

113 年國立中興大學健康力輔導自我照顧計畫書/執行成果
2024 Self-care Plan Report of National Chung Hsing University's
Health Coaching Project

完成日期 Completion Date	年 月 日 (YY/MM/DD)	姓名 Name		
學號 Student ID			系級 Department	_____系/所(Department/Institute) _____年級(Grade)
E-mail			手機 Mobile No.	
自我照顧主題 Self-care theme	請自己發想一個計畫主題如擁有獨處的時光、一個人的生活練習等 Please Ideate theme for the program, such as having me-time and life practice by oneself, etc.			
自我照顧之精神 Self-care spirit	資料蒐集方式不拘，可以文獻方式呈現若引用請註明來源(字數 500 字以上) Data collection method is not limited. It is allowed to present in the form of literature. Please indicate source cited (above 500 words)			
自我照顧之目標 Purpose of self-care	個別化實踐目標的重要度及對個人的意義(請條列式列舉) Individualize the importance of practice goals and meaning to individuals (please list by items)			
自我照顧外在體驗行動 Extracurricular experiential activities of self-care	參加校外展覽及活動者，請入鏡拍照哦，需檢附學習照片 2 張(字數 500 字以上) Students who participate in off-campus exhibitions and activities, please take photos with yourselves in the frame. Total 2 learning photos need to be attached (above 500 words)			
學習照片 Photo of learning	相片、手繪形式不拘 Photos, freehand sketching, etc. There is no limitation in form.			

<p>自我照顧內在學習歷程 Internal learning process of self-care</p>	<p>如他人看法及自我觀點的覺察等(字數 500 字以上) Such as awareness of others' opinions of and self-assertion, etc. (above 500 words)</p>
<p>習得自我照顧應用在自身的心得分享 Sharing experience on application of self-care on yourselves</p>	<p>(字數 500 字以上) (above 500 words)</p>
<p>本中心審查老師予以回饋 Feedback from review teacher of the Health and Counseling Center</p>	
<p>備註：</p>	<ul style="list-style-type: none"> ◆ 審查通過者未如期繳交相關資料，視同放棄本學期申請不予以核發獎勵金。 If students passing review fail to submit relevant documents, it shall be regarded as waiving application in this term and no bonus will be granted to such students. ◆ 學生繳交方式：自我照顧計畫書及自我照顧評估報告書於學期末指定時間親送或寄至本中心信箱。 Submission method: Self-care program and self-care evaluation report shall be sent in person or to mailbox of the Center at specified time at the end of this term. ◆ 請將計畫書及自我照顧評估報告書與相關附件，進行系統上傳。 Please upload program and self-care evaluation report and related appendixes to the system. ◆ 審查面向如下(Review aspects are as follows)： <ol style="list-style-type: none"> 1. 是否具有個人意義及重要度。 If there is personal meaning or importance. 2. 整體計畫書完成度、自我照顧覺察、計畫書內容是否具有合理性、可行性、可達成、行動力及創新度面向評核。 Completeness degree of overall program, awareness of self-care, rationality, feasibility, accessibility, mobility and level of innovation. <p>※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。 *Fully discuss with members of review group of the Center before application, during execution and after successive completion of self-care program. Health and Counseling Center gives expressive support and counseling based on major</p>

principles during self-care period of student.

※請勿用書寫或拍照方式繳交。

* Don't submit in the form of writing or photographing.