



Times Higher Education
Impact Rankings

SDG

3

Good Health and
Well-being



SDG 3.2.1 Proportion of graduates in health professions

Number of graduates

Number of graduates: 1,126 bachelor's students, 821 master's students (including in-service master's students), and 69 doctoral students. In total, 2,016 students graduated. As shown in Figure 1.

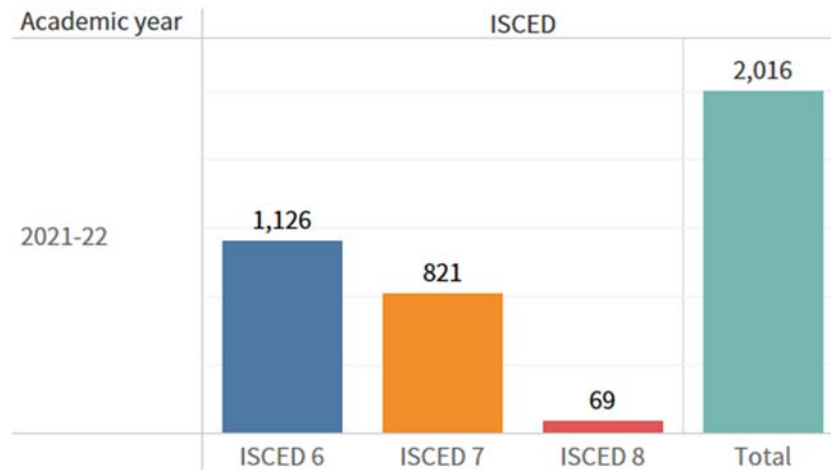


Figure 1. Number of graduates

Number of graduates in health professions

A total of 436 people graduated with degrees in health profession disciplines (Department of Guidance and Counseling, Department of Special Education, Graduate Institute of Rehabilitation Counseling, Department of Biology, Department of Chemistry, Department of Sports, and Graduate Institute of Sports and Health), as shown in Figure 2.

Academic year	Types	Department	ISCED			
			ISCED 6	ISCED 7	ISCED 8	Total
2021-22	Health Professions	Department of Guidance and Counseling	83 (7.37%)	35 (4.26%)	11 (15.94%)	129 (6.40%)
		Department of Special Education	66 (5.86%)	25 (3.05%)		91 (4.51%)
		Graduate Institute of Rehabilitation Counseling		9 (1.10%)		9 (0.45%)
		Department of Biology	42 (3.73%)	21 (2.56%)		63 (3.12%)
		Department of Chemistry	51 (4.53%)	15 (1.83%)		66 (3.27%)
		Department of Sports	48 (4.26%)	21 (2.56%)		69 (3.42%)
		Graduate Institute of Sports and Health		9 (1.10%)		9 (0.45%)
			ISCED 6	ISCED 7	ISCED 8	Total

Figure 2. Number of graduates with degrees health profession disciplines

SDG 3.3.1 Current collaborations with health institutions

NCUE actively cooperates with local, national, and global health institutions to protect the health and well-being of students and community residents of all ages and promote medical welfare, eliminate infectious diseases (including sexually transmitted diseases and AIDS), strengthen prevention and control efforts, and reduce drug abuse.

1. NCUE cooperates at the global level:

NCUE offers a transnational internationally accredited course for students seeking certification as international behavior analysts.

Graduate Institute of Rehabilitation Counseling, NCUE recently applied to join the Ministry of Health and Welfare's Mental Health Support Programme for Medical Personnel during the COVID-19 Pandemic. The program provides free psychological counseling and care to medical personnel suffering from emotional problems such as nervousness, depression, anxiety, pain, or insomnia from the impact of the pandemic. The program seeks to alleviate health providers' mental health issues, allowing them to be at ease while working through the pandemic.

References:

Annex 3.3.1A - International Behaviour Analyst Certification courses offered by NCUE's Graduate Institute of Rehabilitation Counselling

For the course accreditation, approval letter, and Admission Guidelines, visit this website: <https://www.abainternational.org/vcs/directory.aspx>

Behavioral Therapy Consultation Research Center: <http://btrc.ncue.edu.tw/>

2. NCUE cooperates at the national level:

(1) NCUE actively cooperates with national-level departments to provide mental health and counseling services.

NCUE joined the Ministry of Health and Welfare's Mental Health Support Program for Medical Personnel during the COVID-19 pandemic from September 2021 to July 2023. The program provides free psychological counseling and care to medical personnel suffering from emotional problems such as nervousness, depression, anxiety, pain, or insomnia from the impact of the pandemic. The program seeks to alleviate health providers' mental health issues, allowing them to be at ease while working through the pandemic.

In 2022, NCUE started to cooperate with the 2022 and 2023 Implementation of Teacher Consultation and Coaching Support Plans entrusted by the Changhua County Government. This plan supports full-time teachers and acting teachers below senior high school in Changhua County, providing free psychological consultation services for those who have stress, anxiety,

and need to develop parent-teacher communication skills, in order to protect the teachers' physical and mental health.

(2) NCUE's efforts in promoting a healthy workplace have led to its national certification.

(a) NCUE has been certified as a healthy workplace by the Executive Yuan, obtaining the highest level of health promotion certification. (Figure 1)

(b) Cooperating with government agencies, NCUE has established health promotion policies and measures for all faculty, staff, and students. The Ministry of Education also provides subsidies on health promotion for colleges and universities to implement health promotion activities. NCUE received a subsidy of NT\$170,000 from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges in 2022, and held eight health seminars and 67 health promotion activities, involving a total of 6,040 participants.

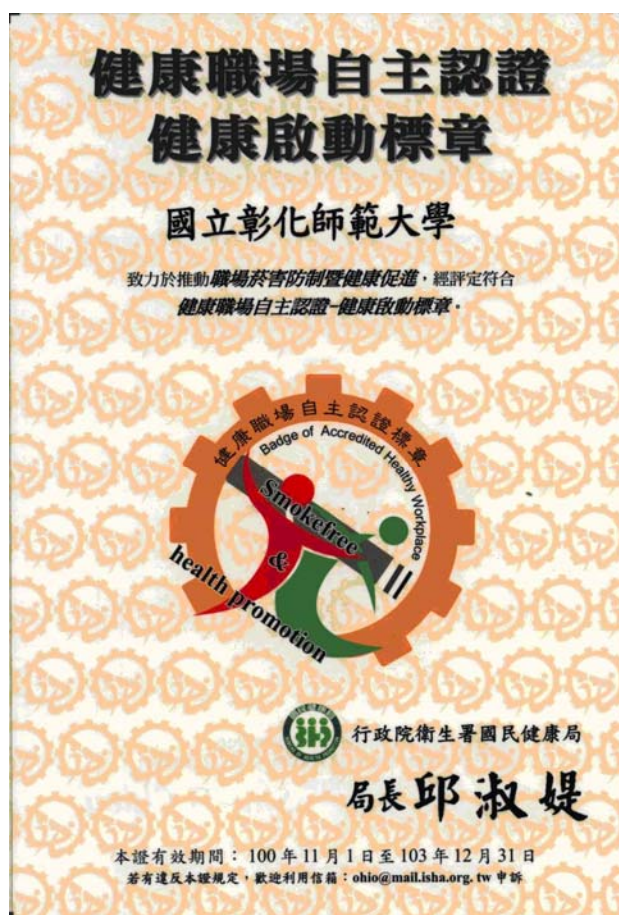


Figure 1. NCUE received the highest Healthy Workplace Certification Level from the Executive Yuan

