文藻外語大學 115學年度第1學期 教學綱要
Wenzao Ursuline University of Languages
Syllabus for the 1st Semester of the 2026 Academic Year

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壹、課程基本資料

課程名稱 Course Title	自我理解與溝通效能 SELF-COMPREHENSION AND COMMUNICATION EFFECTIVENESS			
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	張宗德		職稱 Academic Rank	專案講師
師生互動 Data of Instructor	辦公室 Office	Z0904	辦公室電話 Office Phone Number	07-3426031-5346
	電子信箱 E-mail	99795@mail.wzu.edu.tw		
	約談時間 Office Hours	Monday & Thursday 10:00-12:00 or make an appointment through https://bit.ly/meetzonder		
學分 Credits	2學分	選課別 Category	[ ]必修 Required Course [∨]選修 Elective Course	
開課類別 Course Length	[ ]學年課 Year-long course(2 semesters) [∨]學期課 semester course(1 semester)		開課年級Year Taught: 0年級 授課班級Class Taught: 日四技共同	
課程內容概要 Course Content Synopsis	■課程內容概要: 本課程主題為「九型人格」與「善意溝通」。九型人格旨在辨識人格類型，理解行為背後的動機。善意溝通旨在同理人我的感受與需求，形成人際關係的聯結。課程內容有人格類型、溝通方式的講解與實作，以日常活問題做為個人與小組的練習，學習溝通與領導能力。本課程旨在培育學生3L核心素養（Life/Language/Leadership），學習知人善任、良好溝通、解決問題的領導能力。 The course focuses on themes of Enneagram and nonviolent communication. Enneagram aims at identifying one's personality type and understanding motivations behind behaviors. Non-violent communication aims at becoming compassionate towards other's and one's own feelings and needs to establish connections in human relations. The course contents include the explanation and practice of enneagram personality types, and ways of communication. Daily life problems will be used as material for individual and group practices to foster communication and leadership skills. The course intends to foster students' core literacies of 3Ls, life, language and leadership. These learning will equip students with leadership abilities such as understanding people and knowing how to work with people with different talents, communicating well and solving problems effectively. ■主要授課語言: 英語(English)			
課程學習目標 Course Learning Goals	1.學習者具有自我探索人格特質與行為動機的能力。 2.學習者具有覺察自己與他人感受，以及同理自己與他人的能力。 3.學習者具有統整自己思想與服務領導的能力。 1.To explore one's own personality characteristics and motivations. 2.To be aware of others' and one's own feelings and be compassionate towards others and oneself. 3. To integrate one's own thoughts and to be able to lead with services.			

系培育目標與核心能力以及學習目標Deve	系培育目標 Development Goal	核心能力指標編碼	核心能力 Skill Indicator	學習目標 Learning Objective

