

113 年國立中興大學健康力輔導自我照顧計畫
Self-care Plan of NCHU's Health Coaching Project
申請書 Application Form (變更申請 Change of Application)

申請日期 Application Date	年 月 日 (YY/MM/DD)	姓名 Name	
學號 Student ID		系級 Department/Grade	_____系/所(Department/Institute) _____年級(Grade)
E-mail		手機 Mobile Phone	
身分 Identity	<input type="checkbox"/> 1-低收入戶學生 Students from low-income families <input type="checkbox"/> 2-中低收入戶學生 Students from medium- and low-income families <input type="checkbox"/> 3-特殊境遇家庭子女或孫子女 Children or grandchildren from families with special circumstances <input type="checkbox"/> 4-身心障礙學生或子女(<input type="checkbox"/> 學生/ <input type="checkbox"/> 子女) Students with physical/mental disabilities and children of persons with physical/mental disabilities. (<input type="checkbox"/> students / <input type="checkbox"/> children) <input type="checkbox"/> 5-原住民族學生 Indigenous students <input type="checkbox"/> 6-獲教育部弱勢助學金補助學生 Students receiving grants of disadvantaged students from Taiwan Ministry of Education <input type="checkbox"/> 7-家庭突遭變故經學校審核通過者 Students who suffer from sudden family changes and pass review of the University <input type="checkbox"/> 8-懷孕學生、扶養未滿 3 歲子女之學生 Pregnant students and students who foster children under 3 years old		
自我照顧之 學習動機 Motivation of Learning Self-care	發覺自己關於自我照顧的能力如何，覺察到的自身的現象，是什麼原因或期待讓你想申請呢? Come to know self-care ability of yourselves and notice self-phenomenon. What's the reason or expectation for your application?		
自我照顧之 學習目標 Objectives of Learning Self-care	如檢視自己的情況增進的能力，例如拖延、提升自信、養成好習慣或改善壓力等(請條列式列舉) Examine the improvement of your ability based on your initial conditions , such as procrastination, confidence improvement and formation of good habits or mitigation of pressure, etc. (Please list by items)		
學期學習預定內容 Predetermined Learning Content of This Term	可檢附資料如校外講座資訊展覽資訊等(無則免付) Documents to be enclosed, such as off-campus lecture information, exhibition information, etc. (Do not attach if your documents are not listed below) <input type="checkbox"/> 興健康講堂 Hsing health lecture <input type="checkbox"/> 心理衛生書籍 Mental health books <input type="checkbox"/> 心理衛生影集或電影 Mental health books <input type="checkbox"/> 校內外心理健康講座 On-campus and off-campus mental health lectures <input type="checkbox"/> 其他 Others : <input type="checkbox"/> 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 concerts <input type="checkbox"/> 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)		

<p>預期學習成效與成果 Expected Learning Effects and Achievements</p>	<p>期待自身的轉變或促進心理適應(除相關學習成效說明外，亦說明預期可提升之自我照顧能力及態度面向) Expect transformation of yourselves or promote mental adaptation (Besides description about relevant learning effects, self-care ability and attitude that are expected to get promoted can also be described)</p>
<p>備註： Remark:</p>	<ul style="list-style-type: none"> ◆ 學生申請方式：申請書於學期初指定時間親送或寄至本中心信箱，學期中應規劃完成以下三項： Application method of students: Application forms shall be sent in person or delivered to mailbox of the Center at specified time of the beginning of a term and the following three items shall be planned and completed in the middle of the term. <ul style="list-style-type: none"> 1. 參加本中心辦理興健康講堂課程 2 堂或校外相關心理健康講座或展覽 2 次。 Have 2 lessons of Hsing health lecture course handled by the Center or take part in off-campus relevant mental health lectures or exhibitions twice. 2. 參閱本中心推薦心理健康之書籍或影集 1 部。 Refer to mental health books or 1 picture album recommended by the Center. 3. 參與有益身心健康活動 1 次(如超馬、三鐵、交響樂、獨立旅行或畫展等等規劃)。 Take part in activity beneficial for physical and mental health once (such as ultramarathon, triathlon, symphony, independent travel or art exhibition and other plans). ◆ 由健諮中心審查內容是否具有個人意義與重要度、合理性、可行性、可達成、行動力及創新度面向評核，並經面談通過後執行之。 The Health and Counseling Center shall review if content is of personal meaning and importance, evaluate its rationality, feasibility, accessibility, mobility and level of innovation, and execute after passing interview. <ul style="list-style-type: none"> 1. 完成自我照顧計畫書、自我照顧評估報告書。 Complete self-care program and self-care evaluation report. 2. 由健諮中心進行審查，期末依據學生計畫書完成度及自我照顧覺察等面向進行評估，審查完成後核發獎勵金。 The Health and Counseling Center shall review the above self-care program and self-care evaluation report based on completion degree of students' program, awareness of self-care and other aspects. Bonus will be granted after completion of review. ◆ 核發方式：每學期最多 20 名(當年度經費用罄時，將不再受理申請及補助) Method: Up to 20 students every term (when the budget of current year runs out, no more application or allowance will be accepted) <ul style="list-style-type: none"> 1. 學期初提出自我照顧計畫申請書，通過入圍面談者，給予獎勵金新臺幣兩千元。 Students who make self-care program application at the beginning of the term, enter and pass interview shall be given a reward of NTD 2,000. 2. 依計畫書完成輔導規定者，學期末給予獎勵金新臺幣一萬二仟元。 Students who complete counseling provisions based on their programs shall be given a reward of NTD 12,000. ◆ 自即日起受理申請，至 113 年 09 月 13 日 17:00 止或申請補助經費達當年度核定經費上限即停止受理。 Application acceptance starts as from today and stops at 17:00 of September. 13,

2024. Or if total amount of bonus applied reaches upper limit of approved budget of current year, no more application will be accepted.

- ◆ 審查通過者未如期繳交相關資料，視同放棄本學期不予以核發獎勵金。
If students passing review fail to submit relevant documents, it shall be regarded as waiving and no bonus will be granted to such students.

※自我照顧計畫申請前、執行中、陸續完成後，皆可充份與中心審查小組人員討論，健諮中心於學生自我照顧計畫期間給予表達性支持與大原則輔導。

* Self-care program can be fully discussed with members of the review group of the Center prior to application, during execution and after successive completion. The Health and Counseling Center shall give expressive support and counseling based on major principles during duration of students' self-care program.

※請勿用書寫或拍照方式繳交。

* Please do not submit by writing or photographing.