(3) NCUE's efforts in sports, health, and well-being have been recognized and awarded by the Ministry of Education

(a) In 2020, NCUE was again awarded the Outstanding School Award of Sports Achievements: Colleges and University Group; NCUE was also accredited by the Sports Administration of

the Ministry of Education. (Figures 2-5)



Figure 2. NCUE has won the Ministry of Education Award for Outstanding Promotion of Sports at School, and was highly praised by the public



Figure 3. Students from NCUE's Department of Kinesiology have won three awards, including the MVP, best scorer, and best server of the Japan Volleyball Premier League



Figure 4. NCUE's students studying a Master Degree in the Institute of Sports and Health have won the ATP Challenger Tallahassee championship in USA



Figure 5. NCUE's Department of Kinesiology won five consecutive gold medals at the Swedish Open

Website:

<https://www.ncue.edu.tw/p/406-1000-7300,r93.php?Lang=zh-tw>

<https://www.youtube.com/watch?v=kvSKUmB8xvA>

<https://www.ncue.edu.tw/p/406-1000-7364,r93.php?Lang=zh-tw>

<https://sports.ltn.com.tw/news/breakingnews/3904396>

<https://www.ncue.edu.tw/p/406-1000-7474,r93.php?Lang=zh-tw>

(4) NCUE offers liberal education courses to improve students' all-round health and well-being knowledge.

NCUE offers liberal education courses to increase students' all-around health and well-being knowledge, enhance their understanding of social health and wellness, and promote their ability to develop health-promoting programs, policies, and practices.

Annex 3.3.1B - presents details on the courses offered by NCUE's Centre for General Education

(5) NCUE helped improve the availability of surgical masks in Taiwan during the COVID-19 epidemic.

Surgical face masks protect both the wearer and those around them from the spread of airborne infections. In the earliest days of the COVID-19 pandemic, Taiwan's citizens formed long queues outside convenience stores and pharmacies as the supply of surgical masks ran low. Howard Wu, a graduate of NCUE's Department of Computer Science and Information Engineering, immediately responded by developing two programs: the Convenience Store Mask Map program and the Pharmacy Mask Map program. Using Wu's programs, people could check nearby shops' mask inventories, which helped them locate and purchase this personal protective gear. The programs effectively expedited citizens' access to masks, helping them prevent and control the spread of the virus in Taiwan. Tainan City Mayor Wei-Che Huang praised Wu's efforts and presented him with a certificate of appreciation. (Figure 6)



Figure 6. Chan-Wei Wu, an alumnus of the university, developed a program to assist in pandemic prevention and control, and presented a certificate of appreciation by the mayor of Tainan

(6) NCUE cooperates with the Ministry of Education to actively prevent and provide treatment for students' drug abuse.

(a) NCUE has been deeply engaged in preventing and controlling student drug abuse. NCUE received a National Outstanding University and College Award in the Prevention of Drug Abuse in Students in 2017, 2018, and 2019, making it the only national university to have received the award for three consecutive years. (Figure 7)



Figure 7. NCUE actively engages in the prevention of student drug abuse

(b) In 2021-2022, NCUE gained the Ministry of Education's approval to implement the Learning Model Programme for the Prevention of Drug Abuse in Students by Universities and Colleges, conducting anti-drug activities in nearby primary schools. NCUE was approved to receive a project fund of NT\$300,400. According to the plan, 216 students served as volunteers in staging a play that promoted anti-drug ideas in front of 220 teachers and 3,612 primary school students at 24 primary schools.

NCUE was awarded the Ministry of Education's National Outstanding University and College Award in the Prevention of Drug Abuse in Students for three consecutive years. For more information, visit this website:

<https://www.ncue.edu.tw/p/406-1000-3131,r93.php?Lang=zh-tw>.

3. NCUE cooperates at the local level:

NCUE cooperates and forms alliances with the local community. Through cross-departmental cooperation and interaction with the community, NCUE creates a supportive environment that benefits residents' health, strengthens and expands community resources, and promotes health and wellness, contributing to society and helping community residents unlock their potential by improving their physical and mental health.

(1) Research in sports and health sciences is conducted on the players to provide a basis and reference for the design of advanced training plans:

Associate Professor Hsin-Min Wang of NCUE's Department of Sports has been conducting research in sports and health for many years. His achievements have earned him special research project subsidies from the Ministry of Science and Technology in 2018, 2019, 2020, 2021, and 2022. His main research interests are in anterior cruciate ligament injuries and joint and cartilage health, and his extensive papers on the preventive health care of knee joints and on protecting the functions and health of knee joints through exercise have been published in international academic journals. In 2021, NCUE also implemented the Sports Administration of the Ministry of Education's "Competitive Sports Project to Support Sports Sciences, 2021." For the key

sports the university plans to develop, the players are placed under the monitoring of sports sciences, so that their coaches can obtain the relevant data, providing a basis and reference for the design of advanced training plans. In addition, the Ministry of Education's research project: Practices and Applications of Sports Injury Prevention Courses was implemented in 2022. The students' sports skills are strengthened through teaching evaluation, which covers quantitative tests, learning process files, and sharing of various special cases. In addition, we hope that classroom activities can enable students to develop the skills to describe sports injuries in English.

The aforementioned special research projects of the National Science and Technology Council involve cooperation with Dr. Jen-Chieh Lai, an attending physician of the Department of Orthopedics, Taichung Armed Forces General Hospital, and director of the Department of Orthopedics, National Defense Medical Center Zhongqing Branch Hospital. The projects also involve joint research with doctors with professional medical backgrounds, and the research results are combined with the clinical experience of professional orthopedic surgeons for deeper understanding of medicine for knee osteoarthritis prevention.

Please refer to Annex 3.3.1C - Details Professor Hsin-Min Wang's research plans in sports and health.

(2) NCUE works with community members in university projects and increases the incentives to improve residents' health.

(a) University Social Responsibility encourages active participation and becoming a key partner in local development.

The signing ceremony of 11 rural schools in 3 counties and cities for University Social Responsibility – NCUE × Common Good: In order to achieve the educational goal of deep cultivation on education of disadvantaged people in rural areas, the plan's main aspects for services include exploration, career, digital, and supportive skills. To strengthen the relationship and cooperation of teachers and students within the region, University Social Responsibility covers improvement of the teachers' professional training skills in teaching and tutoring, and integration and application of students' theory and practical experience. Furthermore, we continue to plan on serving disadvantaged students in rural areas, cultivating the core competencies of rural students, so as to achieve the following concepts: self-motivation, interaction, and common good.

Website: <https://www.ncue.edu.tw/p/406-1000-22265,r93.php?Lang=zh-tw>.

(b) In the first half of 2022, 7 full-time psychologists and 16 part-time psychologists at NCUE provided students with free individual and group counseling services. NCUE also invited psychiatrists from a partner hospital and local clinics to advise on physical and mental health and provide referrals and suitable medical resources. A total of 19 people availed themselves of the counseling resources. Overall, in 2022, NCUE held 5 group counseling activities for a

total of 25 participants (157 person-times); There were a total of 7 participants in 8 special case group therapy activities. provided 364 people with individual counseling (including individual counseling and psychological testing and interpretation) for a total person-times served of 2,333.

