

| 課程名稱<br>Topic   | 活動時間<br>Time             | 講師<br>Speaker  | 場地<br>Location   | 聯絡人<br>Contact        | 備註<br>Note   |
|---|--------------------------|--|--|-----------------------|--|
| 認識動物輔助治療與療癒犬<br>Understanding Animal-Assisted Therapy and Therapy Dogs  | 03.05 Wed<br>14:00-16:00 | 陳佩君 諮商心理師<br>(相癒心理諮商所)<br>Chen, Pei-Jun, Counseling Psychologist<br>(Encounter A. A. I. Counseling Center)   | 綜合教學大樓<br>1308 教室<br>Room Y1308 Teaching Complex Building  | 吳俊逸<br>Wu, Chun-Yi    | • 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 50 人<br>• Headcount: 50  |
| 當身旁的人自我傷害，<br>我該如何？我該怎麼做？<br>-- 自傷自殺防治講座<br>When someone is self-harming,<br>what should I do? How should I respond?<br>- Self-harm and Suicide Prevention Lecture                      | 03.06 Thu<br>14:30-16:30 | 蕭富聰 教授 / 心理師<br>(國立暨南國際大學)<br>Hsiao, Fu-Tsung Prof.<br>(National Chi Nan University)   | 雲平樓 F12 教室<br>Room F12,<br>Yun-Ping Building   | 李育緣<br>Lee, Yu-Yuan   | • 對象：全校教職員工生及家長<br>• Target audience: All faculty, staff, students, and parents of the school.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 90 人<br>• Headcount: 90 |
| 優良導師講座：<br>菜鳥導師的演化之旅：<br>學生與家長教會我的事<br>Lecture on Excellent Advisor's Experience Sharing:<br>The Evolutionary Journey of a Rookie Advisor:<br>Lessons Learned from Students and Parents | 03.07 Fri<br>10:00-11:00 | 曾好馨 助理教授<br>(生科系)<br>Zeng, Yu-Xing, Assistant Professor<br>(Department of Life Sciences)   | 健諮中心團諮室<br>(惠蔭堂 4 樓)<br>Health & Counseling Center Group Counseling Room<br>(Hui-Sun Auditorium 4F)    | 吳俊逸<br>Wu, Chun-Yi    | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 1 小時<br>• Provide 1 hour of faculty study time<br>• 可報名人數 15 人<br>• Headcount: 15  |
| 在週末晚上、關上了手機：<br>揮別憂鬱星期一<br>Weekend Nights with the Phone Off:<br>Saying Goodbye to the Monday Blues   | 03.10 Mon<br>14:00-16:00 | 蘇益賢 臨床心理師<br>(初色心理治療所)<br>Su, Yi-Xian Clinical Psychologist<br>(True Colors Psychotherapy Clinic)  | 線上講座<br>Online   | 吳俊逸<br>Wu, Chun-Yi    | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 70 人<br>• Headcount: 70   |
| 「童話·世界」性騷擾、性侵害防治電影<br>賞析座談<br>"Fantasy, World"<br>Movie Show and Discussion about<br>Sexual Harassment and Sexual Assault Prevention  | 03.10 Mon<br>15:30-18:30 | 張淳濤 諮商心理師<br>(勤益科技大學學務處諮商輔導組)<br>Zhang, Cuhn-Zhen, Counseling Psychologist<br>(Counseling and Guidance Division of<br>The Office of Student Affairs of NCUT) | 健諮中心團諮室<br>(惠蔭堂 4 樓)<br>Health & Counseling Center<br>Group Counseling Room<br>(Hui-Sun Auditorium 4F) | 湯必果<br>Tang, Pi-Kuo   | • 對象：全校學生<br>• Target audience: All students.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 20 人<br>• Headcount: 20   |
