《活出最乐观的自己》[美]塞利格曼.万卷出版公司

课程评估 ASSESSMENT

| 19. 评估形式 Type of Assessment | 评估时间 Time | 占考试总成绩百分比 % of final score | 违纪处罚 Penalty | 备注 Notes |
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| 出勤 Attendance | 每周 | 20% | | 缺勤超过 1/3, 取消课程资格; More than one third of absentees will be cancelled. 基准分 20 分, 缺勤 1 次扣 5 分; The benchmark score is 20 points, and the absence deducts 5 points once. |
| 课堂表现 Class Performance | | 10% | | 回答问题、提出问题、参与讨论、提出合理建议等。2 分/次。Answer questions, ask questions, participate in discussions, make reasonable suggestions, etc. 2 points / each time |
| 小测验 Quiz | | / | | |
| 课程项目 Projects | | 20% | | 完成 1000 字以上的读书报告 2 份 (0-10 分/份) Complete 2 reading reports more than 1000 words (0-10 points/each) |
| 平时作业 Assignments | | 20% | | 完成自我成长实践报告 4 份(0-5 分/份) Complete 4 self-development practice reports (0-5 points/copy) |
| 期中考试 Mid-Term Test | | / | | |
| 期末考试 Final Exam | | / | | |
| 期末报告 Final Presentation | | 30% | | 完成超过 2000 字的课程学习总结报告(0-30 分) Complete a summary report of more than 2000 words of course learning (0-30points) |
| 其它(可根据需要 改写以上评估方 式) Others (The above may be modified as necessary) | | | | |

20. 记分方式 GRADING SYSTEM

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- A. 十三级等级制 Letter Grading
 B. 二级记分制 (通过/不通过) Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过

This Course has been approved by the following person or committee of authority

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