- (c) For NCUE's University Social Responsibility (USR) Practice Plan: Shetou Hosiery. Industry – Innovation, Entrepreneurship and Creation University Social Responsibility (USR), we jointly organized the Be Tavocol walking event in Shetou together with Changhua County Government Department of Education, Shetou Township Office, and Shetou Elementary School, in order to integrate social responsibility into practice, and promote the vitality of local communities. We hope to take root in the university social responsibility, big hands holding small hands, enabling participants to understand the beauty of Shetou in an environmentally friendly, healthy and locally approved way. The achievements of the project over the past four years are also presented. After the event, Shetou's famous industries and attractions will be provided through the guide, enabling residents to experience a different Shetou, and strengthen the residents' and visitors' in-depth understanding of Shetou's landscape, industry, and human culture, supporting the development of hosiery industry in Taiwan. The walking event was held at Qingshuiyan Temple in Shetou Township on October 22, 2022 (Saturday), with more than 600 participants.

Campus Headlines:

<https://www.ncue.edu.tw/p/406-1000-8762,r93.php?Lang=zh-tw>

<https://www.ncue.edu.tw/p/406-1000-8760,r93.php?Lang=zh-tw>

<https://www.ncue.edu.tw/p/406-1000-8999,r93.php?Lang=zh-tw>

- (3) NCUE implemented measures to improve the health and well-being of the community and NCUE faculty, staff, and students.

(a) Various administrative units of NCUE joined a comprehensive physical and mental health care system to provide teachers and students with all-around health care. The units included the Health Service Section of the Office of Student Affairs, the Student Psychological Counselling and Guidance Centre, the Community Psychological Counselling and Guidance Centre, the Department of Athletics, and the Centre of Environmental Protection, Safety, and Health.

(b) NCUE employed medical personnel (three full-time nurses, three visiting physicians, 7 full-time psychologists, and 16 part-time psychologists) to provide teachers, staff, and students with health services. The services included free health consultations, medical care, individual and group counseling, and health management. In addition, Changhua Christian Hospital, a partner hospital with NCUE, sent general practitioners, occupational physicians, psychiatrists, and Chinese medicine practitioners to the NCUE campuses to serve at the clinics, providing physical and mental health consultations, on-site health guidance, and physiotherapy. NCUE also has 27 clinics as partners that provide referral services and advise teachers and students

about available discounts and treatment options.

(c) Every semester, physicians and nursing staff from Changhua Christian Hospital are invited to offer students “Emergency Relief Education,” a general education course.

(d) The following table details the physical and mental health care services provided by NCUE to teachers and students in 2020-2022: (As shown in Table 1)

Table 1. Statistics of physical and mental health care services for teachers and students

Physical and mental health care services	2020	2021	2022
Consultations by visiting physicians and on-site consultations by occupational physicians	327 Visits	231 Visits	212 Visits
Treatment for injuries and illnesses on campuses (including trauma and health consultations)	3,027 Visits	1,355 Visits	3,137 Visits
Emergency incidents and medical delivery services	21 People	20 People	31 People
Medical equipment and anti-epidemic items for loan; use of nursing rooms	287 Visits	434 Visits	653 Visits
Use of health equipment	3,472 Visits	1,073 Visits	217 Visits
Individual counselling services in colleges	4,674 Visits	4,913 Visits	4,927 Visits

General Course - Emergency Rescue Education Syllabus:

https://webap0.ncue.edu.tw/DEANV2/UploadDEAN/SUBJECT/1121/00237_0CCGE0174920.pdf.

(4) Measures in place against the Covid-19 pandemic.

To effectively improve the health, safety, and well-being of its teachers, staff, and students under the ever-changing challenges of the COVID-19 pandemic, NCUE instituted humane, safe, and effective disease-prevention measures to prevent the virus’s spread.

(a) On April 25 and 26, 2022, COVID-19 vaccination stations were set up on the campuses; 339 people were vaccinated during the event, which increased the campus vaccine coverage rate. (Figure 8)

(b) The university’s epidemic prevention measures are continuously updated and announced on NCUE’s special website designated for COVID-19 information so that all teachers and students can stay informed about and follow the latest rules. (Figure 9)

(c) Accounts of the preparation, use, and management of anti-epidemic supplies are kept to

ensure that the supplies are sufficient and ready for the use of teachers and students to fight the virus. (Figure 10)

(d)A “Self-health Management and Epidemic Prevention Reporting System” is established for the health management of all teachers and students. If a person is suspected to have been infected, we will help the person take a PCR test at the hospital, arrange remote consultations, move the person to an observation dormitory, and provide health guidance and health education, so as to effectively control the spread of the epidemic on campus.

(e)To prevent outbreaks, 38 dormitories are prepared for caring and isolation tasks, so that confirmed COVID-19 patients with mild symptoms can be taken care of on campus if they are not able to go back home. (Figure 11)

(f)The Central Epidemic Command Center has reclassified COVID-19 as a Category 4 notifiable communicable disease since May 1, 2023. The level of pandemic prevention was downgraded, while the principle of “rest at home when sick” will be implemented to maintain good hygiene, while COVID-19 vaccinations are recommended to strengthen individual and group immunity protection and develop toward post-pandemic life.



Figure 8. Campus COVID-19 vaccination station



Figure 9. COVID-19 pandemic prevention section



Figure 10. Preparation of pandemic prevention supplies



Figure 11. Pandemic prevention dormitory setting

References:

Announcement of the latest pandemic prevention measures:

<https://olisweb.ncue.edu.tw/var/file/12/1012/img/102/828248648.pdf>

Epidemic outbreak and prevention - For more about NCUE's video, Protecting the Health of Teachers and Students, featuring a COVID-19 epidemic drill on disease:

<https://www.ncue.edu.tw/p/406-1000-3747,r93.php?Lang=zh-tw>

NCUE's special website for COVID-19 information: <https://olisweb.ncue.edu.tw/>

(5) NCUE cooperates with medical institutions in academic research to improve the health and well-being of its teachers, staff, and students.

NCUE works with local medical institutions such as the Show Chwan Memorial Hospital, the Changhua Christian Hospital, the Public Health Bureau, and relevant medical centers and community hospitals to safeguard the health and well-being of teachers, staff, students, stakeholders, and community residents. They combine their professional power and medical capabilities to provide physical examinations; prevention education on sexually transmitted diseases (including AIDS); and vaccinations against influenza, COVID-19, and other infectious diseases. (Figure 12)



Figure 12. Cooperation with local medical institutions to strengthen the health and well-being of teachers and students

Please refer to Annex 3.3.1D for the details of the academic research cooperation between NCUE and the medical institutions, which aims to protect the health and well-being of teachers, students, and the local communities.

(6) NCUE assists the Ministry of Education by being a role model for schools' physical and mental health promotion.