| 口腔常識大會考<br>Oral Health Knowledge Exam   | 03.18 Tue<br>10:00-12:00 | 蔡佩音 醫師<br>(皓皓牙醫診所)<br>Dr.Tsai, Pei-Yin<br>(Hao Hao Dental Clinic)  | 健諮中心會議室<br>(惠蔭堂 1 樓)<br>Health & Counseling Center<br>Conference Room<br>(Hui-Sun Auditorium 1F)       | 葉淑錦<br>Yeh, Shu-Ching | • 對象：全校教職員工生<br>• Target audience: All faculty, staff, and students of the school.<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 30 人<br>• Headcount: 30   |
| 我喜歡我自己 ~<br>自我價值 X 乾燥花表達性藝術療癒<br>I like myself ~<br>Self-worth X Dried flowers expressive art therapy   | 03.19 Wed<br>13:30-16:30 | 鍾雅惠 諮商心理師<br>(馬大元診所)<br>Zhong, Ya-Hui, Counseling Psychologist<br>(Ma, Da-Yuan Clinic)   | 綜合教學大樓<br>102 教室<br>Room 102, Teaching<br>Complex Building   | 徐子宸<br>Hsu, Tzu-Chen  | • 對象：全校學生<br>• Target audience: All students.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 25 人<br>• Headcount: 25   |
| 優良導師講座：<br>若非當年的那雙手<br>Lecture on Excellent Advisor's Experience Sharing:<br>If Not for Those Hands Back Then   | 03.20 Thu<br>14:00-15:00 | 盧臆中 副教授<br>(化學系)<br>Lu, Yi-Zhong, Associate Professor<br>(Department of Chemistry)   | 健諮中心團諮室<br>(惠蔭堂 4 樓)<br>Health & Counseling Center Group Counseling Room<br>(Hui-Sun Auditorium 4F)    | 吳俊逸<br>Wu, Chun-Yi    | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 1 小時<br>• Provide 1 hour of faculty study time<br>• 可報名人數 15 人<br>• Headcount: 15  |
| 關係原子：從依附理論的觀點看你我他的<br>關係互動<br>Relationship Atoms: Solving Relationship Through<br>Attachment Theory   | 03.21 Fri<br>13:00-15:00 | 許婉棻 諮商心理師<br>Hsu, Wan-Lan, Counseling Psychologist   | 雲平樓雲平廳<br>Yun-Ping Building,<br>Yun-Ping Hall  | 詹凱硯<br>Chan, Kai-Yen  | • 對象：全校學生<br>• Target audience: All students.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 40 人<br>• Headcount: 40   |
| 手做療心 -<br>從襪子娃娃製作體驗情感療癒<br>Emotional Healing -<br>Through Sock Doll Making  | 03.24 Mon<br>14:00-17:00 | 林綉雅 諮商心理師<br>(喜樂心理諮商所)<br>Lin, Xiu-Ya, Counseling Psychologist<br>(Heart Hug Counseling Center)  | 綜合教學大樓<br>411 教室<br>Room 411, Teaching<br>Complex Building   | 湯必果<br>Tang, Pi-Kuo   | • 對象：全校學生<br>• Target audience: All students.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 30 人<br>• Headcount: 30   |
| 勇士之旅：<br>救難經驗分享 X 搜救裝備體驗<br>The Warrior's Journey:<br>Rescue Experience Sharing X Rescue Equipment Experience   | 03.26 Wed<br>15:00-17:00 | 柳育漢 秘書長<br>(台灣災難醫療隊發展協會)<br>Liu, Yu-Han, Secretary-General<br>(TDADMT)   | 雲平樓 F12 教室<br>Room F12,<br>Yun-Ping Building   | 李育緣<br>Lee, Yu-Yuan   | • 對象：全校學生<br>• Target audience: All students of the school.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 90 人<br>• Headcount: 90   |
| 愛不分界，知識是最好的保護傘<br>Love knows no boundaries;<br>knowledge is the best protection   | 04.07 Mon<br>14:00-16:00 | 曾淑雯 醫師<br>(烏日林新醫院)<br>Dr. Zeng, Shu-Wen<br>(Wuri Lin Shin Hospital)  | 健諮中心會議室<br>(惠蔭堂 1 樓)<br>Health & Counseling Center<br>Conference Room<br>(Hui-Sun Auditorium 1F)       | 陳柿霓<br>Chen, Shih-Ni  | • 對象：全校教職員工生<br>• Target audience: All faculty, staff, and students of the school.<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 30 人<br>• Headcount: 30   |
