

年級	課程名稱	課程概要	課程目標	中心培育目標	配對之能力指標	一般知能	現行培育目標
專 科 部 一 年 級 (上)	人 格 修 養 ： 文 藻 人 門 (一)	<p>本課程屬校定專科部各年級必修之系列課程，著重身心靈之發展與整合。系列課程內容包含自我認識、人際關係、多元學習、生涯規劃、倫理思辨、服務領導與靈性培育。依據各年級學生不同之發展需求而組織課程內容，以培養健全之人格發展。</p> <p>一年級課程內容回應本校 3L 核心素養 Life，關注在發揮潛能的向度上，培育團結共融的能力以及自主管理的能力。</p> <p>本學期的課程核心為善意溝通之學習與應用，經由教師的引導、小組討論、課後演練實踐等，培養具備善意聆聽與表達的文藻人，為團體生活奠定良好基礎。</p> <p>The series of compulsory courses is designed for all students in the 5-Year Junior College, focusing on the physical, mental and spiritual development and their integration. There are different themes, such as self-discovery, interpersonal relationships, multiple intelligences and learning styles, career planning, ethical speculation, service leadership and spiritual nourishment, organized systematically according to the needs of student development in different years. By encouraging wider and deeper self-reflection in students year by year, the course aims to foster their healthy personality.</p> <p>The course content of the freshman year responds to one of the three core competencies (3L)—Life, concerning the dimension of developing students' potential, and fostering the ability of solidarity and self-discipline.</p> <p>The course of this semester focuses on the learning and application of non-violent communication. Through instructors' guidance, small group discussions, and after-class practice, students could become Wenzaoarians who are compassionate listeners and communicators, which would in turn lay a solid foundation for a group life.</p>	<p>使學生能：</p> <ol style="list-style-type: none"> <li>1. 能覺察內在自我的觀察、感受、需求、請求等心理狀態。</li> <li>2. 能連結他人內在的觀察、感受、需求、請求等心理狀態。</li> <li>3. 能建立自我與他人之間聆聽與表達的善意溝通模式。</li> </ol> <ol style="list-style-type: none"> <li>1. being conscious of one's own psychological states, such as one's internal observations, feelings, needs, and requests.</li> <li>2. being conscious of other's psychological states, such as other's internal observations, feelings, needs, and requests.</li> <li>3. establishing compassionate modes of communication among the self and others.</li> </ol>	<p>自主管理能力</p> <p>有效溝通能力</p>	<p>1-1-5 反思能力</p> <p>6-1-1 自我認識</p> <p>6-1-8 人際溝通能力</p>	<p>6 表達能力</p> <p>13 溝通、協調能力</p> <p>14 團隊合作能力</p>	<p>(5)學會基本邏輯推理與思考的能力</p> <p>(7)建立和諧人際關係，學得自然、人文、社會諸領域的基本常識</p> <p>(10).養成服務之人生觀</p>
專 科 部 一 年 級 (下)	人 格 修 養 ： 文 藻 人 門 (二)	<p>本課程屬校定專科部各年級必修之系列課程，著重身心靈之發展與整合。系列課程內容包含自我認識、人際關係、多元學習、生涯規劃、倫理思辨、服務領導與靈性培育。依據各年級學生不同之發展需求而組織課程內容，以培養健全之人格發展。</p> <p>一年級課程內容回應本校 3L 核心素養 Life，關注在發揮潛能的向度上，培育團結共融的能力以及自主管理的能力。</p> <p>本學期的課程核心為學習圈建立與自我管理，經由課堂教師的引導與小組合作學習的實踐，發展個別潛能的學習成果與自我管理。</p> <p>The series of compulsory courses is designed for all students in the 5-Year Junior College, focusing on the physical, mental and spiritual development and their integration. There are different themes, such as self-discovery, interpersonal relationships, multiple intelligences and learning styles, career planning, ethical speculation, service leadership and spiritual nourishment, organized systematically according to the needs of student development in different years. By encouraging wider and deeper self-reflection in students year by year, the course aims to foster their healthy personality.</p> <p>The course content of the freshman year responds to one of the three core competencies (3L)—Life, concerning the dimension of developing students' potentials, and fostering the ability of solidarity and self-management.</p> <p>The course of this semester focuses on the formation of learning circles and self-management, application of non-violent communication. Through the instructors' guidance and small group collaborative learning practice to develop individual potentials.</p>	<p>使學生能：</p> <ol style="list-style-type: none"> <li>1 學習者能經由學習圈的建立增進人際適應。</li> <li>2 學習者能經由問題解決強化環境適應與自我認識。</li> <li>3 學習者能經由合作學習的實踐強化自我管理。</li> </ol> <ol style="list-style-type: none"> <li>1. The learner can improve interpersonal adaptation through the formation of learning circles.</li> <li>2. The learner can foster their capacity of environment adaptation and self-discovery with the help of problem solving skills.</li> <li>3. The learner can foster their capacity of self-management through the practice of collaborative learning.</li> </ol>	<p>自主管理能力</p> <p>有效溝通能力</p>	<p>1-1-3 生活自律能力</p> <p>6-1-1 自我認識</p> <p>6-1-8 人際溝通能力</p>	<p>2 學習意願</p> <p>13 團隊合作</p> <p>18 批判思考與邏輯推理的能力</p>	<p>(5)學會基本邏輯推理與思考的能力</p> <p>(7)建立和諧人際關係，學得自然、人文、社會諸領域的基本常識</p> <p>(10).養成服務之人生觀</p>