To effectively improve the health of its teachers, staff, and students, NCUE works with the Ministry of Education to develop various education programs on preventing and dealing with sexual assault; drug abuse prevention and recovery; holistic health; nutrition, healthy living, and weight control; and other health-related topics. (Figure 13)



Figure 13. Promoting health promoting school activities to strengthen health and well-being in the campus

- (a) NCUE has received subsidies from the Ministry of Education to implement the Health-Promoting School Project for Universities and Colleges, the Service and Learning Model Programme for the Prevention of Drug Abuse in Students by Universities and Colleges, and the Project of Moral Education Promotion and Deep Cultivation in Schools to comprehensively promote the physical and mental health of teachers and students.
- (b) Implementation of the Ministry of Education’s subsidized college health promotion school plan: Adhering to the spirit of ‘health-promoting schools’, NCUE has conducted health empowerment courses and activities over the years to create a healthy campus environment and will continue to do so in the future. The project has four main themes: ‘Tobacco Hazard Prevention’, ‘Sexually Transmitted Diseases and AIDS Prevention Education’, ‘Weight Control’, and ‘Healthy Living’. In 2022, 6,040 people participated in the project activities.
- (c) NCUE implements the “Project of Moral Education Promotion and Deep Cultivation in Schools,” with the aim of becoming “a first-class university with excellent teaching qualities, innovative research, and sustainable services.”, 35 sessions were held for 5,089 people in 2022 (Table 2).

Table 2. Over the years, the Ministry of Education has subsidized health promotion plans for colleges and universities, student drug abuse prevention service-learning model plans (anti-drug plans) in colleges and universities, and moral education and cultivation plans and achievements.

Year/Program Name	Theme	Amount of subsidy	Number of participants (times of participating)
2022/Subsidies from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges	Fashion and health Fashion Guide	150,000	6,040
2022/Service and Learning Model Program (anti-drug) for the Prevention of Drug Abuse in Students by Universities and	Drama Performance at Secondary and Primary Schools to	151,020	2,105

Colleges 2020	Prevent Drug Abuse		
2022/Achievements of the moral education policy	Moral Education Activities	135,000	5,089
Subsidies from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges in 2021	Wonderland In NCUE	170,000	5,359
2021/Service and Learning Model Program (anti-drug) for the Prevention of Drug Abuse in Students by Universities and Colleges 2020	Drama Performance at Secondary and Primary Schools to Prevent Drug Abuse	149,380	1,614
2021/Achievements of the moral education policy	Moral Education Activities	Self-raised within the university	2,912

Website:

Health promotion school program achievements:

<http://health.ncue.edu.tw/files/11-1018-1264.php?Lang=zh-tw>

2022 outline of health promotion school planning activities:

<https://sites.google.com/gm.ncue.edu.tw/11health/%E9%A6%96%E9%A0%81?authuser=1>

SDG 3.3.2 Health outreach programmes

NCUE provides outreach programs and projects (which include student volunteers) in the local community to improve or promote health and well-being. Project topics include health, nutrition, family planning, exercise, training, aging, and other topics related to health and well-being.

The behavioral counseling research and development center of NCUE is constructed based on the principles of applied behavior analysis and combined with other counseling theories to provide positive behavior counseling for people with emotional and behavioral problems in the community. We conduct positive behavior intervention, teaching, and behavior counseling through one-on-one methods to promote physical and mental health and quality of life across ages. The age group of service targets ranges from 2 to 40 years old.

1. We provide evidence-based, high-performance professional behavior counseling and intervention services to improve the quality of life of those with physical and mental handicaps in the central region and fulfill our social responsibilities. The performance is as follows:

(1) NCUE's 2021 full-year target number of services is 105 people and 5,000 person-times. Other services include 60 sessions of counseling assessment meetings and 105 sessions of caregiver seminars. The user's service satisfaction rate was 97%, and 99% of significant others believed that service users had made significant progress in improving their behavior.

(2) In the past five years, NCUE has served at least 100 persons each year, serving 5,000 person-times each year. We have served a total of 500 people in five years, equivalent to serving 2,500 person-times. There are 300 evaluation and counseling meetings and more than 500 caregivers' forums.

(3) Every year, we provide professional training workshops for professionals from domestic institutions to train seed teachers in behavioral counseling for schools, medical institutions, and social welfare institutions. In 2021, the center and the Autism Association of the Republic of China conducted behavioral counseling for two levels. Participants were rehabilitation medical staff, special education teachers, and education and support staff from the North, Central, and South Districts. Each workshop provided 63 hours of education and training and was attended by about 22 participants. NCUE can thus practice its social responsibility.

(4) NCUE conducted 8 parent training courses in 2021. According to the survey on the course and teaching content, 90-100% of parents were very satisfied with the course.

Please refer to Annex 3.3.2A, Introduction to the service content of NCUE's Behavioral Counseling Research and Development Center.

2. Through general education courses, we cultivate students' knowledge of all aspects of health and well-being.

Through general education courses, NCUE cultivates all aspects of students' knowledge of health

and well-being using formal courses to improve or promote health and well-being and enhance students' influence on social health and well-being. In the 2022 academic year, 180 person-times studied general education courses on diversity learning and mental health support, while 5 sessions of general education seminars focusing on mental health support were held, with 1,692 person-times participating.

Please refer to Annex 3.3.2B - General education courses related to health education in NCUE.

3 Community Psychological Consultation and Potential Development Center provides mental health help to our employees for free. The center cooperates with the personnel office to implement mental health service plans for faculty members and staff and assists the organization in conducting secondary prevention work to protect employees' mental health. Psychological counseling, groups, and speeches are offered to improve the mental health knowledge of employees in the organization and enhance their mental health, so that they can be more focused on their jobs during working hours and increase their efficiency.

The Community Counseling Clinic of the National Changhua University of Education obtained the approval of the Changhua County Public Health Bureau on July 28th, 2021 as an institution that offers communication psychological counseling.

The center:

- (1) Provides professional psychological counseling services to community members.
- (2) Provides practical training and on-the-job training to professional counselors.
- (3) Provide supervision services to interns and professional counselors.

The website of Zhangshi University Community Psychological Counseling Office:
<http://human1.ncue.edu.tw/bin/home.php>.

4. Assist in health promotion activities for local seniors and school staff

With the concept of “deep cultivation in the local area and serving the community”, the strategy of “providing professional sports guidance services”, and the vision of cooperating with the national sports policy of the Sports Administration, we aim to promote self-management in middle-aged and elderly people through regular exercise and achieve the core values of the University Social Responsibility, including “talent cultivation” and “local connection”, as well as the vision and plan of the UN Sustainable Development Goals (SDGs) regarding SDG 1 Ending Poverty, SDG 3 Good Health and Well-Being, and SDG 11 Sustainable Cities and Communities. 2022 implementation strategy and management status:

- (1) Cultivate and strengthen the instructors' professional knowledge: organize 11 incubation courses and 3 sports and health promotion courses, as well as work exchange meetings. We plan to assist in cultivating instructors to obtain 3 domestic certificates, while 1 university social responsibility design and implementation competition was participated in by a total of 6 students,

as shown in Figure 1.

- (2) Cultivation of seed teachers and volunteers for University Social Responsibility: Establish a U-first sports expert group with 10 seed teachers and 35 volunteers as shown in Figure 2.
- (3) Provide sports guidance and consulting services: We combine the experiences of the professional sports instructor training and service plan of the Sports Administration of the Ministry of Education, and i-Taiwan Sports project, with regular sports guidance and consultation for the development of regular exercise habits. Through physical activity guidance and consultation on a regular basis, we support the development of regular exercise habits and physical fitness in the community, strengthening relationships with local residents. In 2023, we will provide 54 exercise guidance and consultation services (implement venue management), with 2,160 beneficiaries. During the COVID-19 pandemic, relevant media channels and professional exercise guidance LINE groups were established for better local sports culture, as shown in Figures 3-4. (The number of viewers totaled 9,800 person-times)
- (4) Improve local connections, balancing between practice and research: For better sports culture among the faculty, staff, and students, and to promote the concept of health and physical fitness, we have organized sports guidance courses (twice a month) for faculty and staff, and conducted regular muscle strength training guidance and physical fitness testing in cooperate with the U-First Sports Professional Guidance Service Group since January 2023. In 2023, 10 sports guidance services (practical field management) will be provided, with up to 150 beneficiaries.