| 急救教育訓練 (CPR+AED 操作)<br>First Aid Education and Training<br>(CPR + AED Operation)  | 04.09 Wed<br>10:00-12:00 | 澄清醫院醫師群<br>Cheng Ching Hospital Medical Team   | 社管大樓 2 樓<br>202 教室<br>Room 202, 2nd Floor,<br>Social Management Building                               | 許文馨<br>Hsu, Wen-Hsin  | • 對象：全校教職員工生<br>• Target audience: All faculty, staff, and students of the school.<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 60 人<br>• Headcount: 60   |
| 優良導師講座：學著做朋友！<br>Lecture on Excellent Advisor's Experience Sharing:<br>Learning to Be Friends!  | 04.10 Thu<br>14:00-15:00 | 王之仰 教授<br>(獸醫系)<br>Wang, Zhi-Yang, Professor<br>(Department of Veterinary Medicine)  | 健諮中心團諮室<br>(惠蔭堂 4 樓)<br>Health & Counseling Center Group Counseling Room<br>(Hui-Sun Auditorium 4F)    | 吳俊逸<br>Wu, Chun-Yi    | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 1 小時<br>• Provide 1 hour of faculty study time<br>• 可報名人數 15 人<br>• Headcount: 15  |
| 上班也要心理健康！面對職場霸凌時的溝<br>通、應對與自我照顧<br>Workplace Mental Health Matters:<br>Communication, Response, and Self-Care When<br>Facing Workplace Bullying   | 04.15 Tue<br>14:00-17:00 | 康翊庭 諮商心理師<br>(訴心理諮商所)<br>Kang, Yi-Ting, Counseling Psychologist<br>(Su Counseling Center)  | 雲平樓 F12 教室<br>Room F12,<br>Yun-Ping Building   | 吳俊逸<br>Wu, Chun-Yi    | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 3 小時<br>• Provide 3 hours of faculty study time<br>• 可報名人數 40 人<br>• Headcount: 40   |
| 飲食吃得夠健康<br>Eat Healthy  | 04.16 Wed<br>10:00-12:00 | 郭雅娟 營養師<br>Dietitian Kuo, Ya-Chuan   | 興閣坊<br>(圖書館地下 1 樓)<br>Learning commons<br>(Library B1F)  | 郭雅娟<br>Kuo, Ya-Chuan  | • 對象：全校教職員工生<br>• Target audience: All faculty, staff, and students of the school.<br>• 提供通識自主學習點數 1 點<br>• Provide 1 point of self-planned learning<br>• 可報名人數 30 人<br>• Headcount: 30  |
| 當 3C 藍光紀元來臨：<br>Z 世代的護眼對策<br>How Z-GEN and Minnentials protect their eyesight   | 04.18 Fri<br>10:00-12:00 | 李欣濃 醫師<br>(白佳欣眼科診所)<br>Dr. Li, Xin-Rong<br>(Bair's Eye Clinic)   | 健諮中心會議室<br>(惠蔭堂 1 樓)<br>Health & Counseling Center<br>Conference Room<br>(Hui-Sun Auditorium 1F)       | 葉淑錦<br>Yeh, Shu-Ching | • 對象：全校教職員工生<br>• Target audience: All faculty, staff, and students of the school.<br>• 提供教職員研習時數 2 小時<br>• Provide 2 hours of faculty study time<br>• 可報名人數 30 人<br>• Headcount: 30   |
| 在當下與你創心流動 -<br>舒壓流動畫工作坊<br>Flowing with You in the Moment -<br>Stress Relief Flow Animation Workshop  | 04.22 Tue<br>14:00-17:00 | 王苑姿<br>流體藝術家 / 諮商心理師 (丸玩藝工作室)<br>Wang, Wan-Tzu<br>Fluid Art Artist / Counseling Psychologist<br>(Maruko Crafts Studio)                                       | 綜合教學大樓<br>1308 教室<br>Room 1308, Teaching<br>Complex Building   | 李育緣<br>Lee, Yu-Yuan   | • 對象：全校教職員工<br>• Target audience: All faculty and staff of the school.<br>• 提供教職員研習時數 3 小時<br>• Provide 3 hours of faculty study time<br>• 可報名人數 45 人<br>• Headcount: 45   |

