

Course Syllabus

開課學期	107-2	部別	<input checked="" type="checkbox"/> 日間部 <input type="checkbox"/> 進修部
系科	通識教育中心	學制	大學部
課程名稱	自我的生活	授課教師	劉又彰
課程類別	選修	開課班級	博學涵養 <input checked="" type="checkbox"/> 人文 <input type="checkbox"/> 自然
學分數	2	授課時間	週四上午一、二節
科目代碼		辦公地點	2805
開課代號		請益時間	

課程描述

Course Description

主要授課內容包含：「何謂好生活」、「用好習慣祝福自己」、「快樂提案」等三大主題。本課程希望藉由觀念之分享、改善策略之提出、範例之介紹及同儕間意見交流，可以改善現有的生活品質，活出活力。

課程目標

Course Objectives

認知：能摘要說明身心健康的重要性，學習建立和諧生活。

情意：讓學生透過典範的介紹，建立正確的生活價值觀，期盼能對自身健康關心、珍惜及推及家人。

技能：瞭解習慣的養成步驟，藉由自我察覺、改善壞習慣，用好習慣改善自我的生活。

一般能力/專業能力

General/Core Learning Outcomes

一般能力

一、人文與思維

- 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。

二、內省與關懷

- 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。

三、創意與表達

- 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。

四、科學與邏輯

- 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

- 期中考試 _____ % 上臺報告(分兩梯次) _20_ %
 期末未試 _____ % 報告綱要 _____ % 上課參與度暨學習單填答 _40_ %
 指定作業 _30_ % 其它(他評及反思) _10_ %

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
對與錯的人生邏輯課	費南多·薩巴特	漫遊者文化出版	ISBN: 978-986-6272-03-5
用 12 個習慣祝福自己	褚士瑩	大田出版	ISBN: 978-986-179-463-1

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
快樂學	Raj Raghunathan	平安叢書	ISBN: 978-986-95625-5-3
HYGGE	Meik Wiking	創意市集	ISBN: 978-986-94341-6-4

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	簡介	BOPPPS	課程進度及評分標準說明; 分組/簡介/ 倫理學: know how to live
2	何謂好生活	BOPPPS	為什麼我要做這件事
3	何謂好生活	BOPPPS	給自己一份好生活
4	何謂好生活	BOPPPS	物質與幸福
5	何謂好生活	BOPPPS	不當「笨蛋」
6	勵志/ 典範	BOPPPS	生活中的困境與突破
7	用好習慣祝福自己	BOPPPS	養成免疫力—吃出健康 / 睡眠的正向功能
8	用好習慣祝福自己	BOPPPS	養成免疫力—好好運動
9	(期中考週)	互評, 綜合講綱問題之作答	上台報告(第 I 梯)
10	用好習慣祝福自己	BOPPPS	養成免疫力—好好去玩/ 旅行
11	用好習慣祝福自己	BOPPPS	養成學習力—教會自己「學習」 這件事 / 累積「安排」 的技巧
12	用好習慣祝福自己	BOPPPS	養成判斷力—生活有哲學 ; 推理
13	用好習慣祝福自己	BOPPPS	養成判斷力—要會想(正向思考)(同理心)
14	快樂提案	BOPPPS	快樂是什麼?
15	快樂提案	BOPPPS	向丹麥人學習過生活
16	快樂提案		快樂練習
17	(其他)	互評, 綜合講綱問題之作答	上台報告(第 II 梯)
18	(期末考週) 典範	BOPPPS	為眾人謀好生活

