



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: 1,145 bachelor's students, 823 master's students (in-service master's students included), and 63 doctoral students. In total, 2,031 students graduated. As shown in Figure 1.

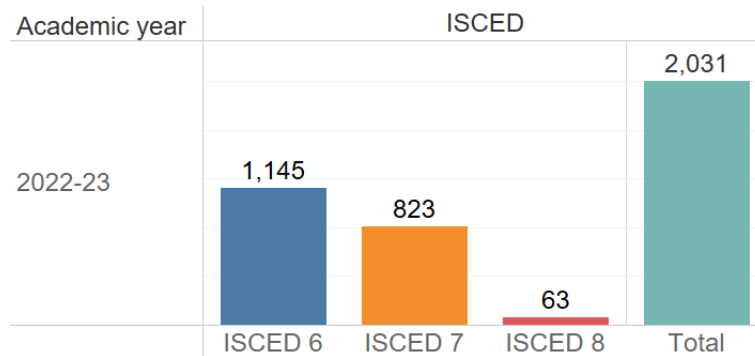


Figure 1: Number of Graduates

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
2022-23	Health Professions	Department of Guidance and Counseling	69 (23.79%)	50 (38.46%)	4 (50.00%)	123 (28.74%)
		Department of Special Education	66 (22.76%)	17 (13.08%)	4 (50.00%)	87 (20.33%)
		Graduate Institute of Rehabilitation Counseling		8 (6.15%)		8 (1.87%)
		Department of Biology	40 (13.79%)	23 (17.69%)		63 (14.72%)
		Department of Chemistry	49 (16.90%)	13 (10.00%)		62 (14.49%)
		Department of Sports	66 (22.76%)	13 (10.00%)		79 (18.46%)
		Graduate Institute of Sports and Health		6 (4.62%)		6 (1.40%)
			ISCED 6	ISCED 7	ISCED 8	Total

Figure 2: Number of Graduates in Health Professions

SDG 3.3.1 Current collaborations with health institutions

To achieve the goals of ensuring health across all age groups and promoting well-being through healthcare, including the elimination of sexually transmitted infections, AIDS, and other communicable diseases, strengthening prevention and treatment, and reducing drug abuse, NCUE actively collaborates with local, national, and global health organizations. This collaboration aims to enhance the health and well-being of both students and community residents.

1. Global Cooperation Level:

NCUE Offers International Certification Courses to Cultivate Students' Abilities as Internationalized Behavior Analysts.

(1) In order to promote the exchange and development of expressive and creative arts therapy between Taiwan and the international community, and to shape our university as a hub for academic research and clinical practice in expressive and creative arts therapy, The Department of Guidance and Counseling at NCUE co-organized "The 15th International Expressive Arts Therapy Association International Conference" with the International Expressive Arts Therapy Association from July 14 to 16, 2023. The theme of this conference was "Drop of Golden Sun: Illuminating Creativity."

The theme of the conference "Drop of Golden Sun: Illuminating Creativity," symbolizes the sun rising from the East, illuminating our path forward. The "way" of expressive arts refers to using various expressive and creative images that occur and appear during the artistic creation process as a guide to discovering new things. The conference concluded successfully in mid-July, with nearly 300 experts and scholars from 22 countries around the world participating both online and in person. Professionals with diverse cultural backgrounds and experiences provided workshops that combined theoretical sharing, practical applications, and academic research, resulting in a lively exchange of ideas.

(2) The Graduate Institute of Rehabilitation Counseling at NCUE offers transnational international certification courses for behavior analysts. These courses meet international certification requirements and can effectively enhance the understanding of individual behavior and improve behavioral issues. By providing high-quality teaching and counseling services, these courses equip students with the capabilities of internationally certified behavior analysts.

Attachment Information:

Website Links:

(a) The Department of Guidance and Counseling at NCUE co-hosts an international conference with the International Expressive Arts Therapy Association:

https://www.ncue.edu.tw/p/406-1000-23487,r93.php?Lang=zh-tw&fbclid=IwAR1lxn6y6g3DBGRYtet-9zyfBFH4viE8vwfVGOgIjnkob2_VbEYYkGjwGkw

(b) Certification course approval letter, recruitment brochure, and related webpage link (ABAI authorizes NCUE to offer international certification courses):

<https://www.abainternational.org/vcs/directory.aspx>

(c) Behavioral Guidance Research and Development Center: <https://girc.ncue.edu.tw/btcr/>

2. National Cooperation Level:

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

(a) From August 2023 to July 2024, NCUE participated in the "Mental Health Support Program for Young People Aged 15-30" organized by the Ministry of Health and Welfare. This program offered **free** psychological counseling services to individuals experiencing unease, depression, anxiety, distress, or insomnia. It aimed to help improve mental health issues and promote psychological resilience.

(b) Starting from 2022, we have been entrusted by the Changhua County Government to implement the "2022 Teacher Counseling and Support Service Implementation Plan" and the "2024 Teacher Counseling and Support Service Implementation Plan." These programs target full-time and substitute teachers in high schools and below in Changhua County. These programs provide **free** psychological counseling services to teachers experiencing stress, anxiety, or issues with parent-teacher communication, with the goal of promoting teachers' physical and mental health.

