



文藻外語大學 112學年度第2學期 教學綱要  
Wenzao Ursuline University of Languages  
Syllabus for the 2nd Semester of the 2023 Academic Year

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壹、課程基本資料

課程名稱 Course Title	全人發展：大學入門（二） HUMAN DEVELOPMENT: INTRODUCTION TO UNIVERSITY STUDIES (II)			
課程類別(學制) School System	日間部四技 Four-Year College of Day Division			
開課單位 Academic Unit	吳甦樂教育中心			
授課教師 Instructor	徐秀菊		職稱 Academic Rank	助理教授
師生互動 Data of Instructor	辦公室 Office	Q913	辦公室電話 Office Phone Number	(07)342-6031 Ext. 7315
	電子信箱 E-mail	99948@mail.wzu.edu.tw		
	約談時間 Office Hours	Tuesdays 13:10-15:00 Thursdays: 15:10-17:00		
學分 Credits	1學分	選課別 Category	<input checked="" type="checkbox"/> 必修 Required Course <input type="checkbox"/> 選修 Elective Course	
開課類別 Course Length	<input type="checkbox"/> 學年課 Year-long course(2 semesters) <input checked="" type="checkbox"/> 學期課 semester course(1 semester)		開課年級Year Taught: 0年級 授課班級Class Taught: 日四技專班一	
課程內容概要 Course Content Synopsis	<p>■課程內容概要：本課程為校定共同核心必修課程，旨在提供文藻教育目標3L中 Life之養成基礎。基於全人教育之理念，教導學生對於靈性發展的認識與修習，期能培養個人身、心、靈之均衡發展。課程內容涵蓋生涯發展、多元學習、性別教育、生命倫理等議題之探討。</p> <p>This subject is approved as a core compulsory course that aims to provide students a foundation for the development of Life objective included in Wenzao's 3L education goals. Based on the orientations of wholistic education. It leads students to comprehend and cultivate the spiritual development aiming at forming physical, psychological and spiritual development of one's personal life. The course covers themes on exploring career development, multidimensional learning, sex education and life ethics.</p> <p>■主要授課語言： 英語(English)</p>			
課程學習目標 Course Learning Goals	<p>使學生能：</p> <ol style="list-style-type: none"> <li>1. 協助探索生涯之發展與規劃</li> <li>2. 建立健全的人際關係與性別平等意識</li> <li>3. 學習尊重人性尊嚴與個人獨特價值之文化</li> <li>4. 學習關懷生命及建立倫理思辨的基本能力</li> </ol> <p>This course will help students</p> <ol style="list-style-type: none"> <li>1. Seek lifelong development and plan for it.</li> <li>2. Form healthy interpersonal relationships and a consciousness of gender equality.</li> <li>3. Learn a culture of respecting human dignity and the individual's unique value.</li> <li>4. Learn to appreciate life and form ability to consider matters from the perspective of ethics.</li> </ol>			
系培育目標與核心能力以及學習目標 Development Goals,	系培育目標 Development Goal	核心能力指標 編碼 Skill Indica	核心能力 Skill Indicator	學習目標 Learning Objective

