

《大学生心理健康教育》教学大纲

一、基本信息

课程名称：大学生心理健康教育

课程代码：161200X007

总学时：32

实验学时：8

开课学院：学生工作与安全保卫部

课程性质：必修

英文课程名称：Mental health education for college students

总学分：2

课内学时：24

上机学时：0

适用专业：所有

先修课程：无

二、课程简介

《大学生心理健康教育》课程是面向大学生开设的一门公共必修课，内容包括心理健康知识的讲解、心理体验以及调适技能训练。本课程建设以“知识、能力、态度”三大教学目标为着眼点，立足本校本科学生特点，以“预防与发展相结合”理念为指导，以理论教学为中心，拓展实践教学。倡导学生自主学习、体验与感受，逐步形成比较完善、富有心理教育特色、教学效果良好的公共课程，在培养适应新时期社会需要的人才中发挥应有的作用。

课程旨在使学生明确心理健康的标准及意义，增强自我心理保健意识和心理危机预防意识，掌握并会应用心理健康知识，培养自我认知能力、人际沟通能力、自我调节能力，切实提高心理素质，促进学生全面发展。

三、教学目标

目标 1：通过本课程的教学，使学生了解心理学的有关理论和基本概念，明确心理健康的标准及意义，了解大学阶段人的心理发展特征及异常表现，掌握自我调适的基本知识。

目标 2：通过本课程的教学，使学生掌握自我探索技能，心理调适技能及心理发展技能。如学习发展技能、环境适应技能、压力管理技能、沟通技能、问题解决技能、自我管理技能、人际交往技能和生涯规划技能等。

目标 3：通过本课程的教学，使学生树立心理健康发展的自主意识，了解自身的心理特点和性格特征，能够对自己的身体条件、心理状况、行为能力等进行客观评价，正确认识自己、接纳自己，在遇到心理问题时能够进行自我调适或寻求帮助，积极探索适合自己并适应社会的生活状态。

目标 4：通过本课程的教学，帮助学生认识重要应激事件，如新冠肺炎对心理冲击的影响，引发学生关注后疫情时代对自身心理保健意识，同时，也能为未来应对突发社会公共应激事件提供一定的心理应对资本。

四、教学内容与学习要求

章节/教学单元		教学内容、重点、难点	学时	学习要求
第一章 心理健康	1.1 心理健康的概念及标准	心理健康的概念、心理健康的标准	0.5	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 记忆
	1.2 心理健康与心理异常	心理异常的概念及诊断标准	0.5	<input checked="" type="checkbox"/> 理解
	1.3 大学生常见的心理困扰与应对	大学生常见的心理疾病：抑郁症、焦虑障碍等及其应对方式：自助（改变认知方法等）和求助（心理咨询等）	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
第二章	2.1 自我及自我意识	自我、自我意识及认识自我的概念等	0.	<input checked="" type="checkbox"/> 记忆

章节/教学单元		教学内容、重点、难点	学时	学习要求
认识自我	概述		5	<input checked="" type="checkbox"/> 理解
	2.2 自我与人格	与自我有关的心理学概念例如人格、气质类型等	1.5	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	2.3 认识自我的策略	认识自我的方法如周哈里窗等	2	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
第三章 人际交往	3.1 人际交往与人际关系概述	人际交往的动机、人际交往的概念及相关理论等	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	3.2 人际吸引和人际交往技巧	人际吸引的相关概念、人际交往中常见的心理效应及应用等	1	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	3.3 人际冲突和化解	人际冲突的概念、人际冲突产生的原因、人际冲突的化解等	2	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
第四章 恋爱心理	4.1 爱情概述	爱情的相关概念及影响爱情满意度的因素等	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	4.2 爱情的发展与变化	爱情的发展变化及相关理论	1	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	4.3 爱情的经营	爱情的冲突与解决等	1	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
	4.4 爱情中的性心理	大学生的性意识、对性的观念等	1	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
第五章 情绪管理	5.1 情绪概述	情绪的含义及分类、影响情绪的因素等	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	5.2 情绪的知觉与表达	知觉情绪与表达情绪的概念及策略	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	5.3 常见情绪困扰及其管理	常见的情绪困扰如抑郁、焦虑等及其对应的情绪应对方法	2	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
第六章 学习心理与调适	6.1 大学学习综述	心理学中学习的定义，大学生学习的特点	0.5	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	6.2 学习相关的心理机制及理论	学习动机等心理学相关的学习理论	0.5	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	6.3 大学生学习困扰及应对	大学生常见的学习困扰：拖延的产生，及其应对方式：时间管理的方法	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析

