

中臺科技大學課程介紹

Course Syllabus

開 課 學 期	109-1	部 別	<input type="checkbox"/> 日間部 <input checked="" type="checkbox"/> 進修部
系 科	通識教育中心	學 制	大學部
課 程 名 稱	面對生命困境	授 課 教 師	陳慈峰
課 程 類 別	選修	開 課 班 級	<input checked="" type="checkbox"/> 博學涵養 <input checked="" type="checkbox"/> 人文 <input type="checkbox"/> 自然
學 分 數	2	授 課 時 間	
科 目 代 碼		辦 公 地 點	2805
開 課 代 號		請 益 時 間	
課程描述 Course Description			
<p>在生命的歷程中，我們總會遇到許多不同情境的漩渦，而我們可能就在那些漩渦當中載浮載沉地受困於其中，此課程的主要目的，乃希望藉由八個人生主題的探討，引導學生面對與接受自己生命中的一切，並且從困境中跳脫出來，使生命的品質得以提昇。</p>			
課程目標 Course Objectives			
<p>認知：從認識生命與其涵意，進而具備勇氣面對生命各種歷程。 情意：從經歷生命各種歷程，進而提升並擴大生命層面與廣度。 技能：從面對生命各種困境，進而學習如何面對自我與提升自我覺察力。</p>			
一般能力/專業能力 General/Core Learning Outcomes			
<p>一般能力</p> <p>一、人文與思維</p> <ol style="list-style-type: none"> 1、能瞭解人文、社會科學的基本概念與理論。 2、能基於人文、社會學的基礎認識，將此知識解釋人文社會的現象，並舉例說明。 3、能在生活中運用人文、社會學的知識，思辨、分析、批判探討人類與社會現象。 4、能覺知人文涵養教育所引發的心靈感動，欣賞、體悟多元文化與人文內涵之美。 <p>二、內省與關懷</p> <ol style="list-style-type: none"> 1、能進行內觀反省，了解自己的優、缺點，並據此作出適當的行為。 2、能藉由內觀反省，了解周遭人的感受，對群己、環境主動表現出關懷。 3、能對群己、環境的關懷產生價值感，成為態度。 4、能具有持久且一致主動關懷環境、群己，推己及人的品格。 <p>三、創意與表達</p> <ol style="list-style-type: none"> 1、能有效運用口頭語言、書面文書清楚表達自己的想法和他人的意見。 2、能運用適當工具與方式表述資料，且表述的內容論述與結構皆完整。 3、能有創意性的表述，並清楚傳達自己的想法。 4、表述的內容具有獨創見解，並與接收者可以進行有效的溝通與論辯。 <p>四、科學與邏輯</p> <ol style="list-style-type: none"> 1、能認識科學方法與科學精神的基本論述及主要內涵。 2、能運用多種思考方法，思索事務變化的因果和形式，探討事物間邏輯性關聯。 3、能依據邏輯推理原則，進行批判性思考。 			

4、能運用邏輯推理、批判性思辨能力，運用於生活與工作之中。

評量標準

Assessment standards

出席情形_20_% 上課參與度_30_%
 期末報告_30% 課後心得_20_%

教科書（書名、作者、出版社、備註）

Textbook（Title, Author, Publisher, Remarks）

書名 Title	作者 Author	出版社 Publisher	備註 Remarks

參考書目（書名、作者、出版社、期刊、備註）

Reference Materials（Title, Author, Publisher/Journal, Remarks）

書名 Title	作者 Author	出版社/期刊 Publisher/Journal	備註 Remarks
奧修說自我	奧修 OSHO	布波出版有限公司	
當生命陷落時	佩瑪·丘卓	心靈工坊文化事業有限公司	
人生動力療法	黃鼎殷	豐兆乾有限公司	
身心平衡	奧修 OSHO	生命潛能文化事業有限公司	
路西法效應：好人是如何變成惡魔的	津巴多	紐約：Random House	
態度改變與社會影響的心理學	津巴多	紐約：McGraw-Hil	