Skill Indicator, & Learning Objectives		tor Code		
	學習倫理實踐能力	3-0-1	倫理判斷能力	Be able to apply the spirit/principles of nonviolent communication to demonstrate ethical/appropriate communication behaviors. 能運用善意溝通之原則，展現符合倫理溝通之行為。
	學習倫理實踐能力	3-0-3	生命關懷能力	Be able to promote one's own spiritual growth in accordance with Wenzaorian spirit 能依據文藻精神，提升靈性之追求。
	學習建立關係能力	7-0-2	包容異己的寬厚肚量	Be able to apply non-violent communication principles to understand other's kind motivation. 能用善意溝通之原則，解讀他人之良善動機。
	學習建立關係能力	7-0-4	團隊合作能力	Be able to engage fully in the group report project to fulfill one's proper responsibility 能投入團體報告準備過程，善盡個人責任。
	學習答覆使命能力	8-0-5	社會關懷能力	Be able to conduct service-learning projects in accordance with Wenzaorian spirit 能依據文藻精神，執行服務學習計畫。
	其他(Others)			
學生先備知識 Prerequisite Knowledge Skills	Students need to have face-to-face interpersonal communication skills and be able to use Cloud-E-learning system. 使雲端學園之電腦能力。對表達與溝通之能力。			
教學學理基礎 Theoretical Foundation of Instruction	教育哲學理念：吳甦樂教育精神(Ursuline Education Spirit) 課程內容基礎：九型人格特質論(Enneagram Personality Type Theory) 教學法理論：體驗式教學法(Experiencing Teaching Method)，設計體驗情境，建基於知識、實踐、反思之循環動，以促發學動參與、獲得感悟、建構知識與能。			
授課資訊 Instructional Information	■課程類型(Top Down)			
	一般課程Regular course 融入生命教育議題課程Life education 融入性別平等議題課程Gender equity education 融入月桂方法相關課程Integrate Laurel Method into the course			
	■教學平台			
	實體教學(一般 18 週)Face-to-Face Instruction - Standard 18 Weeks			
評量 Student Assessment	■評量方式與評分比例分配 Evaluation Criteria			
	1. In-class performance : 30%, including attendance 15%, in-class assignments and participation 15%. 2. The Midterm grade : 30% , Group presentation. Each individual joins a group which chooses a topic to complete the assignment collaboratively. Details regarding topics please refers to the assignment sheet posted on elearning under Week 1.  Uploading path : Cloud E-learning—Communication center—Topic Discussion —Discussion For			

um—the midterm presentation file  
 Uploading materials : Oral presentation materials  
 (eg. : ppts, films, drawings, scripts, etc. Apply your creativity)  
 Uploading deadlines : a week before each group' s presentation, by the end of Mondays.

3. The final grade : 40%. Topic : The implementing power of my college life.  
 Complete the assignment individually.  
 Uploading path : Cloud E-learning—Assessment center—Assignments—The final paper  
 Uploading materials : Learning Contract  
 Uploading deadlines : at 23 :59 pm, June 10th, 2024.  
 The system will be locked after such time.

4. Extra marks : a book review/take-ons of your choice: 1-10 points. A submission of cut & paste of others work or with high similarity will not be accepted, and extra marks will not be granted. The deadline for book review is April 13th 23:59.

Uploading path : Cloud E-learning—Assessment center—Assignments—The Extra marks.

1. 平時成績：30%，含出席狀況15%、隨堂作業及課堂參與狀況15%。  
 2. 期中成績：30%，詳見雲端學園之作業說明。 每人擇一組別完成作業

上傳路徑：雲端學園學習互動區--課程討論--課程討論區  
 上傳材料：口頭報告使用之材料（例如：PPT、影片、圖畫、劇本等，請自行發揮創意）  
 上傳截止：各組報告日期前一週，上課前一日結束前。

3. 期末成績：40%，題目：我的大學生涯實踐力。個人完成作業。  
 內容：  
 上傳路徑：雲端學園評量區—作業/報告 上傳材料：學習契約表  
 上傳截止：6/10（一）23:59

5. 加分作業：讀書心得，閱讀書籍可自選，可加1-10 分。但不能抄襲。  
 抄襲不予加分。上傳路徑：雲端學園評量區—作業/ 上傳期限：4/14日(日)