(2) NCUE promotes health-enhancing schools and workplaces, obtaining national-level certification marks.

(a) Implementing Care for Multicultural Diversity NCUE's I-House and Muslim Prayer Room Officially Open - A step forward in creating an international-friendly campus! To provide a learning environment that better meets the needs of overseas and foreign students, NCUE officially opened the "I-House" (International House) on October 17, 2023. This facility serves as the exclusive office for the university's overseas student organization - the Overseas Chinese Student Association. The interior also includes a Muslim prayer room and a simple kitchen, allowing Muslim students studying abroad to practice their daily prayers and prepare halal light meals. This ensures that these students can study with peace of mind while finding comfort for their body and soul, fulfilling our university's commitment to caring for multicultural diversity, as shown in Figure 1.

Related links: I-House and Muslim Prayer Room Inauguration:

<https://www.ncue.edu.tw/p/406-1000-23844,r93.php?Lang=zh-tw>



Figure 1: The Opening Ceremony of NCUE I-House and Muslim Prayer Room in NCUE

- (b) NCUE has been certified by the Executive Yuan as a healthy workplace and has received the highest certification mark for health promotion, as shown in Figure 2.

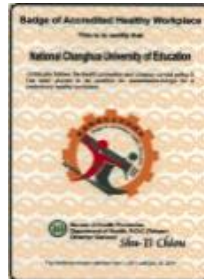


Figure 2: NCUE Receives the Highest Certification Mark for Healthy Workplace from the Executive Yuan

- (c) NCUE collaborates with government agencies to implement health promotion policies and measures for all faculty, staff, and students. We have received a subsidy from the Ministry of Education for the implementation of health promotion programs in higher education institutions, aimed at enhancing the promotion and execution of health-related activities at NCUE. In 2023, we applied for and were approved a subsidy of NT\$150,000 under the "Health Promotion School Program for Higher Education Institutions" by the Ministry of Education. This funding supported the completion of 8 health seminars and 50 health promotion activities, with a total of 4,611 participants.
- (3) NCUE established a specialized program in Indigenous Health Promotion and Elderly Care Management to cultivate skilled professionals and improve health management and quality of life for the elderly.

Starting from the 2023 academic year, NCUE has officially launched the "Indigenous Health Promotion and Elderly Care Management Program" (hereinafter referred to as 'the Program'). On August 2, 2023, we held a tea party and inauguration ceremony for the Program. The Program aims to train professionals in the care and management of elderly indigenous individuals, enhancing their health management and quality of life.

The Program is designed to support indigenous students in contributing to their communities after graduation, addressing the imbalance in long-term care supply and demand in indigenous areas. By improving the quality and stability of elderly care in indigenous regions, the Program will contribute to the development of a healthy and happy aging society, as illustrated in Figure 3.



Figure 3: Ceremony marking the establishment of the Indigenous Health Promotion and Elderly Care Management Program

Related link: Inauguration of the Indigenous Senior Health Promotion and Care Management:
<https://www.ncue.edu.tw/p/406-1000-23328,r93.php?Lang=zh-tw>

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

NCUE offers general education courses encompassing comprehensive knowledge of health and well-being. These courses, integrated into the formal curriculum, cultivate students' understanding of health and well-being comprehensively, enhancing students' awareness of societal health and well-being and developing their capacity and influence to contribute to future societal health and well-being advancements.

Related Link: General Education Courses on Health and Well-being Knowledge (Course Selection System): <https://webap0.ncue.edu.tw/deanv2/other/ob010>

- (5) NCUE Collaborated with the Ministry of Education to Actively Promote Drug Abuse Prevention Among Students

(a) Professor Wu Pei-fen from the Department of Information Management, College of Management, led students to participate in the "6th Campus Anti-Drug and Anti-Bullying Micro-Film Competition" organized by the Ministry of Education, and won the Bronze Award! The Ministry of Education stated that students conveyed the concept of "rejecting drugs and preventing bullying" from the perspective of the new generation, achieving a mutual reminding effect. By articulating from the students' viewpoint and in the language of the new generation, it resonates more closely with young learners, thus generating empathy. The engaging cinematography further enhances its positive educational significance. In addition to promoting these outstanding award-winning micro-films through various media platforms and public screenings at schools of all levels, the Ministry of Education will also leverage social media networks to exert a more profound influence, as shown in Figure 4.



Figure 4: Award-winning team from the Department of Information Management, National Changhua University of Education, with the host

- (b) In the 2023-2024 academic year, NCUE applied to the Ministry of Education for the "Drug Abuse Prevention Service-Learning Model Program for Colleges and Universities." The program involves conducting drug abuse prevention activities at nearby and rural elementary and junior high schools. The approved project budget totals NT\$314,540. In 2023, as per the plan, 120 volunteer students were mobilized to complete anti-drug drama presentations for 124 teachers and 1,894 students at 12 elementary schools. For 2024, educational activities are planned for 2 nearby junior high schools (using a bilingual approach) and 6 rural elementary schools (using drama presentations), with an estimated 1,848 students to receive education.
- (c) NCUE has long been dedicated to student drug abuse prevention work. From 2017 to 2019, we were consecutively selected as an outstanding institution in drug abuse prevention among national colleges and universities for three years. Moreover, NCUE was the only national university to receive this honor for three consecutive years, as shown in Figure 5.