4月

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| 「阿莉芙」多元性別電影賞析座談<br>【ALIFU】<br>Movie Show and Discussion about Sexual and Gender Diversity                        | 04. 22 Tue<br>15:30-18:30   | 李家蓀 社工師<br>(中國醫藥大學健康中心)<br>Li, Jia-Sun, Social Worker<br>(Health Center of CMU)         | 健諮中心團諮室<br>(惠蓀堂 4樓)<br>Health & Counseling Center<br>Group Counseling Room<br>(Hui-Sun Auditorium 4F) | 湯必果<br>Tang, Pi-Kuo  | <ul style="list-style-type: none"> <li>對象：全校學生</li> <li>Target audience: All students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul>                        | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>可報名人數 20 人</li> <li>Headcount: 20</li> </ul>   |
| 密室逃脫，誰來挑戰<br>Escape room, who will challenge?  | 04. 23 Wed<br>04. 24 Thu<br>05. 06 Tue<br>05. 09 Fri<br>12:10-16:30 | -   | 笨蛋工作室旗艦店<br>Idiot Studio Flagship Store   | 蕭伊伶<br>Hsiao, I-Ling | <ul style="list-style-type: none"> <li>對象：導師帶領學生</li> <li>Target audience: Tutor leads class students</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul>                       | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>每 1 場可報名 3 組導師加學生共 26 人</li> <li>Headcount: Each session can register for three groups of tutors and students, a total of 26 people</li> </ul> |
| 優良導師講座：<br>導師輔導經驗分享<br>Lecture on Excellent Advisor's Experience Sharing:<br>The sharing of guidance experiences | 04. 28 Mon<br>14:00-15:00   | 許奕婷 副教授<br>(農藝系)<br>Hsu, T-Ting, Associate Professor<br>(Department of Agronomy)        | 健諮中心團諮室<br>(惠蓀堂 4樓)<br>Health & Counseling Center<br>Group Counseling Room<br>(Hui-Sun Auditorium 4F) | 吳俊逸<br>Wu, Chun-Yi   | <ul style="list-style-type: none"> <li>對象：全校教職員工</li> <li>Target audience: All faculty and staff of the school.</li> </ul>  | <ul style="list-style-type: none"> <li>提供教職員研習時數 1 小時</li> <li>Provide 1 hour of faculty study time</li> <li>可報名人數 15 人</li> <li>Headcount: 15</li> </ul>   |
| 醣 / 糖，傻傻分不清<br>Carbohydrate / Sugar, It's Confusing  | 04. 29 Tue<br>10:00-11:00   | 郭雅娟 營養師<br>Dietitian Kuo, Ya-Chuan  | 健諮中心會議室<br>(惠蓀堂 1樓)<br>Health & Counseling Center<br>Conference Room<br>(Hui-Sun Auditorium 1F)       | 郭雅娟<br>Kuo, Ya-Chuan | <ul style="list-style-type: none"> <li>對象：全校教職員工生</li> <li>Target audience: All faculty, staff, and students of the school.</li> </ul>  | <ul style="list-style-type: none"> <li>提供教職員研習時數 1 小時</li> <li>Provide 1 hour of faculty study time</li> <li>可報名人數 30 人</li> <li>Headcount: 30</li> </ul>   |
| 黑暗教室 - 探索內在的光芒<br>Dark Classroom - Exploring the Inner Light   | 04. 29 Tue<br>15:00-17:00   | 賴淑蘭 助理教授<br>(通識教育中心)<br>Lai, Shu-Lan, Assistant Professor<br>(General Education Center) | 健諮中心會議室<br>(惠蓀堂 1樓)<br>Health & Counseling Center<br>Conference Room<br>(Hui-Sun Auditorium 1F)       | 林宛璉<br>Lin, Wan-Lien | <ul style="list-style-type: none"> <li>對象：全校教職員工生</li> <li>Target audience: All faculty, staff, and students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul> | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>提供教職員研習時數 2 小時</li> <li>Provide 2 hours of faculty study time</li> <li>可報名人數 :25 人</li> <li>Headcount: 25</li> </ul>                           |
| 玩笑與霸凌只有一線之隔：<br>網路霸凌認識與預防<br>Let's Talk about Cyber-bullying   | 04. 30 Wed<br>10:00-12:00   | 趙奕霽 臨床心理師<br>Tsao, I-Ji, Clinical Psychologist  | 綜合教學大樓<br>204 教室<br>Room 204, Teaching<br>Complex Building  | 詹凱硯<br>Chan, Kai-Yen | <ul style="list-style-type: none"> <li>對象：全校學生</li> <li>Target audience: All students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul>                        | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>可報名人數 40 人</li> <li>Headcount: 40</li> </ul>   |

