

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 Campus

Peking University

Host Institution Faculty**Host Institution Degree****Host Institution Department**

Psychology

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