Figure 5: NCUE actively implements student drug abuse prevention work

Related Links:

- i. 6th Campus Anti-Drug and Anti-Bullying Micro-Film Competition by the Ministry of Education: <https://www.ncue.edu.tw/p/406-1000-23692,r93.php?Lang=zh-tw>
- ii. National Changhua University of Education Drug Abuse Prevention: <https://stuaffweb.ncue.edu.tw/p/412-1039-1445.php>

iii. National Changhua University of Education Honored as Outstanding Institution in Student Drug Abuse Prevention by the Ministry of Education for Three Consecutive Years:
<https://www.ncue.edu.tw/p/406-1000-3131,r93.php?Lang=zh-tw>

(6) NCUE Emphasizes Physical Education and Sports for Faculty and Students, Encouraging Physical Fitness, and Nurturing Many Athletic Talents to Bring Glory to the Nation and the University!

(a) Wu Tung-lin, currently 24 years old, is ranked 175th in the world men's tennis singles, second only to "Night Market King" Tseng Chun-hsin in Taiwan's tennis rankings. This 188cm tall "Taiwan's No. 2" player ventured to the Western United States, demonstrating powerful play in the qualifying rounds, consecutively defeating higher-ranked seed players. Following retired players Lu Yen-hsun and Wang Yu-tzu, he became the third Taiwanese player to break through the qualifying rounds of a Masters 1,000 tournament, and the fourth player from Taiwan to appear in the main draw of the Indian Wells Masters. Wu Tung-lin, a student in NCUE's Graduate Institute of Sports and Health, has excellent tennis skills and has continuously participated in major global tennis tournaments, achieving outstanding results. According to the Association of Tennis Professionals (ATP) rankings, his current world men's singles ranking is 164, making him the second Taiwanese tennis king from our university after alumnus Jason Jung. We expect Wu to create more outstanding achievements, bringing glory to the nation and the university. Figures 6 and 7.

(b) NCUE emphasizes the health of faculty and students, encouraging physical fitness through sports. NCUE ranked 8th among national colleges and universities in the "2023 National Intercollegiate Athletic Games," with athletes winning 12 gold, 9 silver, and 5 bronze medals, achieving brilliant results. Students from the Department of Physical Education participated in the "2023 Baku World Taekwondo Championships National Team Selection Competition," winning 6 gold, 4 silver, and 4 bronze medals, demonstrating remarkable achievements!

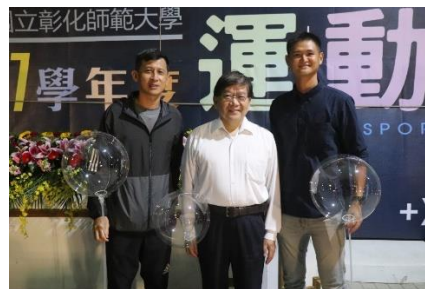


Figure 6 and 7: Wu Tung-lin as a guest at the opening ceremony of the NCUE's 51st anniversary celebration and sports meet, pictured with President Chen Ming-fei (center) and Professor Chiang Chin-yen (left)

- (c) Three students from Department of Physical Education, Pan Kui-en, Hung Chun-yi, and Huang Yu-je from the Graduate Institute of Sports and Health, participated in the 2023 Australian Open and Oceania President's Cup, and won 1 gold, 2 silver, and 1 bronze medal.
- (d) Five students from Department of Physical Education, Shih Yun-chen, Hsu Hao-yu, Chung Chun-chieh, Su Po-ya from the Master's Program in Applied Sports Science, and Ma Ting-hsia from the Graduate Institute of Sports and Health, won 2 silver and 2 bronze medals in Taekwondo at the 31st World University Games.
- (e) Professor Chiang Chin-yen, head of NCUE's Department of Physical Education, led graduate student Wu Tung-lin and university alumnus Jason Jung to defeat the Romanian national team in the Davis Cup. Both students showcased their excellent tennis skills, allowing the world to see Taiwan, not only winning the victory but also bringing glory to the university and the nation.
- (f) Lin Wei-chun from NCUE's Department of Physical Education and alumnus Jason Jung from the Master's Program in Applied Sports Science won silver and gold medals respectively at the 2023 Asian Games, bringing honor to the country.
- (g) NCUE's sports representative team participated in the "2023 National Games," and won 10 gold, 18 silver, and 7 bronze medals, demonstrating excellent performance.
- (h) Five athletes from Department of Physical Education Taekwondo team participated in the 2023 Romania Open, 2023 Asian President's Cup, and 2023 Sweden Open, and won four gold, one silver, and one bronze medal!
- (i) Cheng Hsien-chih, an athlete from NCUE's table tennis representative team, successfully qualified for the "2024 World Table Tennis Team Championships" national team.
- (j) NCUE's faculty and staff table tennis team won the runner-up in the men's team and third place in the women's team at the 2023 National Intercollegiate Faculty and Staff Table Tennis Tournament, gaining honor through table tennis, obtaining friendship, and more importantly, winning health.