5月

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| 「危機與重生：從芳香找回<br>生命希望」- 自殺防治工作坊<br>"Crises and Rebirth: Finding Hope for Life Through<br>Aromatherapy" - Suicide Prevention Workshop | 05. 05 Mon<br>13:30-16:30 | 李柏頤 諮商心理師<br>Li, Po-Yi, Counseling Psychologist<br>羅尹琳 芳療師<br>Ro, Yin-Lynn, Aromatherapist      | 綜合教學大樓<br>1308 教室<br>Room 1308, Teaching<br>Complex Building  | 李育緣<br>Lee, Yu-Yuan  | <ul style="list-style-type: none"> <li>對象：全校教職員工生及家長</li> <li>Target audience: All faculty, staff, students, and parents of the school.</li> </ul>   | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>提供教職員研習時數 3 小時</li> <li>Provide 3 hours of faculty study time</li> <li>可報名人數 48 人</li> <li>Headcount: 48</li> </ul> |
| 我的香氛蛋糕 - 仿真烘焙甜點蠟燭<br>My scented cake - simulated baking dessert candle  | 05. 14 Wed<br>13:30-16:30 | 陳愷縷 老師<br>(Kate Candle Art Paradise 工作室)<br>Teacher Kate<br>(Candle Art Paradise Studio)        | 綜合教學大樓<br>109 教室<br>Room 109, Teaching<br>Complex Building  | 蕭伊伶<br>Hsiao, I-Ling | <ul style="list-style-type: none"> <li>對象：全校學生</li> <li>Target audience: All students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul> | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>可報名人數 28 人</li> <li>Headcount: 28</li> </ul>  |
| 優良導師講座：<br>導生交流與輔導經驗<br>Lecture on Excellent Advisor's Experience Sharing:<br>Sharing Experiences in Guiding and Guidance           | 05. 20 Tue<br>14:00-15:00 | 吳天堯 副教授<br>(機械系)<br>Wu, Tien-Yao, Associate Professor<br>(Department of Mechanical Engineering) | 健諮中心團諮室<br>(惠蓀堂 4樓)<br>Health & Counseling Center<br>Group Counseling Room<br>(Hui-Sun Auditorium 4F) | 吳俊逸<br>Wu, Chun-Yi   | <ul style="list-style-type: none"> <li>對象：全校教職員工</li> <li>Target audience: All faculty and staff of the school.</li> </ul>   | <ul style="list-style-type: none"> <li>提供教職員研習時數 1 小時</li> <li>Provide 1 hour of faculty study time</li> <li>可報名人數 15 人</li> <li>Headcount: 15</li> </ul>  |
| 夠努力就好 - 擺脫鴨子綜合症<br>Just work hard enough - get rid of duck syndrome   | 05. 28 Wed<br>14:10-16:10 | 楊清淳 臨床心理師<br>(米露谷心理治療所)<br>Yang Juedun, Clinical Psychologist<br>(Mirugu Psychotherapy Center)  | 雲平樓 B1 會議室 A<br>Yun Ping Building<br>Conference Room A(B1)  | 蕭伊伶<br>Hsiao, I-Ling | <ul style="list-style-type: none"> <li>對象：全校學生</li> <li>Target audience: All students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul> | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>可報名人數 40 人</li> <li>Headcount: 40</li> </ul>  |