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	能力指標涵蓋率%									
	專業能力%					一般能力%				
	1	2	3	4	5	1	2	3	4	
何謂好生活	/	/	/	/	/	75	100	50	75	
勵志/典範	/	/	/	/	/	75	100	50	75	
用好習慣祝福自己	/	/	/	/	/	50	75	50	75	
快樂提案						75	100	50	75	
	/	/	/	/	/					
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	107/2	Day/Night School	Day
Department		Program	FOUR-YEAR UNIVERSAL
Course Title	Give yourself a good life	Instructor	Yow Jang Liou
Course type	general course	Class	
Credit Hour	2	Hour (s)	2
Course Code		Office	2805
Subject Code		Advisory Time	
Course Description			
<p>This course aims at 「take care of yourself」, 「self-development」, 「Want to live out what kind of life」 as the three spindles, combine methods such as sharing concept, presenting good improvement strategy, illustrating examples and interchanging opinions between peers in order to explore the meaningful life and to improve our life.</p>			
Course Objectives			
<ol style="list-style-type: none"> 1. Cognition: It can summarize the importance of physical and mental health and learn to build a harmonious life. 2. Affection: Let the students through the introduction of a model, establish the correct values of life, and look forward to their own health care, cherish and push and family do the same thing. 3. Skills: Understand the habits of self-discipline, remove bad habits and to establish new healthy habits; use good habits to improve our life. 			
General/Core Learning Outcomes			
General Learning Outcomes			
I. Humanism and thinking			
<ol style="list-style-type: none"> 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			
<ol style="list-style-type: none"> 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			
<ol style="list-style-type: none"> 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			
1.Attendance rate & class discussion	40%	2. assignment homework	30%
3.Oral report	20%	4. Reflection and feedback	10%
Textbook (Title, Author, Publisher, Remarks)			
Title	Author	Publisher	Remarks
Episodes of evolution	Chris Lavers	Walnut	
Reference Materials (Title, Author, Publisher/Journal, Remarks)			
Title	Author	Publisher/ Journal	Remarks
Universe·Universe	Carl Sagan	Yuan-Liou Publishing	
Course Schedule			
Week	Course Subject	Teaching Method	Course Schedule
1	What is a good life?	BOPPPS	Group / Profile / Ethics: know how to live
2	What is a good life?	BOPPPS	Why am I doing this?
3	What is a good life?	BOPPPS	Give yourself a good life
4	What is a good life?	BOPPPS	Material and happiness
5	What is a good life?	BOPPPS	Not willing to be " blockhead"
6	Inspirational / paradigm	BOPPPS	Difficulties and breakthroughs in life
7	Bless yourself with good habits	BOPPPS	Develop immunity - eat healthy / sleep positive function
8	Bless yourself with good habits	BOPPPS	Develop immunity – exercise well
9	(Midterm exam)	Reflection and feedback	Oral report (I)
10	Bless yourself with good habits	BOPPPS	Reflection and feedback
11	Bless yourself with good habits	BOPPPS	Develop learning - teach yourself to "learn" /Accumulate the skills of "arrangement"
12	Bless yourself with good habits	BOPPPS	Develop judgment - life has philosophy; reasoning
13	Bless yourself with good habits	BOPPPS	Develop judgment - think about it (positive thinking) (empathy)
14	Happy proposal	BOPPPS	What is happiness?
15	Happy proposal	BOPPPS	Learned good life from Danes
16	Happy proposal	BOPPPS	Happy practice
17	(other)	Reflection and	Oral report (II)

		feedback								
18	(Final exam) paradigm	BOPPPS					Make a good life for everyone			
Coverage Rate of the Course Subject Correspond to the Ordinary Ability and Professional Ability										
Course Subject	Learning Outcomes %									
	Core %					General %				
	1	2	3	4	5		1	2	3	4
What is a good life?	/	/	/	/	/		75	100	50	75
Inspirational / paradigm	/	/	/	/	/		75	100	50	75
Bless yourself with good habits	/	/	/	/	/		50	75	50	75
Happy proposal	/	/	/	/	/		75	100	50	75
	/	/	/	/	/					
	/	/	/	/	/					
Core Learning Outcomes					General Learning Outcomes					
					1. Humanities and Cogitation 2. Introspection and Solicitude 3. Creativity and Utterance 4. Science and Logic					