Related Links:

- (a) Wu Tung-lin Advances to Top 64 at Indian Wells with 3 Consecutive Wins, Becoming the 2nd Taiwanese in History: <https://www.ncue.edu.tw/p/406-1000-9474,r93.php?Lang=zh-tw>
- (b) Congratulations to NCUE's Student Wu Tung-lin for Becoming Taiwan's Tennis King: <https://www.ncue.edu.tw/p/406-1000-9826,r93.php?Lang=zh-tw>
- (c) Congratulations! NCUE Ranks 8th Nationally in the "2023 National Intercollegiate Athletic Games" with Brilliant Results: <https://www.ncue.edu.tw/p/406-1000-10136,r93.php?Lang=zh-tw>
- (d) NCUE's Department of Physical Education Students Win 6 Gold, 4 Silver, and 4 Bronze Medals in the "2023 Baku World Taekwondo Championships National Team Selection Competition" with Outstanding Results: <https://www.ncue.edu.tw/p/406-1000-10002,r93.php?Lang=zh-tw>

- (e) NCUE's Department of Physical Education Students Win 1 Gold, 2 Silver, and 1 Bronze Medal in the "2023 Australian Open" and "2023 Oceania President's Cup" with Impressive Results: <https://www.ncue.edu.tw/p/406-1000-22527,r93.php?Lang=zh-tw>
- (f) NCUE's Department of Physical Education Students Win 2 Silver and 2 Bronze Medals in Taekwondo at the 31st World University Games: <https://www.ncue.edu.tw/p/406-1000-23326,r93.php?Lang=zh-tw>
- (g) NCUE's Department of Physical Education Head Leads Students and Alumni to Defeat the Romanian National Team in the Davis Cup, Bringing Glory to the Nation: <https://www.ncue.edu.tw/p/406-1000-23662,r93.php?Lang=zh-tw>
- (h) NCUE's Department of Physical Education Students and Alumni Win Silver and Gold Medals at the 2023 Asian Games, Bringing Honor to the Country: <https://www.ncue.edu.tw/p/406-1000-23713,r93.php?Lang=zh-tw>
- (i) NCUE Sports Team Wins 10 Gold, 18 Silver, and 7 Bronze Medals at the "2023 National Games" with Brilliant Performances: <https://www.ncue.edu.tw/p/406-1000-23941,r93.php?Lang=zh-tw>
- (j) Five Athletes from NCUE's Department of Physical Education Taekwondo Team Win Four Gold, One Silver, and One Bronze Medal at the 2023 Romania Open, 2023 Asian President's Cup, and 2023 Sweden Open: <https://www.ncue.edu.tw/p/406-1000-24455,r93.php?Lang=zh-tw>
- (k) NCUE's Table Tennis Team Successfully Qualifies for the "2024 World Table Tennis Team Championships": <https://www.ncue.edu.tw/p/406-1000-24648,r93.php?Lang=zh-tw>
- (l) NCUE Faculty and Staff Table Tennis Team Wins Runner-up in Men's Team and Third Place in Women's Team at the Intercollegiate Cup Faculty and Staff Table Tennis Tournament: <https://www.ncue.edu.tw/p/406-1000-24615,r93.php?Lang=zh-tw>

3. Cooperation at the Local Level:

NCUE collaborates and forms alliances with the local community. Through cross-sectoral participation and interaction with the community. We continuously create a supportive environment conducive to the health of community residents. Simultaneously, NCUE strengthens and expands community resources, implements community health living functions, and maximizes our university's potential to give back to the community and promote residents' health.

- (1) NCUE's Emphasis on Sports and Health Well-being in the Local Community Recognized with Awards.

The Changhua County Mayor's Cup Civil Servants Table Tennis Tournament for the year 2023 was grandly held on August 9-10, 2023, at the Changhua County Gymnasium. About 500 table tennis players gathered to compete, divided into skill levels: Elite Group, Select Group, and Challenge Group. Our university's faculty and staff table tennis team belonged to the highest level Elite Group. Among the 10 teams competing in this group, our faculty and staff table tennis

team won the championship in the Elite Group of the Changhua County Mayor's Cup Table Tennis Tournament.

(2) Department of Physical Education Held the "2023 Taiwan Sports Biomechanics Annual Conference and Intelligent Technology and Sports Science Symposium" on October 28, 2023. This annual conference and symposium provided a platform for domestic scholars and related industries to exchange achievements, promoting the development and application of domestic intelligent technology devices and sports science research. It built a bridge between sports science and competitive sports, enhancing athletes' competitive performance and elevating the research standards in sports academics.

(3) Conducting Scientific Sports Health Research on Athletes as a Basis and Reference for Refining Training Plans.

