


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.

1.	课程名称 Course Title	可持续发展与社会心理健康
2.	授课院系 Originating Department	高等教育研究中心
3.	课程编号 Course Code	ITC006
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 (请保留相应选项 Please only keep the relevant information)
6.	授课学期 Semester	2023 年度秋季 Fall
7.	授课语言 Teaching Language	英文 English (请保留相应选项 Please only keep the relevant information)
8.	授课教师、所属学系、联系方式 Instructor(s), Affiliation & Contact (For team teaching, please list all instructors)	
9.	实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact	无 NA (请保留相应选项 Please only keep the relevant information)
10.	选课人数限额(可不填) Maximum Enrolment (Optional)	

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(请具体注明) Other (Please specify)	总学时 Total
学时数 Credit Hours	32	0	0		32
12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	None				
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	None				
14. 其它要求修读本课程的学系 Cross-listing Dept.	None				

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

首先，本课程通过介绍社会心理的研究视角和相关理论，让学生理解和掌握社会心理学对于可持续发展和个体身心健康价值和意义。

其次，本课程通过介绍社会认知的概念和特征等相关理论，一方面，让学生理解和掌握全球化背景下，互联网的飞速发展会导致个体的社会认知被大数据控制，进而出现认知窄化的现象；另一方面，让学生学会运用社会认知的相关理论解决心理健康方面的问题，实现可持续发展。

再次，本课程通过介绍态度的相关理论，让学生学会运用态度理论分析消费主义的实质及其给个体身心带来的危害，帮助学生理性抵制盲目消费，促进消费心理健康，实现可持续发展。接下来，本课程通过介绍社会影响的从众理论，让学生学会运用从众理论来分析生活中的各种陷阱，认清盲目从众带给个体的身心健康危害。

最后，本课程通过介绍社会行为的利他理论和攻击理论，使学生理解和掌握利他行为和攻击行为的形成机制和影响因素，进而帮助学生学会通过增加自己的利他行为，减少攻击行为，提升社会心理健康，实现可持续发展。

Firstly, this course introduces the research perspectives and related theories of social psychology, enabling students to understand and master the value and significance of social psychology for sustainable development and individual physical and mental health.

Secondly, this course introduces the concepts and characteristics of social cognition, and other related theories. On the one hand, it helps students understand and master that under the background of globalization, the rapid development of the Internet will lead to individual social cognition being controlled by big data, resulting in cognitive narrowing; On the other hand, students should learn to apply relevant theories of social cognition to solve mental health problems and achieve sustainable development.

Once again, this course introduces the relevant theories of attitude, allowing students to learn how to use attitude theory to analyze the essence of consumerism and its harm to individual physical and mental

health. It helps students resist blind consumption rationally, promote consumer mental health, and achieve sustainable development. Next, this course introduces the theory of conformity in social influence, allowing students to learn how to use conformity theory to analyze various traps in life and recognize the physical and mental health hazards that blind conformity brings to individuals.

Finally, this course introduces the altruistic and aggressive theories of social behavior, enabling students to understand and master the formation mechanisms and influencing factors of altruistic and aggressive behaviors, thereby helping students learn how to increase their altruistic behavior, reduce aggressive behavior, improve social mental health, and achieve sustainable development.

16. 预达学习成果 Learning Outcomes

本课程通过讲述社会认知、社会态度、社会影响和社会行为等相关社会心理学理论，使个体学会通过解读情境来理解人性，学会如何激发个体潜能获得更大成功，学会如何规避暗藏的风险，进而提升社会心理健康水平，实现可持续发展。

This course aims to teach individuals social psychology theories related to social cognition, social attitudes, social influence, and social behavior, enabling them to understand human nature through interpreting situations, learn how to stimulate their potential for greater success, learn how to avoid hidden risks, and ultimately improve their social and psychological health, achieving sustainable development.

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.)

模块 1：社会心理学概述

学习目标：

1. 理解和掌握社会心理学的研究视角
2. 了解社会心理学与人格心理学的区别和联系
3. 理解和掌握社会心理学在社会身心健康方面的学科价值

模块 2：社会认知与社会心理健康

学习目标：

1. 理解和掌握社会认知的概念
2. 理解和掌握社会认知的特征
3. 理解和掌握大数据时代的社会认知，并且学会运用社会认知的相关理论解决心理健康方面的问题

模块 3：社会态度和社会心理健康

学习目标：

1. 理解和掌握态度的概念
2. 理解和掌握态度形成的机制
3. 理解和掌握态度如何改变
4. 学会运用态度理论分析消费主义带给个体身心健康的危害

模块 4：社会影响与社会心理健康

学习目标：

1. 了解从众行为是社会影响的典型体现
2. 理解和掌握从众行为的原因
3. 理解和掌握从众行为的影响因素
4. 学会运用从众理论分析盲目从众带给个体身心健康的危害

模块 5：社会行为与社会心理学健康

学习目标：

1. 理解和掌握利他行为的影响因素
2. 学会通过增加利他行为提升社会心理健康

3. 理解和掌握攻击行为的影响因素
4. 学会通过减少攻击行为提升社会心理健康

Module 1: Overview of Social Psychology

Learning objectives:

1. Understand and master the research perspective of social psychology
2. Understand the differences and connections between social psychology and personality psychology
3. Understand and master the disciplinary value of social psychology in the field of social physical and mental health

Module 2: Social Cognition and Social Psychological Health

Learning objectives:

1. Understand and master the concepts of social cognition
2. Understand and master the characteristics of social cognition
3. Understand and master social cognition in the era of big data, and learn to apply relevant theories of social cognition to solve mental health problems

Module 3: Social Attitudes and Social Mental Health

Learning objectives:

1. Understand and master the concept of attitude
2. Understanding and mastering the mechanism of attitude formation
3. Understanding and mastering how to change attitudes
4. Learn to apply attitude theory to analyze the harm of consumerism to individual physical and mental health

Module 4: Social Impact and Social Psychological Health

Learning objectives:

1. Understand that conformist behavior is a typical manifestation of social influence
2. Understand and master the reasons for conformist behavior
3. Understand and master the influencing factors of conformity behavior
4. Learn to apply the theory of conformity to analyze the harm of blind conformity to individual physical and mental health

Module 5: Social Behavior and Social Psychology Health

Learning objectives:

1. Understand and master the influencing factors of altruistic behavior
2. Learn to improve social and psychological health by increasing altruistic behavior
3. Understand and master the influencing factors of aggressive behavior
4. Learn to improve social and mental health by reducing aggressive behavior

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

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
出勤 Attendance	32 学时	20%		
课堂表现 Class Performance	32 学时	20%		
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments				
期中考试 Mid-Term Test				
期末考试 Final Exam	论文	60%		任选一个相关题目撰写论文
期末报告				

Final Presentation

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**

- 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