授課進度

Course Schedule

週次 Week	科目主題 Course Subject	教學方式 Teaching Method	授課進度 Course Schedule
1	課程介紹	講述法	
2	何謂困境	講述法、討論法	
3	何謂困境	講述法、討論法	
4	何謂困境	講述法、討論法	
5	自由到底是什麼	講述法、討論法	
6	自由到底是什麼	講述法、討論法	
7	自由到底是什麼	講述法、討論法	
8	自由到底是什麼	講述法、討論法	
9	認識自我與自我評價(1)	講述法、討論法	引領學生自我探索
10	認識自我與自我評價(2)	講述法、討論法	探索存在的價值
11	人生的目的與未來葬禮(1)	講述法、討論法	以人生各階段等議題導入課程，讓學生瞭解生命的意義
12	人生的目的與未來葬禮(2)	講述法、討論法	以電視新聞、廣告等相關議題導入主題，
13	你被社會操控了嗎(1)	講述法、討論法	帶領學生思考興趣培養與目標的設定
14	你被社會操控了嗎(2)	講述法、討論法	帶領學生思考興趣培養與目標的設定
15	社會操控與選擇自由(1)	講述法、討論法	透過電影及研究提供學生思考日常生活習焉不察的現象
16	社會操控與選擇自由(2)	講述法、討論法	以從眾議題、影片帶學生進一步思考社會現象
17	壓力與壓力源	講述法、討論法	

18	期末總結-分享與回饋	講述法、討論法	回顧 18 週課程							
科目主題對應一般能力/專業能力之涵蓋率 (填寫說明)										
Coverage Rate of the Course Subject Correspond to the Ordinary Ability and Professional Ability										
科目主題 (最多十個主題)	能力指標涵蓋率%									
	專業能力%					一般能力%				
	1	2	3	4	5	1	2	3	4	
何謂困境	/	/	/	/	/	75	75	50	50	
自由到底是什麼						50	75	50	50	
認識自我與自我評價	/	/	/	/	/	50	100	25	25	
人生的目的與未來葬禮	/	/	/	/	/	50	75	50	25	
你被社會操控了嗎	/	/	/	/	/	50	100	50	50	
社會操控與選擇自由	/	/	/	/	/	50	75	50	50	
面對挫折與壓力	/	/	/	/	/	75	50	50	25	
專業能力說明 通識課程以訓練一般能力為主軸	一般能力說明 1.人文與思維 2.內省與關懷 3.創意與表達 4.科學與邏輯									

Central Taiwan University of Science and Technology

Course Syllabus

Academic Year/Semester	109/1	Day/Night School	
Department	general course	Program	
Course Title	Facing the difficult position of life	Instructor	Chen Tsu-Feng
Course type	Elective Courses	Class	Learn to cultivate
Credit Hour	2	Hour (s)	
Course Code		Office	2805
Subject Code		Advisory Time	

Course Description

On the Theme of Life, guides the student facing and accepts in oneself life all, and comes out from the difficult position.

Course Objectives

Guiding the student facing, and accepts in the life all occurrences, but can leave from the difficult position, enables the life quality to promote.

General/Core Learning Outcomes

General Learning Outcomes

I. Humanism and thinking

1. Can comprehend the basic concepts and theories of humanistic and social sciences.
2. Can use the knowledge acquired from humanistic and social sciences to explain and illustrate humanistic and social phenomena.
3. Can use the knowledge of humanistic and social sciences to discern, analyze, and criticize human and social phenomena in daily life.
4. Can perceive the emotional blast triggered from humanistic nurture and appreciate the beauty of multiple cultures and humanistic spirit.

II. Reflection and care

1. Can reflect upon oneself, know one's good and bad qualities and thereby act accordingly.
2. Can empathize with people around them through one's reflection, and show their care towards others and the environment.
3. Can create a sense of value and thereby form a positive attitude from their care towards others and the environment.
4. Can become empathetic towards others and develop a virtuous character that cares for others and their environment in an active manner.