Associate Professor Wang Hsin-min of our university's Graduate Institute of Sports and Health has been conducting sports health-related research for many years. He received research project grants from the Ministry of Science and Technology in 2018, 2019, 2020, 2021, 2022, and 2023. His main research focuses on anterior cruciate ligament injuries of the knee and joint cartilage health-related issues. He conducts in-depth studies on preventive health medicine for the knee joint, maintaining knee joint function and health through exercise, and publishes research results in international academic journals. In 2021, he also executed the "2021 Sports Science Support for Competitive Sports Plan" from the Sports Administration of the Ministry of Education, conducting scientific sports monitoring and sports injury risk assessment for our university's key development sports items, providing relevant data to coaches as a basis and reference for refining training plans. Additionally, in 2022, he implemented the Ministry of Education's Teaching Practice Research Plan "Practice and Application of Sports Injury Prevention Courses." Through quantitative tests and learning portfolio assessment methods, as well as sharing different specialized case studies, this plan strengthened students' ability to apply sports injury knowledge and aimed to cultivate students' ability to articulate sports injuries in English through classroom activities.

The aforementioned Ministry of Science and Technology research projects were all conducted in collaboration with Dr. Lai Jen-chieh, an orthopedic attending physician at Taichung Armed Forces General Hospital and the head of orthopedics at Chung Ching Branch, Armed Forces General Hospital. By collaborating with doctors with professional medical backgrounds, the research results are combined with professional orthopedic clinical experience, aiming for a deeper understanding of preventive medicine for knee joint health.

Website links:

(a) NCUE Faculty and Staff Table Tennis Team Wins Championship in Elite Group of Changhua County Mayor's Cup Table Tennis Tournament: <https://www.ncue.edu.tw/p/406-1000-23447,r93.php?Lang=zh-tw>

- (b) Department of Physical Education Hosts "2023 Taiwan Sports Biomechanics Annual Conference and Intelligent Technology and Sports Science Symposium":
<https://www.ncue.edu.tw/p/406-1000-24568,r93.php?Lang=zh-tw>
- (4) Assisting Community Members to Participate in University Projects and Increasing **Motivation** to Enhance Community Residents' Health.
- (a) Organize the 2023 Taiwan Group Counseling and Therapy Research Association Annual Conference and Academic Symposium.
Co-organized by NCUE's College of Education, Department of Guidance and Counseling, and the Taiwan Group Counseling and Therapy Research Association, the event was held on May 28, 2023, in the Ming De Building Auditorium. This year's theme was "Promoting Psychosocial Health in the Post-Pandemic Era - Practical Applications of Group Counseling and Therapy." The event included poster presentations, keynote lectures, and thematic forums. There was an enthusiastic response for poster submissions, with 53 posters selected for presentation after review. Two keynote speeches and one thematic forum were held, attracting nearly 100 participants from related fields across Taiwan. The diverse lectures and sharing sessions aimed to inspire professionals from various fields, jointly promote community and corporate mental health work, and foster academic growth and professional development among faculty and students of NCUE's College of Education and Department of Guidance and Counseling.
- (b) "From Programs to Progress" 2023 Class Social Work Program Internship Results Presentation on June 2, 2023.
This event shared the 160-hour learning outcomes of fourth-year students who completed their social work program internships at the Tsu Kung Foundation, Taichung Detention Center of the Agency of Corrections, Ministry of Justice, and Changhua County Student Counseling Center. In addition to our department's faculty and students, supervisors and staff from various internship organizations also actively participated in the presentation.
- (c) Graduate Institute of Rehabilitation Counseling organized a seminar on "Implementing Reasonable Accommodation Concepts in Vocational Rehabilitation Practice" The institute has long been committed to promoting the concept of reasonable accommodation. The institute specially invited Dr. Chung-Yi Chiu, a Taiwanese-American scholar, to share experiences from the United States. This was aimed at helping domestic vocational rehabilitation professionals further understand the implementation experiences of the Americans with Disabilities Act (ADA), the source of reasonable accommodation. This concept extends to the employment of persons with disabilities, emphasizing employers' responsibility to provide "reasonable accommodation" measures for employees with disabilities or chronic illnesses, enabling them to adapt to job requirements and maximize work efficiency.

- (d) "Educational Foresight Issues and Trends Forum" and "Rehabilitation Counseling Institute Teaching Professional Seminar" held on December 12, 2023.

Co-organized by College of Education and Graduate Institute of Rehabilitation Counseling, the events specially invited Associate Professor Lin Chien-chun from the Rehabilitation and Mental Health Counseling Department of Western Oregon University to deliver a keynote speech on "Introduction to the Current Status of Rehabilitation Counseling in the United States."

- (e) In the 2023 academic year, NCUE employed 7 full-time psychologists and 16 part-time psychologists to provide **free** individual and group counseling resources for students. Psychiatric consultations from contracted hospital psychiatrists were also available for mental health inquiries. Collaboration with local medical clinics facilitated medical resource referrals, with a total of 19 people applying to use this consultation resource. In total, 9 group counseling activities were held with 51 total participants and 318 participant instances; special case treatment group activities had 16 total participants over 13 sessions; individual counseling sessions (including individual counseling, individual psychological testing and interpretation) received applications from 805 people, with 4,956 counseling instances.
- (f) NCUE's "Shetou Sock Knitting - Innovation, Entrepreneurship, Revitalization" University Social Responsibility (USR) Implementation Project, aiming to fulfill university social responsibility, integrate into practical fields, and drive local revitalization, invited the Education Department of Changhua County Government, Shetou Township Office, and Shetou Elementary School to co-organize the "Be Tavocol Walking Shetou " activity. The project hopes to root university social responsibility through intergenerational cooperation, allowing participants to appreciate the beauty of Shetou in an eco-friendly, healthy, and locally identifying manner. This walking activity enabled visitors to experience the beauty of Changhua's Shetou town on foot, generating feelings of happiness, stress relief, and pleasure.