Figure 1. Integrating resources to maximize project synergy
(Nordic Walking for senior citizens)



Figure 2. Strengthening students' professional and practical skills
(University Social Responsibility Design and Implementation Competition)



Figure 3 Integrating resources to maximize project synergy
(National Physical Fitness Instructor Intermediate Certificate Examination)



Figure 4 Integrating resources to maximize project synergy
(i-Taiwan Sports)

References:

Facebook fan page of NCUE's "U-First Professional Sports Guidance Service,":

<https://www.facebook.com/ncueseniorsports>

USRHuB_D project, "Training Cardiac Muscle Power for a happy life in Northern Changhua: Enjoying Sports Project" promotional video: <https://reurl.cc/W3Zln5>

YouTube channel of "U-First Professional Sports Guidance Service,":

<https://www.youtube.com/channel/UCTbjrjGplhoAda1IqW2DD7Q/videos>

5. NCUE plans and creates a fresh, healthy, and high-quality learning environment and organizes outreach activities for healthcare and disease prevention.

NCUE plans outreach plans and projects, including health education, to provide a quality learning environment. It also plans campaigns, enhances the health of the community, and creates venues for health promotion. Smoking is completely prohibited on campus, providing a healthy high-quality learning environment. NCUE also organizes healthcare and disease prevention activities to enhance people's ability to care for their health.

(1)To promote school health education and provide a quality learning environment, NCUE has created a school health committee. The committee plans school environmental sanitation management and health services, coordinates relevant agencies and organizations to jointly promote school sanitation, and hopes to achieve the goal of 'health is physical health, mental health, good social adaptation, and sound moral health'.

(2)The Counseling and Consultation Center of NCUE, in addition to the three-level prevention work, cooperates with the Central District College Counseling Coordination Center and the Ministry of Education to carry out relevant research and training activities for professional counselors. The content includes case studies, group supervision, education and training, and

thematic studies. Through empowerment training, in addition to enhancing students' quality of professional work, students also learn to take care of themselves.

- (3) To encourage female faculty, staff, and students to continue breastfeeding after giving birth, and in line with the national breastfeeding policy and the spirit of the Gender Equality Law and Gender Equality Education Law, NCUE has set up nursing rooms. The nursing room is provided for the use of the school's faculty, staff, students, and the community.
- (4) On-site physician services: To strengthen the health of workers in the workplace, we provide on-site physician services to assist in the implementation of the four major plans, promote a healthy workplace, prevent workers from occupational injuries and illnesses, and cater for the diverse needs of workers. NCUE provides on-site physician services three times a week.
- (5) Our University and Show Chwan Memorial Hospital recently signed the Memorandum of Cooperation on Sports Professional Instructor Training and Service Plan. The plan expresses the intent of mutual cooperation for health promotion activities and services for older adults and the rest of the public, diversified continuous services for personal sports health promotion, cooperation in academic research projects, field academic research development, and in-depth cultivation of local community services.

Please refer to Annex 3.3.2C, outreach plans and projects planned by the school

- (6) Assist local enterprises in strengthening the mental health of employees

In cooperation with the local enterprise E-Lead Electronic Co., Ltd., the Community Counseling and Potential Development Center assisted in training project managers on developing sensitivity and highly efficient communication skills, increasing information for supervisors to identify employees' psychological needs, and improve the mental health knowledge of staff within the organization, so as to enable them to focus on their duties during working hours, and thereby improve their work efficiency.

SDG 3.3.3 Shared sports facilities

For many years, NCUE has provided local community residents with shared sports facilities to enhance the atmosphere of legitimate leisure sports and improve the quality of sports teaching and management. We combine community resources to promote national fitness, expand students' knowledge, and improve personality development. NCUE provides the following sports facilities:

1. NCUE's indoor and outdoor sports facilities and the track and field are free for school teachers, students, and the community. Every morning and evening, community residents enter the track and field to exercise. In the evening, there may be female dance clubs in a corner of the track and field to practice dancing. In addition, there are three outdoor basketball courts and two volleyball courts on the top floor of the tennis court, which attract many visitors to play sports at night and on holidays. The senior residents also stretch and warm up on the uneven bars and horizontal and parallel bars under the nearby trees. The indoor facilities, such as badminton courts, and multi-purpose courts, are free for use by teachers and students after application, and available for use by external residents after payment of charges. The courts are also available for use by community residents or off-campus groups for sports competitions during holidays. The sports center's ground is attached. The sports venue facility management rules and charging standards for each venue and facility are described in Annex 3.3.3A and Annex 3.3.3B.
2. The 1st floor of the Wang Jinping Activity Center is an open space, named Lakeside Plaza as it is close to the Baisha Lake, a scenic spot on campus. The students and community residents often exercise in the shade and ample space, including gymnastics, dancing, rope skipping, etc. In addition, we have set up the U-First sports professional guidance service group, and since 2020, we have invested in the University Social Responsibility Hub (USR Hub) - Training Cardiac Muscle Power for a Happy Life in Northern Changhua: Enjoying Sports Project, and implemented the Free Scientific Physical Fitness Test in cooperation with the Sports Administration of the Ministry of Education. The test subjects are the school's faculty, staff, students, and residents of neighboring communities. The plan helps individuals understand their physiology and physical fitness, and then choose suitable exercises for physical training. Meanwhile, the project encourages elderly people in the community to participate in more sports activities, starting with simple warm-up exercises, so as to lead senior residents in the community to enjoy their workout, and continue to maintain good exercise habits.
3. NCUE's swimming pool is a rented venue with Hsin Tong Hsiang Enterprise Co., Ltd., as the lessee, and is available for teachers, students, and the community after payment of charges.
4. The outdoor sports facilities on the Baoshan campus cover volleyball courts, basketball courts, tennis courts, and football fields, while the indoor facilities include billiards classrooms and weight training rooms. In addition to the tennis courts, all outdoor facilities are available for free use by school teachers, students, and the community. For example, the football field has become a gathering place for nearby softball players to practice on weekends and holidays. The basketball

and volleyball courts also attract many young residents. Meanwhile, many residents enjoy walking in groups on the campus trails, with climbing exercise and absorbing phytoncides. The tennis courts and indoor facilities are only free for use by teachers and students after application.

