**100930001 Psychological Quality Development of College Students**

**Lecture Hours: 8**

**Laboratory Hours: 0**

**Credits: 0**

**Term(If necessary): The first semester of freshman**

**Prerequisite(s): No prerequisites**

**Course Description:**

This course is to enable students to make clear the standards and significance of mental health, enhance self-mental health awareness and psychological sense of crisis prevention, master the mental health knowledge, develop self-awareness skills, interpersonal communication skills, self-regulation, and effectively improve the psychological quality, and promote all-round development of the students.

**Course Outcomes**:

After completing this course, a student should be able to:

1. Understand the meaning of mental health, as well as the significance of psychological health for personal growth.
2. Develop the ability to self-discovery, and stimulate the internal motivation to grow.
3. Master the ways and skills of interpersonal communication, and improve the learning ability, the cultivation of the ability of love，and the strategies and methods about career planning.

**Course Content:**

**Lectures and Lecture Hours:**

1. Mental health and self-exploration 2

- The definition of mental health

- The exploration of the self-awareness

2. Interpersonal communication and love psychology 2

- The practice of interpersonal communication

- The cultivation of the ability of love

3. Learning psychology and career planning 2

- The experience of innovative learning

- career planning

4. Psychological problems and life meaning 2

- The coping with psychological problems

- The pursuit for life meaning

**Grading:**

Attendance 20%

Final thesis 80%

**Text & Reference Book**:

Mental health of College Students: Toward harmony and adaptation.  Xiaoming Jia 2th ed., 2010, ISBN 9787564005030.