Website links:

- i. 2023 Taiwan Group Counseling and Therapy Research Association Annual Conference and Academic Symposium: <https://www.ncue.edu.tw/p/406-1000-23305,r93.php?Lang=zh-tw>
- ii. "From Programs to Progress" Social Work Program Internship Results Presentation: <https://www.ncue.edu.tw/p/406-1000-22526,r93.php?Lang=zh-tw>
- iii. Graduate Institute of Rehabilitation Counseling Hosts Seminar, Expanding International Perspectives for Domestic Vocational Rehabilitation Industry, Government, and Academia: <https://www.ncue.edu.tw/p/406-1000-23537,r93.php?Lang=zh-tw>
- iv. College of Education "Educational Foresight Issues and Trends Forum" Introduction to the Current Status of Rehabilitation Counseling in the United States: <https://www.ncue.edu.tw/p/406-1000-24646,r93.php?Lang=zh-tw>

- v. "Educational Foresight Issues and Trends Forum" and "Graduate Institute of Rehabilitation Counseling Teaching Professional Seminar": <https://www.ncue.edu.tw/p/406-1000-24280,r93.php?Lang=zh-tw>
 - vi. Shetou Sock Knitting - Innovation, Entrepreneurship, Revitalization: <https://2022usrexpo.org/achievements-local/USRA-158>
- (5) Measures to Enhance Health and Well-being of Local and Campus Faculty, Staff, and Students.
- (a) NCUE's 2023 Academic Year Sports Meet - 52nd Anniversary "520 I Love You" Sports Meet was held on December 7, 2023, at the Jinde Campus, NCUE with President Chen Ming-fei serving as the chairman. This year's sports meet competitions were held in the morning, including track and field events, ball games for students and faculty, and fun competitions. The sports meet concluded with a walking activity led by President Chen Ming-fei, with all faculty, staff, and students walking around the campus, bringing a perfect end to this year's event.
 - (b) NCUE has established comprehensive administrative units for physical and mental health care, including the Medical Care Room of the Office of Student Affairs, Student Psychological Counseling and Counseling Center, Community Psychological Counseling and Guidance Center, Physical Education Office, and Environmental Protection and Safety & Health Center, providing holistic health care for all faculty and students.
 - (c) NCUE employs medical personnel including 3 full-time nurses, 3 part-time school physicians, 7 full-time psychologists, and 16 part-time psychologists, offering **free** health consultations, medical care, individual and group counseling resources, and health management services to faculty and students. Additionally, contracted medical center - Changhua Christian Hospital's family medicine physicians, occupational medicine physicians, psychiatrists, and traditional Chinese medicine practitioners visit the campus for consultations, providing on-campus clinic services, physical and mental health consultations, on-site health guidance, and physical therapy. The university also has special contracts with 25 local medical clinics for medical resource referrals, providing preferential treatment and choices for all faculty and students seeking medical care.
 - (d) Each semester, doctors or nurses from Changhua Christian Hospital are invited to offer a general education course on "Emergency Rescue Education" for students to enroll.
 - (e) Statistics on physical and mental health care services provided to all faculty and students are shown in Table 1:

Table 1: Annual Statistics of Physical and Mental Health Care Services for All Faculty and Students

Physical and Mental Health Care Service Items / Year	2021	2022	2023
Part-time school physician consultations and occupational	231 instances	212 instances	317 instances

physician on-site services			
On-campus injury treatment and health consultations	1,355 instances	3,137 instances	2857 instances
Emergency incidents and off-campus medical referral services	20 people	31 people	24 people
Borrowing of medical equipment, nursing rooms, and epidemic prevention supplies	434 instances	653 instances	203 instances
Use of health monitoring equipment	1,073 instances	217 instances	464 instances
Individual counseling services for various colleges	4,913 instances	4,927 instances	4548 instances

Website links:

- i. National Changhua Normal University 2023 Academic Year Sports Meet Opening Ceremony - 52nd Anniversary "520 I Love You" Sports Meet: <https://www.ncue.edu.tw/p/406-1000-24565,r93.php?Lang=zh-tw>
 - ii. General Education Course: Emergency Rescue Education Teaching Syllabus: https://webapt.ncue.edu.tw/DEANV2/UploadDEAN/SUBJECT/1122/00236_0CCGE0174920.pdf
- (6) Campus Infectious Disease Prevention Promotion (COVID-19, Tuberculosis, Dengue Fever, Chickenpox, etc.) and Environmental Cleaning and Disinfection Implementation.
- (a) Providing faculty and students with the latest health activity information and health education promotion through bulletin boards, electronic announcements, electronic signage, Facebook, and scrolling marquees, including: smoking cessation information, sex education including AIDS prevention, dengue fever, vaccine information, and respiratory diseases such as *Mycoplasma pneumoniae*.
 - (b) Closely collaborating with health units to conduct campus infectious disease prevention promotion and create a healthy campus atmosphere.
 - (c) Implementing good hygiene habits to prevent infectious disease threats, actively promoting campus prevention, providing adequate hand-washing facilities, maintaining classroom cleanliness and ventilation, conducting comprehensive environmental cleaning, breeding source elimination, and disinfection work when necessary, constantly monitoring students' physical conditions, and reporting infectious diseases according to regulations to prevent epidemic spread.
- (7) Academic Research Cooperation between NCUE and Medical Institutions to Enhance the Health and Well-being of Our Faculty and Students.