**■ 課堂要求 Course Requirements & Policies**

1. Come to class prepared, including to complete reading and other assignments.
  2. Come to class punctually
  3. Do not be absent from class without a good reason. When there is a need for a leave, please file an application on-line regardless of the type of leaves, for public or private reasons. Skipping class without applying for a leave is regarded as absence which will affect your moral scores.
  4. Asking for a leave more than once there will be a deduction of your attendance marks, 2.5 points for each leave.
  5. Actively participate in the class discussions and activities.
  6. During the class, please respect the rights of others and do not conduct private conversations that is unrelated to the class.
  7. Being alert to your learning outcomes, do not use cellular phone that could distract your attention during the class except for class activities.
1. 有備而來：預先閱讀指定資料並積極參與討論及其他課程活動。
  2. 準時到課。
  3. 不隨意缺課，請假須事先告知老師，否則視同曠課，一次曠課等於兩次請假。一次請假平時分數短少2.5分。
  4. 上課須尊重其他人的權益，不作與課程無關的聊天。
  5. 上課專注，不划手機。這是大家共同學習、互動的時間，須尊重每一個人的臨在，這樣的精神是本課程重要的練習。

教材  
 Learning Materials

「請學生務必使用**正版教科書**」Please respect copyright and use original textbooks.  
 ■教科書 Textbooks  
 尚未輸入  
 ■參考書目或網址 References or Websites  
 1、書名：生命倫理：身體神學及生命倫理 <http://catholic-bioethics.blogspot.tw/2012/03/blog-post.html> 作者：譚傑志(2012)。

	<p>2、書名：The origin of the university. Retrieved from: <a href="http://irishcatholic.ie/article/origin-university">http://irishcatholic.ie/article/origin-university</a> 作者：Riville, W. (n.d.) 出版社：The Irish Catholic.</p> <p>3、書名：Medieval universities and the origin of the college. Retrieved from: <a href="http://www.academicapparel.com/caps/College-University-History.html">http://www.academicapparel.com/caps/College-University-History.html</a></p> <p>4、書名：The educational philosophy of Wenzao.. retrieved from: <a href="http://c018.wzu.edu.tw/front/bin/ptlist.phtml?Category=78">http://c018.wzu.edu.tw/front/bin/ptlist.phtml?Category=78</a> 作者：Center for Ursuline Education (2008).</p> <p>5、書名：Ursuline education, pp. 28-30. Retrieved from: <a href="http://www.wzu.edu.tw/ezcatfiles/b001/img/img/3/ursulineeducation-eng.pdf">http://www.wzu.edu.tw/ezcatfiles/b001/img/img/3/ursulineeducation-eng.pdf</a> 作者：Pallisier, L. (2011).</p> <p>6、書名：The book of life. Retrieved from: <a href="http://www.thebookoflife.org/know-yourself/">http://www.thebookoflife.org/know-yourself/</a> 作者：Know yourself (n.d.).</p> <p>7、書名：How to get to know yourself in 5 fool-proof steps. Retrieved from: <a href="http://www.prolificliving.com">http://www.prolificliving.com</a> 作者：Farnoosh(2009-2016).</p> <p>8、書名：Getting to know yourself: 29 questions to discover the real you. Retrieved from: <a href="http://www.prolificliving.com">http://www.prolificliving.com</a> 作者：Farnoosh(2009-2016).</p>
教學用軟體 Software	付費軟體Commercial software Microsoft Office
補充資料 Additional Remark	本科目無相關下載檔案。