5. Free outdoor sports facilities. (Figures 1-5)



Figure 1. Track and field



Figure 2. Sky court



Figure 3. Baoshan Campus volleyball court



Figure 4. Baoshan Campus basketball court



Figure 5. Baoshan Campus football field

6. Paid sports facilities for indoor users. (Figures 6-11)



Figure 6. Jin-ping Wang Swimming Hall



Figure 7. Jin-ping Wang Activity Center



Figure 8. Badminton court



Figure 9. Tennis court



Figure 10. Billiards room



Figure 11. Integrated court

7. Free use only for faculty and students; sports venues cannot be rented by outsiders. (Figures 12-19)



Figure 12. Weight training room



Figure 13. Fight room



Figure 14. Rhythm classroom



Figure 15. Multifunctional training room



Figure 16. Gymnastics classroom



Figure 17. Indoor runway



Figure 18. Baoshan Campus tennis court



Figure 19. Baoshan Campus Billiards room

Attached Information:

National Changhua University of Education Sports Room-Venue:

<https://opeweb.ncue.edu.tw/p/412-1015-764.php?Lang=zh-tw>

Swimming pool FB fan page - Hsin Hsiang Swimming Academy:

<https://www.facebook.com/profile.php?id=100092546235878&mibextid=LQQJ4d>

Annex 3.3.3A - National Changhua University of Education Sports Venue Facilities Management Rules

Annex 3.3.3B - Fee standards for various venues and facilities of National Changhua University of Education

SDG 3.3.4 Sexual and reproductive health care services for students

NCUE provides students with sexual and reproductive healthcare services and plans a series of gender equality education activities every school year. The themes include emotional education, sexual bullying prevention, sex education, and the recognition of multiple genders. The events take the form of lectures, workshops, and film viewing. Through these activities, students are led to explore the depth and breadth of sex-related issues, and NCUE guides students to ponder human–self interaction, break gender stereotypes, and build a friendly campus environment. To integrate resources related to sex education and AIDS prevention education, prevent students from contracting HIV, and increase the understanding of campus sex education and AIDS prevention among faculty and students, NCUE actively promotes safe sex and sex education as healthcare services.

1. NCUE provides free safe sex and sexual health education for faculty and students:
 - (1) Advocacy of safe sex.
 - (2) Promote the correct use of condoms.
 - (3) Set up a free condom access and health education zone.
 - (4) Set up a special telephone line to provide students with sexual health and reproductive health consulting services.
 - (5) Provide nursing women with access to breastfeeding rooms and health education.
 - (6) Carry out maternal protection plan and provide health consulting services.
2. NCUE plans a series of gender equality education activities every school year. The themes include emotional education, sexual bullying prevention, sex education, and the recognition of multiple genders. The events take the form of lectures, workshops, and film viewing. Through these activities, students are led to explore the depth and breadth of sex-related issues. NCUE guides students to ponder human–self interaction, break gender stereotypes, and build a friendly campus environment.
3. NCUE was awarded the AIDS prevention and control model school by the Ministry of Education, and received expert field guidance to make the activities more lively and popular among students.
4. NCUE educates its students in developing a healthy and safe attitude towards sex, as well as having safe sex. They are taught how to prevent unintended pregnancy, while teachers, students, and parents are helped to accept and care for pregnant students and those who are raising kids, so as to actively protect the right to education of pregnant students and those who are raising children.
5. Apply for Free Dual-Function Mobile Health Vehicle – Breast Cancer and HPV Screening and Charged HPV Vaccine on campus, so as to protect the health of faculty, staff, and students.
6. In conjunction with World AIDS Day, the university provides diversified HIV screening services

and channels, and organizes health lectures in order to achieve the goal of: "prevention is better than cure".

7. NCUE actively takes care of the health of pregnant women, with hazard assessment, control, and hierarchical management measures for pregnant female workers from the beginning of pregnancy to one year after the child's birth. We have arranged on-site physicians to provide health services including personal health interviews and recommendations of preventive measures of hazards. The pregnant female workers from the beginning of pregnancy to one year after the child's birth are required to fill in the Maternal Health Protection Workplace and Operation Hazard Assessment Form for evaluation.
8. NCUE has set up condom vending machines in student dormitories, and on-campus self-testing reagent service machines in the student activity center, providing health education on the use of condoms to remind the youth about the prevention of STDs and safe HIV self-testing.
9. NCUE allows employees who have served for 6 months to apply for childcare leave without pay before each child reaches 3 years old. The period is until the child reaches 3 years old, but not more than 2 years, in order to provide good care for newborns and infants. In addition, Changhua Private Kindergarten Affiliated to the University Co-operative Limited of the National Changhua University of Education provides childcare services for preschool children aged 2 years and above, so as to assist teachers, staff, and students on childcare.

(1)The statistics of NCUE's faculty and staff that applied for parental leave in the past two years are described in Table 1.

Table 1. The statistics of NCUE's faculty and staff that applied for parental leave in the past two years

Year	Number of students
2021	9
2022	9

(2)The statistics of the number of University Co-operative Limited kindergarten students are as described in Table 2.

Table 2. Number of University Co-operative Limited kindergarten students in the past two years

Year	Number of students
2021	106
2023	112

(3)Highlights of photos of happy learning of University Co-operative Limited kindergarten students as shown in Figures 1-3.



Figure 1. Kindergarten Graduation Ceremony



Figure 2. Kindergarten fire escape drill



Figure 3. Mother's Day Love Activity

Attached information:

Please refer to Annex 3.3.4A, Series of Gender Equality Activities

Changhua Private Kindergarten Affiliated to the University Co-operative Limited of the National Changhua University of Education: <http://www.ncuekid.com.tw/>

National Changhua University of Education Maternal Health Protection Program: <https://reurl.cc/GKDEgy>

National Changhua University of Education self-health assessment form for pregnant female workers from the beginning of pregnancy to one year after the child's birth: <https://reurl.cc/WvW1WL>

List of National Changhua University of Education workplace hazard assessment and maternal health protection measures: <https://reurl.cc/3emYm8>

SDG 3.3.5 Mental health support

1. To actively promote mental health at the campus, NCUE integrates physical and mental health values into the school curriculum for teachers and students, as well as everyday life through three main aspects: “providing general education courses”, “organizing topic-related activities”, and “training of relevant personnel to strengthen professional knowledge”, so as to jointly create a warm, caring, and healthy environment at the campus as shown in Table 1:

Table 1. Description of the three major aspects, strategies, and achievements related to the mental health plan

NCUE’s mental health program		
Three main aspects	Strategy	Achievements
General education courses	2 sessions of school counseling with a counseling psychologist	(1) There were a total of 626 participants in the second semester in 2021 academic year. (2) There were a total of 677 participants in the first semester in 2021 academic year.
Organize mental health related activities	Life lectures, emotional health lectures, life education workshops, cognitive psychology courses, suicide prevention training, special case treatments, etc.	39 sessions were held in 2022
Training of relevant personnel to strengthen professional knowledge	(1) Individual supervision based on individual learning needs	(1) The satisfaction level reached 4.55 for the consulting services in the second semester of 2021 academic year. (2) The satisfaction level reached 4.59 in the first semester of 2021 academic year.
	(2) Strengthen the professional knowledge of NCUE’s professional consultants through group supervision	(1) The satisfaction level reached 4.55 for the consulting services in the second semester of 2021 academic year. (2) The satisfaction level reached 4.59 in the first semester of 2021 academic year.