- (a) NCUE's History Department, in collaboration with Changhua Christian Hospital's Cultural and Historical Museum and Zhishen Digital Culture Enterprise, created the "Walking in Changhua Christian Hospital: Taiwan Digital Walking Tour Area," which officially launched on June 26, 2023, with a system release conference. By establishing a digital walking tour system, the historical stories of Changhua Christian Hospital are combined with digital technology, allowing the public to learn about the hospital's history through their smartphones while traveling in the city. As shown in Figure 8.



Figure 8: "Walking in Changhua Christian Hospital: Taiwan Digital Walking Tour Area" officially launched

- (b) NCUE actively cooperates with local health bureaus and medical institutions such as Show Chwan Memorial Hospital, Changhua Christian Hospital, and related medical centers and community hospitals. We focus on various health promotion matters including physical health examinations, sex education including AIDS prevention education, influenza vaccinations, and infectious disease prevention. By combining local medical institutions and our professional workforce, we maintain the health and well-being of campus faculty, students, and related stakeholders, as shown in Figure 9.



Figure 9: NCUE collaborates with local medical institutions to enhance the health and well-being of faculty and students

Related links:

- i. "Walking in Taiwan" Walking in Changhua Christian Hospital Digital Walking Platform officially launched: <https://www.youtube.com/watch?v=trWkom7WfuM>
 - ii. History Department collaborates with Changhua Christian Hospital's Cultural and Historical Museum and Zhishen Digital Culture Enterprise to create "Walking in Changhua Christian Hospital" Taiwan Digital Walking Tour Area: <https://www.ncue.edu.tw/p/406-1000-22340,r93.php?Lang=zh-tw>
- (8) NCUE Becoming a Benchmark for the Ministry of Education's Health Promoting Schools, Comprehensively Promoting Physical, Mental, and Spiritual Health.
- To effectively improve the health of campus faculty and students, we adhere to the concept of health-promoting campuses in areas such as moral education, training professionals for sexual assault prevention, preventing student drug abuse, holistic health concepts, and weight control.
- (a) NCUE Received funding from the Ministry of Education to implement the Health Promoting Schools Project for Colleges and Universities, the Service Learning Model Project for Drug Abuse Prevention in Colleges and Universities (Anti-drug), and the Moral Education Promotion and In-depth School Project, comprehensively promoting the physical, mental, and spiritual health of faculty and students.
 - (b) NCUE adheres to the spirit of "Health Promoting Schools," actively planning health empowerment courses and activities over the years to create a healthy campus environment. With the goal of improving the holistic health of all faculty, staff, and students, the health promotion plan focuses on four main themes: "Tobacco Hazards Prevention," "Sexually Transmitted Diseases including AIDS Prevention Education," "Weight Control Management," and "Healthy Living." In the 2023 academic year, 4,611 people participated.
 - (c) Implementing the Moral Education Promotion and In-depth School Project, with the development vision of becoming a "first-class university with excellent teaching, innovative research, and sustainable service." In 2023, 3,700 people participated, as shown in Table 2.

Table 2: Overview of Ministry of Education-funded projects and outcomes for Health Promoting Schools, Drug Abuse Prevention Service Learning, and Moral Education Promotion over the years

Year/Project Name	Theme	Funding Amount	Participants
2023/MOE Health Promoting Schools Project	Fashionable Health Guide	150,000	4,611
2023/Drug Abuse Prevention Service Learning Project	Anti-drug Drama Presentations in Elementary and Junior High Schools	31,4540	1,894
2023/Moral Education Policy Performance	Moral Education Series Activities	84,375	3,700

2022/MOE Health Promoting Schools Project	Fashionable Health Guide	150,000	6,040
2022/Drug Abuse Prevention Service Learning Project	Anti-drug Drama Presentations in Elementary and Junior High Schools	151,020	2,105
2022/Moral Education Policy Performance	Moral Education Series Activities	135,000	5,089

Website link: Historical results of NCUE's Health Promoting Schools Project:
<https://healthweb.ncue.edu.tw/p/412-1041-1264.php?Lang=zh-tw>

SDG 3.3.2 Health outreach programmes

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

1. NCUE Establishing a "Health Promotion and Care Management for the Elderly Indigenous Class" to Cultivate Professional Talent and Improve the Quality of Life in Health Management and Care for the Elderly.