III. Creativity and expression

1. Can express oneself or others' opinions in a clear and effective manner, through oral or written presentation.
2. Can use proper tools and methods to verbalize data and produce a logical and organized content.
3. Can convey one's ideas in an original and lucid manner.
4. Can produce insightful thoughts and make effective communication or arguments with the audience.

IV. Science and logic

1. Can comprehend the basic discourse and major contents of scientific spirit and method.
2. Can exercise multiple thinking methods to ponder on the cause and format of issues and explore their correlations.
3. Can make critical thinking based on logical principles.
4. Can apply one's logical rationalization and critical thinking to their everyday life and work.

Assessment standards

Present & Absent 20% Class participation 30% Final report 30%
Thoughts after class 20%

Textbook (Title, Author, Publisher, Remarks)

Title	Author	Publisher	Remarks

Reference Materials (Title, Author, Publisher/Journal, Remarks)

Title	Author	Publisher/ Journal	Remarks
奧修說自我	奧修 OSHO	布波出版有限公司	
當生命陷落時	佩瑪·丘卓	心靈工坊文化事業有限公司	
人生動力療法	黃鼎殷	豐兆乾有限公司	
身心平衡	奧修 OSHO	生命潛能文化事業有限公司	
The Lucifer Effect: Understanding How Good People Turn Evil	George Zimbardo	Random House	
The Psychology of Attitude Change and Social Influence	George Zimbardo	McGraw-Hil	

Course Schedule

Week	Course Subject	Teaching Method	Course Schedule
1	Intriduction		
2	About the Difficulties	Explain and Discussion	
3	About the Difficulties	Explain and Discussion	
4	About the Difficulties	Explain and Discussion	
5	What is the freedom	Explain and Discussion	
6	What is the freedom	Explain and Discussion	
7	What is the freedom	Explain and Discussion	
8	What is the freedom	Explain and Discussion	
9	Self-awareness and self-evaluation	Explain and Discussion	Art therapy into the classroom and leading students to self-exploration
10	Self-awareness and self-evaluation	Explain and Discussion	Exploring the value of existence

11	Purpose of life and future funeral	Explain and Discussion	Attract students with news-related issues and let students face life
12	Purpose of life and future funeral	Explain and Discussion	Introduce topics on TV news related topics, let students face the purpose of life
13	Are you controlled by society?	Explain and Discussion	Leading students to think about interest development
14	Are you controlled by society?	Explain and Discussion	Think about goal setting
15	Social control and freedom ,choice	Explain and Discussion	Provide students with ideas on social control through movies
16	Social control and freedom ,choice	Explain and Discussion	Through film and research, students are advised to think about the phenomenon of daily life.
17	Facing pressure source and pressure	Explain and Discussion	Let students face the pressure source by psychological experiment
18	Summary - sharing and feedback	Explain and Discussion	summary, review

Coverage Rate of the Course Subject Correspond to the Ordinary Ability and Professional Ability

Course Subject (最多十個主題)	Learning Outcomes %									
	Core %					General %				
	1	2	3	4	5	1	2	3	4	
About the Difficulties	/	/	/	/	/	75	75	50	50	
What is the freedom	/	/	/	/	/	50	75	50	50	
Self-awareness and self-evaluation	/	/	/	/	/	50	100	25	25	
Purpose of life and future funeral	/	/	/	/	/	50	75	50	25	
Are you controlled by society?	/	/	/	/	/	50	100	50	50	
Social control and freedom ,choice	/	/	/	/	/	50	75	50	50	
Facing setbacks and pressures	/	/	/	/	/	75	50	50	25	
Core Learning Outcomes	General Learning Outcomes 1. Humanities and Cogitation 2. Introspection and Solicitude 3. Creativity and Utterance 4. Science and Logic									