## 貳、課程內容與進度(Course Content and Schedule)

週次 Week	上課日期 Date	單元名稱 Units	授課方式 Instructional Approaches	作業、報告、考試或其它 Assignments, Tests and Others	備註 Remarks
1	113/02/25 ~ 113/03/02	syllabus discussion Self-awareness 1: recognizing your emotions 自我認識1：情緒辨識	Explanation, discussion Painting/expression 說明、討論 與繪製	Paint my moods in the winter break: my major emotions 寒假心情繪本：我主要的情緒經驗	
2	113/03/03 ~ 113/03/09	Self-awareness 3: thoughts and emotion 自我認識3：想法與情緒	Discussion, expression 說明、討論	The path of rationality and emotions: ABCDE 理智與情緒路徑：ABCDE 四人小組：我們的心情故事	
3	113/03/10 ~ 113/03/16	Self-awareness 4: my mental health	Survey	The Counseling Center	
4	113/03/17 ~ 113/03/23	Human relations 1: nonviolent communication 1 人際關係1：善意溝通1	Case analysis, Practice, & Case analysis, Practice, & Discussion 案例分析 實作、討論	Observing not criticizing 觀察而不批評	
5	113/03/24 ~ 113/03/30	Human relations 2: nonviolent communication 2 人際關係2：善意溝通2	Report & discussion 發表與討論	Feelings precedes thoughts 感受先於想法 Feelings precedes thoughts 感受先於想法	
6	113/03/31 ~ 113/04/06	Human relations 2: nonviolent communication 3 人際關係3：善意溝通3	Case analysis, Practice, & Discussion 案例分析 實作、討論	Needs substitute responsibility avoiding 需要代替卸責	

週次 Week	上課日期 Date	單元名稱 Units	授課方式 Instructional Approaches	作業、報告、考試或其它 Assignments, Tests and Others	備註 Remarks
7	113/04/07 ~ 113/04/13	Human relations 4: nonviolent communication 4人際關係4：善意溝通4	Case analysis, Practice, & Discussion 案例分析 實作、討論	Requesting substitutes blaming請求取代責備  文藻資源大搜密	
8	113/04/14 ~ 113/04/20	Self-awareness 6: the beauty of regularity 自我認識6：規律之美	Report & discussion 發表與討論  案例分析、 經驗分享	Arrangements of quality life  有品質的生活安排	
9	113/04/21 ~ 113/04/27	Self-awareness 6: the beauty of regularity 自我認識6：規律之美	Report & discussion 發表與討論  案例分析、 經驗分享	Grasp the rhythm of your life 抓住你生活的節奏	
10	113/04/28 ~ 113/05/04	Self-awareness 4: critical thinking Reflecting on me & technological gadgets 自我認識4：批判性思考 省思科技與我	Report & discussion Report & discussion 發表與討論	--smart phones and me: Facebook, social media groups, IG, games  --手機與我：臉書、群組、IG、games...	
11	113/05/05 ~ 113/05/11	Self-awareness 5: critical thinking Reflecting on internet discourses 自我認識5：省思科技與我	Observing & experiencing Report & discussion 發表與討論	--internet discourse --網路言論分析與反思	
12	113/05/12 ~ 113/05/18	Academic career planning: International exchanges 學涯計劃1：國際交流	Report & discussion 發表與討論	Interview upper classmates for their international exchange experiences 學長姊國際交流經驗分享	
13	113/05/19 ~ 113/05/25	Academic career planning: Service learning 學涯計劃2：服務學習	Report & discussion 發表與討論	Searching for resources at Wenzao  文藻資源大搜密	
14	113/05/26 ~ 113/06/01	Academic career planning 4: Deepen and concretize your academic career planning 學涯計劃1：深化學涯藍圖	Observing & experiencing, reflection, writing 觀察與體驗  實作、討論	Laurel Method	
15	113/06/02 ~ 113/06/08	Academic career planning 5: Deepen and concretize your academic career planning 學涯計劃1：深化學涯藍圖	Observing & experiencing, reflection, writing 觀察與體驗  實作、討論	Learning Contract	

週次 Week	上課日期 Date	單元名稱 Units	授課方式 Instructional Approaches	作業、報告、考試或其它 Assignments, Tests and Others	備註 Remarks
16	113/06/09 ~ 113/06/15	Wenzaorian Spirituality 4: being aware of the internal life movements 文藻精神4：覺察內在動態	Observing & experiencing 觀察與體驗		
17	113/06/16 ~ 113/06/22	Group sharing of career planning	CSharing & Discussion 分享、討論	Requesting substitutes blaming請求取代責備	
18	113/06/23 ~ 113/06/29	Group sharing of career planning 期末反思	Sharing & Discussion 分享、討論		