

## 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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