Notes:

- (1)General education courses: The main subjects are freshman students, the seed for life education teachers from each department provide lectures, while the department heads provide career-related courses, and a counseling psychologist will join the class twice in a semester, providing life lectures and counseling on students' mental health, so as to effectively help students to discover themselves, face challenges, and find help. There were a total of 626 participants in the second semester of the 2021 academic year, and 677 participants in the first semester of 2022 academic year as shown in Figure 1.
- (2)Organizing topic-related activities: To improve the mental health of teachers and students, we arranged various stress and emotional adjustments, life education workshops, cognitive psychology courses, suicide prevention training, special case treatments, etc. A total of 39 sessions were held to strengthen the students' psychological resilience. Meanwhile, the physician consulting services were arranged to improve crisis prevention, set up a protective safety net, and actively provide teachers and students with a professional, secure, and safe campus environment as shown in Figure 2.
- (3)Training of relevant personnel to strengthen professional knowledge.
 - (a)The subjects of group supervision are NCUE's professional assistants, enabling them to understand relevant professional knowledge. The satisfaction level reached 4.55 for the consulting services in the second semester of 2021 academic year, while the satisfaction level in the first semester of 2022 academic year was 4.59, indicating that the services of the professional assistants meet the needs of students.
 - (b)Individual supervision is conducted based on individual learning needs, hiring senior counseling psychologists with similar professional counseling orientation on individual cases, improving the knowledge and skills in various tasks, as well as timely correcting blind spots to ensure the effectiveness of professional services. The satisfaction level reached 4.55 for the consulting services in the second semester of 2021 academic year, while the satisfaction level in the first semester of 2022 academic year was 4.59, indicating that the students are satisfied with the individual consulting services provided.
 - (c)Organize a series of activities on teaching skills, including incense stone DIY, an intellectual journey of forest healing, etc, enabling teachers on proper relaxation – physical, mental, and spiritual. When providing care for students, they can convey warmth protect the students, and increase positive energy to promote tutoring skills and professional knowledge as shown in Figure 3.



Figure 1. Class Counseling Card Theme: Exploration of Interpersonal Roles in Social Groups



Figure 2. Cognitive Psychology Courses – Strengthening Mental Toughness



Figure 3. Instructors Skills Training Activities – Intellectual Journey of Forest Healing

2. NCUE has been striving to provide free mental health support for students, faculty, and staff for a long time. In addition to setting up a first-level unit student psychological counseling center, NCUE has also pioneered a community psychological counseling and potential development center that serves the community members. We integrate the professional resources of the school's Counseling and Consultation Department and establish referral and cooperative relations with community units (including hospitals, courts, and social and political units). We also provide psychological counseling services for students, faculty, and staff, as well as community members, and practical training and supervision for professional psychological counselors.

(1) Student psychological counseling:

NCUE employs developmental, interventional, and circumstantial preventive counseling measures. We include systematic cooperation, as well as departmental/college consultation to implement three-level preventive counseling on campus. The preventive counseling at all levels is as follows:

- (a) Developmental counseling: Orientation counseling, life education counseling, gender equality education counseling, career counseling, study counseling, counseling for foreign students, stress adjustment, class counseling, college and departmental counseling, peer counseling, suicide prevention, mental health promotion by instructors, etc.

i. New Student Class Counselling: Due to the epidemic prevention policy enacted in 2022, students had much less time to interact with other people before and after the start of the semester, which also affected their chances to build peer relationships. Therefore, in the new semester, the counseling program designed for freshmen focuses on responding to interpersonal interactions and conflicts, helping them to understand the situations and dilemmas involved. Through interesting activities, students are engaged in conflict scenarios and learn strategies for dealing with conflicts. Each session takes two hours, and the program lasts two weeks. A total of 27 freshmen classes have joined the program, and 96% of the classes completed the training. A total of 589 students participated, with a satisfaction score of 4.3.

ii. International Student System Cooperation: In 2022, we recorded 98 cross-unit consultations on the topic of international, overseas, and terrestrial students. As shown in Table 2, Figures 4-5.

Table 2. List of international student system cooperative activities

Activity name	Lecturer	Time period	Location	Number of participants	Satisfaction score
Orientation and counseling for new international students in the 2022 academic year – break time! Attend the Youth Party Bravely as shown in Figure 4	Yi-Lan Chiu Counseling Psychologist Internship Group	September 24, 2022 (Saturday) 13:00- 16:00	Comprehensive Lecture Theater	48	4.26
Interpersonal skills compulsory course – Loneliness and interpersonal relationship exercises as shown in Figure 5	Li Yu-Ting Consulting Psychologist	October 20, 2022 (Thursday) 15:00- 17:00	Group Counseling Room, 4F, Comprehensive Center	19	4.26

iii. Group consultation activities: A total of 5 group activities were held. The total number of participants was 25, the number of participants was 157, and the satisfaction score was 4.12, as shown in Table 3.



Figure 4. Love exploring activities – Searching for elements of love



Figure 5. Interpersonal relationship compulsory course – Draw the members' own interpersonal animals through graphic design tools

Table 3. List of group consultation activities

Group Name	Leader	Time	Number of participants	Number of participants	Number of sessions	Satisfaction score
How to find your way home? – Explore the Family Relationship	Ching-Lung Yu, Shan-An Chang Trainee psychologist	2022/10/27-12/15 Thursday 16 : 30-18 : 30	8	48	6	4.1
Ding dong! Heart of the Internet – Online community and interpersonal exploration	Chia-Chi Chang, Shan-An Chang Trainee psychologist	2022/11/16-2023/1/04 Wednesday 16:30-18:30	3	20	8	4
The Runaway's Diary – Life Adaptation	Hsiao-Chi Chen Trainee psychologist	2022/11/16-12/21 Wednesday 16:30-18:30	5	28	6	4.2
Family Drama – Family	Yu-Hsi Chen,	2022/11/17-12/22 Thursday	5	29	6	3.9

Experience and Growth	Hsiao-Chi Chen Trainee psychologist	16:30-18:30				
The Courage to Know Yourself Self-Exploration Group	Chen-Min Shih, Ching-Lung Yu Trainee psychologist	2022/11/2-12/28 Wednesday 16:30-18:30	4	32	8	4.4
			25 People	157 Visits	34 Visits	4.12

iv. Career Guidance Series Activities: In 2022, a career lecture was held, with a total of 29 people participating; in the 2022 academic year, the consulting psychologist Wen-Ling Nian was invited to give a lecture on Insights into Human Behavior in the Workplace from Korean Dramas – Adulthood. 29 people participated, and the satisfaction score was 4.36, as shown in Figure 6.



Figure 6. Career counseling lecture

v. Series of learning and guidance activities : In the first semester of the 2022 academic year, there were 2 study counseling lectures. For the first lecture, the consulting psychologist Kai-Cheng Yang was invited to give a lecture on Full Learning Experience – Top Newcomer at the Workplace, with a total of 10 participants, and a satisfaction level of 4.7. For the second lecture, the counseling psychologist Chih-Yi Wang was invited to give a lecture on: Is My Life a Dream? Overcome Obstacles on the Road to Study and Career. There were a total of 73 participants, with a satisfaction level of 4.54, as shown in Figure 7.



Figure 7. Study counseling lecture

vi. International Student Counselling Series Activities: We held international student counseling activities in the form of lectures and workshops.

(b)Interventional counseling work: individual counseling, psychological testing and interpretation, individual stress testing, high-care student tracking and case management, early warning student counseling and tracking care, mental health counseling, referral, and counseling mechanisms for disadvantaged students, etc.

i. Individual counseling interviews (including individual counseling, individual psychological test administration, and interpretation): This semester starts from 1 August 2022 and ends on 31 January 2023 (six months), with a total of 28 weeks. The actual number of weeks in class is 18 weeks. Within this period, the center accepted 364 individuals for meetings and conducted 2,333 meetings. The following are statistics on the people who applied for individual counseling at the center from the 2015 academic year to the first semester of the 2022 academic year: (Unit: people/person-time) As shown in Table 4.

