

Cluster	Subject Title	Instructor	Credit	Semester
S-P	Life skills and health promotion	Dr. Jong-Long Kuo Dr. Yen-Jung Chang	2	Winter 2019
<b>Subject Description</b>				
<p>This course focuses on the theories of life skills and health promotion. Students will learn how to apply a set of life skills (e.g., goal-setting, decision-making, problem-solving, critical thinking, effective communication, self-awareness, empathy, coping, negotiation skills, refusal skills, and self-affirmation) in their daily lives and achieve the goal of health promotion. Students from different universities will be grouped to conduct the fieldwork and make presentation.</p>				
<b>Objective</b>				
<ol style="list-style-type: none"> <li>1. Identify health problems and develop practical plan for applying life skills to improve health;</li> <li>2. Undertake fieldwork in collaboration with peers;</li> <li>3. Develop a comparative perspective, through communication and discussion with peers from Asian societies, to consider home society's health issues.</li> </ol>				
<b>Learning Method</b>				
<ol style="list-style-type: none"> <li>1. Lecture</li> <li>2. Fieldwork</li> <li>3. Group work</li> <li>4. Presentation</li> </ol>				
<b>Content</b>				
<p>The course contents of each day are as follows:</p> <p>1/14/2019</p> <ul style="list-style-type: none"> <li>▪ Orientation</li> <li>▪ Lecture: theories of life skills and health promotion</li> <li>▪ Group work: develop practical plan for applying life skills in health promotion</li> <li>▪ Present practical plans</li> </ul>				

1/15/2019

- Lecture: application of life skills in health interventions
- Group work: evaluate the practice process and modify practical plan
- Fieldwork: community observation and application of life skills

1/16/2019

- Lecture: application of life skills in health interventions
- Fieldwork: community observation and application of life skills

1/17/2019

- Present practical results

#### Requirement

Students are required to choose a specific health topic (e.g., healthy eating, physical activity, or substance use), and apply various life skills to improve health or solve health problems.

#### Evaluation

Class participation and discussion (20%)  
Presentation on practical plan (40%)  
Presentation on practical result (40%)

#### Textbook and reference

(please indicate which are to be provided by instructor and which students need to find by themselves)

No textbook is assigned. Students are required to conduct literature search and review research articles relevant to the topics they choose.

#### Pre-course reading and preparation (if any)

Please refer to the reference articles for the concept of life skills education:

1. [http://www.who.int/mental\\_health/media/en/30.pdf](http://www.who.int/mental_health/media/en/30.pdf)
2. [http://www.searo.who.int/entity/mental\\_health/documents/who-mnh-psf-93.7Arev2/en/](http://www.searo.who.int/entity/mental_health/documents/who-mnh-psf-93.7Arev2/en/)