

COURSE DETAIL

STUDENT MENTAL ABILITY DEVELOPMENT

Country

China

Host Institution

Peking University, Beijing

Program(s)

Peking University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

10

UCEAP Course Suffix**UCEAP Official Title**

STUDENT MENTAL ABILITY DEVELOPMENT

UCEAP Transcript Title

MENTAL ABILITY DEV

UCEAP Quarter Units

3.00

UCEAP Semester Units

2.00

Course Description

The course covers three sections: "Self", "Relationship" and "Achievement". In "Self" section, students explore the mysteries of psychology, assist with self-relationship improvement, sleep and stress management, happiness and motivation enhancement, as well as life respectable and enjoyment. The "Relationship" section will have students analyze the essence of love and intimacy, and look at the influence and response of original families, as well as the communication of interpersonal relationships. The "Achievement" section will help students clarify your their career development and future choices, own behavior plan and management, and inner motivations, achieving a healthy life.

Language(s) of Instruction

Chinese

Host Institution Course Number

01635042

Host Institution Course Title

STUDENT MENTAL ABILITY DEVELOPMENT

Host Institution Course Details

<https://dean.pku.edu.cn/service/web/courseSearchEn.php>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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