

113 年國立中興大學健康力輔導自我照顧評估報告書

2024 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. <input type="checkbox"/> 興健康講堂 Hsing health lecture 2. <input type="checkbox"/> 校內外心理健康講座 On-campus and off-campus mental health lectures 3. <input type="checkbox"/> 心理衛生書籍 Mental health books 4. <input type="checkbox"/> 心理衛生影集或電影 Mental health TV series or movie films 5. <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 6. <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) 7. <input type="checkbox"/> 其他(others)：
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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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. 是否達成個人預期自我照顧目標？ My expected self-care goal is achieved.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. 尋找的方式請列舉： Please list seeking methods:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. 我在本次計畫中的表現認真 I participated this program seriously and performed well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. 透過自我照顧學習，讓我增加行動力？ Self-care learning improves my execution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 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)					
11. 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.