lopment Goals, Skill Indicator, & Learning Objectives		Skill Indicator Code		
	學習自主管理能力	1-0-5	反思能力	Cultivate critical reflection
	學習有效溝通能力	6-0-1	自我認識	Deepen self-awareness
	學習有效溝通能力	6-0-8	人際溝通能力	Strengthen interpersonal communication
	其他(Others)			
學生先備知能 Prerequisite Knowledge Skills	An open-minded heart and willingness to learn, with basic English proficiency (B1 or above)			
教學學理基礎 Theoretical Foundation of Instruction	(1) Educational Philosophy: Ursuline Education Spirit(教育哲學理念：吳甦樂教育精神) (2) Course Content: Nonviolent Communication (NVC)(課程內容：非暴力溝通) (3) Teaching Method: Experiential Learning We design real-life situations for students to experience. Through a cycle of learning, practicing, and reflecting, students will actively participate, gain deep insights, and build their knowledge, emotions, and skills.			
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 品德教育(請填寫項目，例如誠實、關懷)Character Education (Please fill in the items, such as Honesty, Caring)自律、自主、溝通、合作 課程融入聯合國永續發展目標SDGs 3.健康與福址Good Health and Well-being 課程融入聯合國永續發展目標SDGs 5.性別平等Gender Equality			
	■教學平台			
	實體教學(一般 18 週)Face-to-Face Instruction - Standard 18 Weeks			
	■主要教學策略			
	講授Lecture 分組討論Group discussion 問題導向Problem-based 個案研究Case study			
評量 Student Assessment	■評量方式與評分比例分配 Evaluation Criteria			
	10% Attendance 90% In-class feedback and reflection			
	■課堂要求 Course Requirements & Policies			
	(1) Follow the school's attendance policy.(For details, please check the "Wenzao Ursuline University of Languages Student Leave Regulations" from the Life Guidance Division of the Office of Student Affairs.)(遵守學校出缺席規定。詳情請參閱學務處生輔組的文藻請假辦法。) (2) Respect class order and follow class agreements.(尊重課堂秩序並遵守班級公約。) (3) Finish worksheets during class and hand them in before leaving.Late submissions will not be accepted. (If you take an official leave according to school rules, you may submit it later.)(學習單需在堂上完成並於下課時繳交，逾期不收。若依規定完成請假手續者可補交。) (4) Hand in all assignments on time.(按時繳交所有作業。) (5) Actively participate in class activities and discussions.(積極參與課堂活動與討論。) (6) Do not use cell phones during class unless required for learning activities.(除非教學活動需要，否則課堂中請勿使用手機。)			
教材 Learning Materials	「請學生務必使用正版教科書」Please respect copyright and use orignal textbooks. ■教科書 Textbooks			
	1、書名：Self-designed Handouts			
	■參考書目或網址 References or Websites			
	1、書名：Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships 作者：Marshall B. Rosenberg 2、書名：Say What You Mean: A Mindful Approach to Nonviolent Communication 作者：Oren Jay Sofer 3、書名：The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide 作者：David Daniels, M.D. 4、書名：The Wisdom of the Enneagram 作者：Don Richard Riso & Russ Hudson 5、書名：https://derbad.blogspot.com/search/label/Life%20Education			
教學用軟體	付費軟體Commercial software			

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	115/09/06 ~ 115/09/12	9/11 Course Introduction	Lecture Discussion	In-class feedback and reflection	
2	115/09/13 ~ 115/09/19	9/18 Who will I become?	Lecture Discussion	In-class feedback and reflection	
3	115/09/20 ~ 115/09/26	9/25 Mid-autumn festival	No class		
4	115/09/27 ~ 115/10/03	10/2 My feelings	Lecture Discussion	In-class feedback and reflection	
5	115/10/04 ~ 115/10/10	10/9 National Day (Observed)	No class		
6	115/10/11 ~ 115/10/17	10/16 My desire, needs, passion and talents	Lecture Discussion	In-class feedback and reflection	
7	115/10/18 ~ 115/10/24	10/23 Knowing and doing	Lecture Discussion	In-class feedback and reflection	
8	115/10/25 ~ 115/10/31	10/30 Self-discipline and autonomy	Lecture Discussion	In-class feedback and reflection	
9	115/11/01 ~ 115/11/07	11/6 How much control over life?	Lecture Discussion	In-class feedback and reflection	
10	115/11/08 ~ 115/11/14	11/13 Interpersonal Relationship	Lecture Discussion	In-class feedback and reflection	
11	115/11/15 ~ 115/11/21	11/20 Relationship and boundaries	Lecture Discussion	In-class feedback and reflection	
12	115/11/22 ~ 115/11/28	11/27 Closeness & Openness	Lecture Discussion	In-class feedback and reflection	
13	115/11/29 ~ 115/12/05	12/4 People skills	Lecture Discussion	In-class feedback and reflection	Nov. 30 (Mon) 17:10: Lighting up Christmas @ sports field
14	115/12/06 ~ 115/12/12	12/11 Communication Skills	Lecture Discussion	In-class feedback and reflection	
15	115/12/13 ~ 115/12/19	12/18 Observing communication modes	Lecture Discussion	In-class feedback and reflection	
16	115/12/20 ~ 115/12/26	12/25 Constitution Day	No class		Dec. 23 (Wed) 12:20: Campus Caroling @ Red Brick Lane Dec. 24 (Thur) 20:00: Christmas Vigil Mass @ Auditorium
17	115/12/27 ~ 116/01/02	1/1 New Year's Day	No class		

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
18	116/01/03 ~ 116/01/09	1/8 Final Report	Oral Report		