Table 4. Statistics of the number of people interviewed for individual consultations

Semester Academic year	First semester		Second semester	
	Number of applicants	Number of clients (person-times)	Number of applicants	Number of clients (person-times)
2016/8/1–2017/7/31	312	1,718	257	1,834
2017/8/1–2018/7/31	282	1,840	335	2,016
2018/8/1–2019/7/31	361	2,391	376	2,161
2019/8/1–2021/7/31	303	2,142	311	1,877
2020/8/1–2021/7/31	353	2,643	236	2,031
2021/8/1–2022/7/31	380	2,417	388	2,496
2022/8/1–2023/7/31	364	2,333	—	—

The total satisfaction score for the individual counseling service in the last semester of the 2022 academic year was 4.56 (100 feedback questionnaires were recovered; a 5-point scale was used in the feedback questionnaires).

ii. Special case management: The ‘case management system’ will continue to be adopted. The case management system aims to provide comprehensive help to students with special conditions reported by teachers, instructors, classmates, military instructors, or fellow students. The students will receive help in dealing with crises or difficulties in adaptation. Resource integration and the use of counseling and medication will help the student’s life quickly return to normal. The number of special case services for new referrals and continuous students this semester, along with the statistics of the past 8 years, is as follows:

Table 5. Services for special cases in the past 8 years

Academic year	New cases	Tracked cases (A)	Closed cases (B)	Total number of cases (A+B)
2013/8/1–2014/7/31	36	94	26	120
2014/8/1–2015/7/31	55	105	44	149
2015/8/1–2016/7/31	62	107	56	163
2016/8/1–2017/7/31	89	98	103	201
2017/8/1–2018/7/31	113	168	71	239
2018/8/1–2019/7/31	91	212	44	256
2019/8/1–2020/7/31	65	192	48	240
2020/8/1–2021/7/31	81	207	63	270
2021/8/1–2022/7/31	38	122	54	285
2022/8/1-2023/7/31	66	244	58	302

iii. From the student transfer counseling and service notification system of the Ministry of Education, we accepted 6 cases. They have been handed over to the psychiatrist of each department responsible for assistance. In addition, 9 meetings were held in accordance with the school’s student transfer counseling and service methods and the school’s related operating procedures. Meetings were held on every Wednesday.

iv. Tracking Early Warning Student Counselling:

With the help of the NCUE’s early warning system for academic affairs, we take the initiative in tracking and caring for students through phone calls, letters, and interviews; we evaluate their adaptation to their studies, assist in the preliminary identification of problems, and offer advice. If the students are assessed to have other needs, they will be invited to the counseling center for individual counseling, while teachers, psychologists in various departments, and the staff of the International Office will be invited to cooperate systematically in a timely manner to help students get back on track as soon as possible. In 2022, situations involving 13 people were tracked, and 36 person times were served.

(c)Circumstantial counseling: Crisis management, psychiatric consultation, transfer counseling, high-care case follow-up counseling, report case handling. In 2022, the center provided

psychiatric consultation to 10 person-times, offered transition guidance to 11 person-times, transition guidance to 5 cases, with 2 cases closed, and tracked and guided 285 person-times of high-care cases.

(2) Faculty and staff psychological consultation:

(a) NCUE conducts psychological counseling service activities every year as part of its assistance programs aimed at protecting the mental health of faculty members and staff. A feedback form is designed to collect the opinions of applicants, which serves as a basis for deciding how to improve and whether to hold the activities again.

(b) The school's Community Psychological Counseling and Potential Development Center is responsible for providing employees with free mental health support. The Center and the personnel room handle the mental health service plan for the school's faculty and staff together and assist in the organization and construction of secondary prevention work for the mental health of the staff. Free psychological consultations, groups, speeches, and other resources can promote the knowledge of the people in the organization to improve their mental health, helping them focus on their duties during working hours and thus improving work efficiency. In 2022, this program provided 94 psychological counseling services, and a total of 14 colleagues sought assistance. As shown in Table 6.

Table 6. The school has provided psychological counseling services in the past three years

Year	Number of people receiving psychological counseling services (person-times)	Colleagues seeking help
2020	166	16
2021	114	18
2022	94	14
Total	374	48

(c) Professional psychological counseling service:

- i. Individual psychological consultation.
- ii. Marriage and family consultation.
- iii. Game and therapy.
- iv. Group psychological consultation.
- v. Psychological assessment.
- vi. Professional counselor supervision.
- vii. Referral.

viii. Parental counseling, internet addiction parental counseling.

Attached information:

Campus Mental Health Promotion Plan – Tutoring Skills Improvement Activities:

<https://stuaff01.ncue.edu.tw/files/15-1020-19757,c3188-1.php?Lang=zh-tw>

NCUE has formulated the National Changhua University of Education Faculty and Staff Mental Health Service Plan to provide faculty and staff with self-testing tools for emotional and physical responses, stress adaptation, and psychological consultation services:

<http://personnel.ncue.edu.tw/files/11-1006-2514.php?Lang=zh-tw>

SDG 3.3.6 Smoke-free policy

NCUE already has a smoke-free policy. We hope to protect faculty, staff, and students from smoke hazards on campus, and provide a clean, smoke-free environment for faculty and students. Through the unity of anti-smoking awareness among school staff, students, parents, and the community, we work together to support the school's total smoking ban with practical actions. Let us stay away from the harm of smoking, implement NCUE's social responsibility, and achieve good health. As shown in Figure 1



Figure 1. Teachers and students implement relevant practices to support the comprehensive smoke-free policy

1. Smoke-free policy on campus:

- (1) NCUE responds to the government's comprehensive smoking ban policy, maintains the physical health of the faculty and staff of the school, and creates a smoke-free, healthy, and fresh campus environment. We are committed to building a smoke-free campus.
- (2) Through the National Changhua University of Education's Key Points of Student Tobacco Hazard Management, a school-based smoke prevention and control work organization was established. Complete smoking cessation education is provided to help smokers successfully quit smoking and stay away from smoking hazards.

2. Features:

- (1) Non-smoking advocacy van and school-wide advocacy: Use the 'Non-smoking advocacy van' to rove the campus every day to achieve the effect of calling for the entire school to ban smoking.
- (2) Cooperate with the community to promote smoke-free restaurants: 20 restaurants around the campus support non-smoking and anti-smoking policies and have received the school's smoke-free restaurant certification to provide more smoke-free food places. The smoke-free environment is extended to outside the campus, as shown in Figure 2.
- (3) In order to create a smoke-free atmosphere in the university, "no smoking" signs are displayed to indicate that it is a smoke-free campus, so that all teachers, students, and community members

can enjoy a fresh environment on campus, as shown in Figure 3.



Figure 2. Smoke-free restaurant certification



Figure 3. No smoking sign on campus

3. Review policy:

(1)The ‘National Changhua University of Education Student Tobacco Hazard Management Essentials’ was formulated to regulate students in this school to stay away from tobacco products.

<https://stuaff01.ncue.edu.tw/ezfiles/20/1020/img/592/624507397.pdf>

(2)Apply for the 2022-2023 Ministry of Education subsidies for colleges and universities to promote the implementation of health promotion schools under the ‘「Health FashionGuide」’ smoke-free campus project.

<https://health.ncue.edu.tw/files/11-1018-1264.php?Lang=zh-tw>

(3)National Changhua University of Education student dormitory life conventions and key points for handling violations (including e-cigarette smoking prevention regulations).

<https://student.ncue.edu.tw/ezfiles/17/1017/img/505/252516813.pdf>