章节/教学单元		教学内容、重点、难点	学时	学习要求
第七章 挫折与压力	7.1 挫折概述	挫折的概念及与挫折相关的心理学理论	0.5	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	7.2 压力概述	压力的概念及相关的心理机制	0.5	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用
	7.3 挫折及压力的应对	挫折和压力的应对方式：如培养成长型思维等	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
第八章 生命教育	8.1 生命意义的内涵	生命意义的含义及寻找生命意义等	0.5	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解
	8.2 生命意义与心理健康	生命意义对心理健康的积极影响及生命意义的缺失可能导致的心理困扰等	0.5	<input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
	8.3 生命意义的求索	探寻生命意义的途径等	1	<input checked="" type="checkbox"/> 记忆 <input checked="" type="checkbox"/> 理解 <input checked="" type="checkbox"/> 应用 <input checked="" type="checkbox"/> 综合分析
实践			8	<input checked="" type="checkbox"/> 应用

五、教学方法

本课程采用理论与实践相结合、讲授与训练相结合的教学方法，具体包括课堂讲授、案例分析、小组讨论、心理测试、团体训练、情境表演、角色扮演、体验活动等。

六、考核方式

平时成绩 50%（考勤 10%+课堂讨论 30%+心理活动参与 10%）+期末调研报告 50%=总成绩

七、教材与参考书

（一）教材

《大学生心理健康素养》，第 1 版，江光荣主编，湖南师范大学出版社，出版年度 2021 年，ISBN:9787564839116。

（二）参考书目或文献

《大学生心理健康与自我成长》，第 1 版，编著者中共北京市委教育工作委员会，北京出版社，出版年度 2011 年，ISBN：9787200090000。

《心理学与生活》，第 16 版，菲利普·津巴多著；王垒，王甦等译，人民邮电出版社，出版年度 2003，ISBN:7115111308。

《大学生心理健康教育通识》，第 2 版，文书锋，胡邓，俞国良主编，中国人民大学出版社，出版年度 2013，ISBN:9787300177267。

制定人：席玉婷、张璐璐

审核人：林强

制（修）订时间：2022 年 4 月

《Mental Health Education for College Students》 Syllabus

I. Basic Information

Course Name: Mental Health Education for College Students	Name in Chinese: 大学生心理健康教育
Course No.: 161200X007	Total Credits: 2
Total Hours: 32	Lecture Hours: 32
Lab Hours: 0	Computer Lab Hours: 0
Offering College: Department of Students Affairs and Security	Corresponding Majors: None
Course Type: Required	Prerequisite: None

II. Course Introduction

Mental Health Education for College students is a compulsory public course for college students, including the explanation of mental health knowledge, psychological experience and adjustment skills training. The construction of this course focuses on the three teaching objectives of "knowledge, ability and attitude", based on the characteristics of undergraduate students, guided by the concept of "combining prevention with development", centered on theoretical teaching and expanding practical teaching. It advocates students' independent learning, experience and feeling, and gradually forms a relatively perfect public curriculum with psychological education characteristics and good teaching effects, so as to play its due role in training talents to meet the social needs in the new era.

The purpose of the course is to make students clear the standard and significance of mental health, enhance their awareness of mental health care and mental crisis prevention, master and apply the knowledge of mental health, cultivate their self-cognitive ability, interpersonal communication ability, self-regulation ability, effectively improve their psychological quality, and promote their all-round development.

III. Course Objective

Objective 1: Through the teaching of this course, students can understand the relevant theories and basic concepts of psychology, clarify the standard and significance of mental health, understand the characteristics and abnormal manifestations of psychological development in college, and master the basic knowledge of self-adjustment.

Objective 2: Through the teaching of this course, students will acquire self-exploration skills, psychological adjustment skills and psychological development skills. Such as learning development skills, environment adaptation skills, stress management skills, communication skills, problem solving skills, self-management skills, interpersonal skills and career planning skills.

Objective 3: Through teaching of the course, causes the student to set up the development of mental health consciousness, understand their psychological characteristics and personality traits, to their own physical condition, mental status, behavior, ability and so on carries on the objective evaluation, the correct view of oneself and accepting yourself and the ability of self-adaptation in psychological problems or ask for help, Actively explore the life that suits oneself to society.

Objective 4: Through the teaching of this course, help students to understand the impact of important stress events, such as COVID-19, on psychological impact, arouse students' awareness of their own mental health care in the post-epidemic era, and provide certain psychological coping

capital to deal with social public stress events in the future.

