



## 課 綱 Course Outline

### 諮商與臨床心理學系學士班

中文課程名稱 Course Name in Chinese	正向心理學				
英文課程名稱 Course Name in English	Positive Psychology				
科目代碼 Course Code	CP__42740	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite					
課程目標 Course Objectives					
從探討個人真實生活經驗的人本心理學開始，如何讓人類生活更快樂、幸福，並且能積極地克服困境，提昇個人的心理健康，是21世紀心理學研究的主流。本課程以前重要的正向心理學研究議題為主要內容，以基本概念的認識為主，亦討論生活中如何實踐。					
系教育目標 Dept.'s Education Objectives					
1	培養人文與科學並重的心理學基礎知識，進而活化應用並解決問題 The department will train students to have a basic knowledge of psychology both in the humanities and the sciences; students will be able to apply their knowledge critically				
2	儲備助人的心理專業人力，並培養持續進修的人才，養成終身學習態度 The department will focus professional training as well as lifetime education.				
3	以學生的表現能力為核心，提升社會服務與公民實踐的涵養。 The department will focus on the students' ability to communicate and will promote their ability to provide social services				
4	拓展多元文化與國際視野，促進人類社會的尊重與合作 The department will help students to expand their global and multicultural thinking.				
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.'s Education Objectives	
A	應用專業知能瞭解現象與問題解決的基本能力。 Students should be able to apply their professional abilities to understand situations arising during the course of their work as well as to solve problems.				

B	公民關懷與倫理思考的能力。 Students should develop their social awareness and ethical thinking.	
C	生涯規劃與自我發展的能力。 Students should be able to plan their professional and academic endeavors.	
D	傾聽、統整與溝通合作的能力。 Students should have the ability to integrate their thoughts and disseminate them.	
E	正向與創新的能力。 Students should have the ability to innovate and to do critical thinking.	

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

### 課程大綱 Course Outline

正向心理學的發展  
真實的快樂/生活實驗開始  
真實的快樂(美德與優點)/  
正向心理學的發展  
心理衛生的新觀點  
幸福感  
愛  
復原力  
逆境與個人成長  
希望理論  
希望的實證/情意教育與應用  
自我效能  
正向心理學在心理諮商中的應用

資源需求評估（師資專長之聘任、儀器設備的配合．．．等）  
Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.)

### 課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods

1. 教師就課程與主題內容解說，引導同學做討論
2. 同學先就主題預做研討，於課堂中分享並做案例討論

### 其他 Miscellaneous