6月

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|--|---------------------------|---|---|----------------------|--|---|
| 幸福花時光 - 手作永生花玻璃球<br>Happy Flower Time - Handmade Glass Balls of<br>Preserved Flowers   | 06. 04 Wed<br>13:30-16:30 | 黃穎軒 Ollie 老師<br>(蒔蕾花藝工作室)<br>Teacher Ollie<br>(Shichang Flower Art Studio)                        | 雲平樓 B1 會議室 A<br>Yun Ping Building<br>Conference Room A(B1)  | 蕭伊伶<br>Hsiao, I-Ling | <ul style="list-style-type: none"> <li>對象：全校學生</li> <li>Target audience: All students of the school.</li> <li>事先報名者提供餐盒</li> <li>Meal boxes are provided for pre-registered participants.</li> </ul> | <ul style="list-style-type: none"> <li>提供通識自主學習點數 1 點</li> <li>Provide 1 point of self-planned learning</li> <li>可報名人數 28 人</li> <li>Headcount: 28</li> </ul> |
| 優良導師講座：<br>輔導大學部及研究所學生心得<br>Lecture on Excellent Advisor's Experience Sharing:<br>Reflections on Guiding Undergraduate and Graduate Students | 06. 05 Thu<br>14:00-15:00 | 陳任之 副教授<br>(機械系)<br>Chen, Jen-Chih, Associate Professor<br>(Department of Mechanical Engineering) | 健諮中心團諮室<br>(惠蓀堂 4樓)<br>Health & Counseling Center<br>Group Counseling Room<br>(Hui-Sun Auditorium 4F) | 吳俊逸<br>Wu, Chun-Yi   | <ul style="list-style-type: none"> <li>對象：全校教職員工</li> <li>Target audience: All faculty and staff of the school.</li> </ul>   | <ul style="list-style-type: none"> <li>提供教職員研習時數 1 小時</li> <li>Provide 1 hour of faculty study time</li> <li>可報名人數 15 人</li> <li>Headcount: 15</li> </ul>     |
| 請問，這樣是情緒表達還是情緒勒索？<br>Is this emotional expression or<br>emotional manipulation?  | 07. 01 Tue<br>14:00-16:00 | 許家綺 諮商心理師<br>(心蘊心理諮商所)<br>Xiu, Chia-Chi, Counseling Psychologist<br>(Mellow Counseling Center)    | 線上講座<br>Online lecture  | 李育緣<br>Lee, Yu-Yuan  | <ul style="list-style-type: none"> <li>對象：全校教職員工</li> <li>Target audience: All faculty and staff of the school.</li> </ul>   | <ul style="list-style-type: none"> <li>提供教職員研習時數 2 小時</li> <li>Provide 2 hours of faculty study time</li> <li>可報名人數 90 人</li> <li>Headcount: 90</li> </ul>    |

## 體塑班系列 Body Sculpting Class Series

|  |   |  |  |                      |  |   |
|--|---|--|--|----------------------|--|---|
| 體重控制 - 營養課程<br>Weight Control Class -<br>Nutrition Program | 02. 19-03. 12<br>每週三上午<br>On Wednesday morning<br>(共 4 堂課)<br>(Total of 4 classes)<br>10:30-11:30 | 王筱淇 營養師<br>(Mr. and Mrs.)<br>Dietitian Wang, Xiao-Qi                   | 興翹小站<br>(圖書館五樓)<br>Hsing Chill Station<br>(The 5th floor of the library) | 郭雅娟<br>Kuo, Ya-Chuan | <ul style="list-style-type: none"> <li>對象：全校教職員工生</li> <li>Target audience: All faculty, staff, and students of the school.</li> <li>體脂肪率：<br/>(1) 男生 &gt;25%<br/>(2) 女生 &gt;30%</li> <li>Body fat percentage:<br/>(1) Boys &gt; 25%<br/>(2) Girls &gt; 30%</li> </ul> | <ul style="list-style-type: none"> <li>提供教職員研習時數：10 小時</li> <li>Provide 10 hours of faculty study time</li> <li>報名人數上限：20 人</li> <li>Headcount: 20</li> </ul> |
| 體重控制 - 運動課程<br>Weight Control Class -<br>Exercise Program  | 02. 17-03. 24<br>每週一中午<br>On Monday afternoon<br>(共 6 堂課)<br>(Total of 6 classes)<br>12:10-13:10  | 賈俊瀚 老師<br>(體育室)<br>Chia, Chun-Han Teacher<br>(Physical Education Room) | 第一健身房<br>(體育館二樓)<br>Gym 1<br>(The 2nd floor of the sports center)        |                      |  |   |

## 體塑班注意事項：

- 營養及運動課程屬連續性課程，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【體塑班】相關課程。
- 報名日期：114 年 2 月 10 日起至 114 年 2 月 14 日止 (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：至健康及諮商中心 (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。
- 每週運動課程前亦需先找時間至健康及諮商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:

- Registration for the body sculpting class cannot overlap with the fitness class. Nutrition and exercise courses are continuous courses, so please ensure that your schedule can fully accommodate them before registering. **If you are unable to attend after registering, you will be suspended from registering for any related courses in the body sculpting class for one year.**
- Registration Dates: From February 10, 2025, to February 14, 2025 (9 AM to 5 PM); if the course reaches full capacity, registration will close early.
- Registration Method: Please register on-site with Dietitian Kuo, Ya-Chuan at the Health and Counseling Center (1st floor of Huisun Hall) and complete the pre-test and activity briefing. Then, proceed to the "Workshop and Lecture Registration System" (<https://psfcost.nchu.edu.tw/registration/>) to complete your registration.
- Before the weekly exercise course, you need to find time to go to the Health and Consultation Centre for weight and body fat measurement, so that the lecturer can understand the condition of each student.