IV. Contents and Requirements

Chapter/Unit		Contents and Key Points	hrs	Requirements
Chapter 1 Mental health	1.1 Concept and standard of mental health	The concept and standard of mental health.	0.5	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	1.2 Mental health and mental disorders	The concept and diagnostic criteria of psychological abnormality.	0.5	<input checked="" type="checkbox"/> Comprehension
	1.3 Common psychological troubles and coping of college students	Common mental diseases of college students: depression, anxiety disorder, etc. and their coping styles: self-help (changing cognitive methods, etc.) and help-seeking (psychological counseling, etc.)	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 2 To know yourself	2.1 Overview of self and self-consciousness	Self, self-consciousness and the concept of self-knowledge.	0.5	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	2.2 Self and personality	Psychological concepts related to self, such as personality, temperament types, etc.	1.5	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	2.3 Strategies for self-knowledge	Self-knowledge methods such as Johari Window.	2	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 3 Interpersonal exchanges	3.1 Overview of Interpersonal exchanges and Interpersonal Relationships	Motivation of interpersonal interactions, concepts of interpersonal exchanges and related theories, etc.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	3.2 Interpersonal attraction and interpersonal skills	Related concepts of interpersonal attraction, common psychological effects and applications in interpersonal communication, etc.	1	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	3.3 Interpersonal conflict and resolution	The concept of interpersonal conflict, the causes of interpersonal conflict, the resolution of interpersonal conflict, etc.	2	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 4 The psychology of love	4.1 Overview of love	The related concepts of love and the factors that affect the satisfaction of love.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	4.2 The development and change of love	The Development and change of Love and related theories.	1	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application

Chapter/Unit		Contents and Key Points	hrs	Requirements
	4.3 Love management	Conflict and resolution of love, etc.	1	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
	4.4 Sexual psychology in love	College Students' sexual consciousness, concept of sex, etc.	1	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
Chapter 5 Emotional management	5.1 Emotional overview	The meaning and classification of emotion, factors affecting emotion, etc.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	5.2 Perception and expression of emotion	Concepts and Strategies of perceived emotion and expression of emotion.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	5.3 Common emotional distress and its management	Common emotional distress, such as depression and anxiety, and their corresponding emotional coping methods.	2	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 6 Psychology of learning and adjustment	6.1 Summary of College Learning	The definition of learning in Psychology, the characteristics of college students' learning.	0.5	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	6.2 Psychological mechanism and theory related to learning	Learning motivation and other psychology-related learning theories.	0.5	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	6.3 College students' learning difficulties and coping	Common learning difficulties of college students: the occurrence of procrastination, and how to deal with it: the method of time management.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 7 Setbacks and pressure	7.1 Summary of setbacks	The concept of frustration and its related psychological theories.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	7.2 Summary of pressure	The concept of stress and its related psychological mechanism.	1	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	7.3 Coping with setbacks and stress	Coping with frustration and pressure: such as cultivating growth mindset.	2	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 8 Career planning	8.1 Career and life	The concept of career, career development theory, etc.	0.5	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	8.2 Self and career	My self of career.	1.5	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application
	8.3 Planning your life	Exploring ideals to find a suitable	2	<input checked="" type="checkbox"/> Comprehension

Chapter/Unit		Contents and Key Points	hrs	Requirements
		career, etc.		<input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Chapter 9 Life education	9.1The meaning of life	Meaning of life and searching for meaning of life.	0.5	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension
	9.2Meaning of life and mental health	The positive influence of the meaning of life on mental health and the psychological distress caused by the lack of the meaning of life.	0.5	<input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
	9.3Meaning of life and mental health	Ways to explore the meaning of life, etc.	1	<input checked="" type="checkbox"/> Memory <input checked="" type="checkbox"/> Comprehension <input checked="" type="checkbox"/> Application <input checked="" type="checkbox"/> Comprehensive Analysis
Psychological Film Appreciation	Appreciation、answering question	Appreciation、 answering question	2	<input checked="" type="checkbox"/> Comprehension

V. Teaching Method

This course adopts the teaching method of combining theory with practice, teaching with training, including classroom teaching, case analysis, group discussion, psychological test, group training, situational performance, role-playing, experiential activities, etc.

VI. Evaluation

Process mark50% (Attendance 10%+ Discussion and class activities 30%+ Psychological activities 10%)+ Final exam50% (Term paper) = Total grade.

VII. Textbook and Reference

(1) Textbook

College Students' Mental Health Literacy, 1st edition, edited by Jiang Guangrong, Hunan Normal University Press, published in 2021, ISBN:9787564839116.

(2) Reference

Mental health and self growth of College Students, Edition 1, Education Committee of Beijing Municipal Party committee, Beijing Publishing House, 2011, ISBN:9787200090000.

Psychology and life, 16th Edition, edited by Richard J.Gerrig and Philip G. Zimbardo, Inc, The People's Posts and Telecommunications Press, published in 2003,ISBN:7115111308.

General Education of College Students' Mental Health, 2nd Edition, edited by Wen Guofeng, Hu Deng and Yu Guoliang, China Renmin University Press, published in 2013, ISBN:9787300177267.