COURSE DETAIL

MENTAL HEALTH OF COLLEGE STUDENT
Country China
Host Institution Peking University, Beijing
Program(s) Peking University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 115
UCEAP Course Suffix
UCEAP Official Title MENTAL HEALTH OF COLLEGE STUDENT
UCEAP Transcript Title MENTAL HLTH/STUDENT
UCEAP Quarter Units 3.00
UCEAP Semester Units 2.00

Course Description
The content includes: the criteria for mental health of college students, approaches for keeping mental health, how to adapt to new environment, how to build harmonious interpersonal relationship, how to deal with academic difficulties, how to plan one's career, how to manage one's emotions, how to cope with stress, how to deal with intimate relationship and sexual issues, how to improve oneself and reach one's goals in life, as well as the concept of mental disorders and how to ask for help.

Language(s) of Instruction
Chinese

Host Institution Course Number
1635060

Host Institution Course Title
DAXUESHENG XINLIJIANKANG

Host Institution Course Details

Host Institution Campus
Peking University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed

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