According to the United Nations and World Health Organization (WHO) definitions, a society is considered an "aged society" when 14% of the total population is 65 years or older, and a "super-aged society" when this percentage reaches 20%. Data from the National Development Council shows that Taiwan became an aged society in 2018 and is expected to enter a super-aged society by 2025. Given that many indigenous areas are located in remote regions with low retention rates for caregivers, training indigenous talent in elderly health care not only provides opportunities for indigenous people to return and serve their hometowns but also addresses the long-term imbalance in care supply and demand in indigenous communities. Therefore, starting from the 2023 academic year, NCUE has established an Indigenous Class for Health Promotion and Care Management for the Elderly. The curriculum is divided into three key areas:

- (1) Required Professional Courses: Elderly Health Promotion Module, Care Service Module, Management Module, and Other Related Courses.
- (2) Elective Professional Courses: Business Management Module, End-of-Life Care Module, Health Promotion Module, and Home Supervision Module.
- (3) Indigenous Culture and Language Module.

2. Behavioral Counseling Research and Development Center.

NCUE's Behavioral Counseling Research and Development Center applies principles of behavioral analysis to provide behavioral counseling for individuals with disabilities who have specific needs. The center offers individual counseling for 6-10 people and organizes two group counseling sessions for individuals with disabilities. Through one-on-one positive behavioral interventions, teaching, and behavioral guidance, the center promotes physical and mental health and quality of life across different age groups. The service targets individuals registered in the Changhua area who have a disability handbook or certificate and have been assessed to have long-term self-injury, aggression, property destruction, socially unacceptable behavior, or excessive withdrawal issues that severely affect their life adaptation and require behavioral guidance.

The center uses behavioral analysis theories and developmental theories as its theoretical framework, emphasizing a student-centered service model and promoting evidence-based therapeutic service strategies to facilitate diverse service programs for individuals with disabilities. Additionally, to meet the needs of different service recipients, the center also utilizes and integrates professional knowledge of rehabilitation counseling, combining career guidance concepts and different counseling schools to promote guidance service strategies for individuals with disabilities. The goal

is to establish a research and development center for counseling individuals with disabilities in Taiwan.

3. Cultivating Comprehensive Health and Well-being Knowledge Through General Education Courses. Through general education courses, NCUE comprehensively cultivates students' knowledge of health and well-being in formal curricula to improve or promote health and well-being and enhance students' influence on social health and well-being. In the 2023 academic year, a total of 1,693 student enrollments were provided for general education courses related to diverse learning and mental health support. There were 33 general education lectures related to mental health support issues, accommodating 3,510 attendees.

4. Community Psychological Counseling and Potential Development Center.

The Community Psychological Counseling and Potential Development Center is responsible for providing **free** mental health support to employees. The center collaborates with the Personnel Office to implement on-campus mental health service programs for faculty and staff, assisting the organization in constructing secondary prevention work for employee mental health. Through **free** psychological counseling, group activities, and lectures, the center promotes mental health knowledge among organizational personnel to enhance their mental health, enabling them to focus on their duties during work hours and thereby improving work efficiency. The "NCUE Community Psychological Counseling Center" was approved by the Changhua County Health Bureau on July 28, 2021, as an institution authorized to conduct remote psychological counseling services.

The main services include:

- (1) Providing professional psychological counseling services to community members.
- (2) Offering practical research and on-the-job training for professional psychological counselors.
- (3) Providing supervision services for interns and professional psychological counselors.

5. NCUE's Planning and Implementation of a Fresh, Healthy, and Quality Learning Environment, and Outreach Activities for Health Education and Disease Prevention.

NCUE plans outreach programs and projects, including health education to provide a quality learning environment, planning for physical activities to enhance community health, and creating a health-promoting environment. The campus is entirely smoke-free, providing a fresh and healthy quality learning environment, and organizing health education and disease prevention activities to improve health care capabilities.

- (1) To promote school health education and provide a quality learning environment, NCUE has established a School Health Committee. It plans for school environmental health management and health services, and coordinates with relevant agencies and organizations to jointly promote school health matters, aiming to achieve the goal of "health being sound in four aspects: physical health, mental health, social adaptation, and moral health."
- (2) NCUE's Counseling and Guidance Center, in addition to practically implementing the university's three-level prevention work, also cooperates with the Central Region College Counseling Consultation Coordination Center and the Ministry of Education's policy promotion.

It organizes relevant seminars and training activities for professional counseling personnel, including case studies, group supervision, educational training, and themed workshops. Through capacity-building training, it not only improves the work quality of professionals but also teaches self-care.

- (3) To encourage female faculty, staff, and students of NCUE to continue breastfeeding after giving birth, and in line with the national breastfeeding policy and the spirit of gender equality in work and education laws, we have set up breastfeeding (milk collection) rooms. These are available for use by breastfeeding faculty, staff, students, and community members.
- (4) To enhance workplace labor health, provide on-site physician services, assist in the implementation of four major plans, promote the creation of healthy workplaces, and prevent occupational injuries and diseases among workers to meet their diverse needs, NCUE provides on-site physician services three times a week.
- (5) NCUE recently signed a "Memorandum of Cooperation for Sports Professional Instructor Training and Service Plan" with Show Chwan Memorial Hospital. This collaboration aims at health promotion activities and services for the elderly and the general public, diverse and continuous personal sports health promotion services, cooperation in academic research projects, development of field academic research, and in-depth local community service.
- (6) Assisting Local Enterprises in Employee Mental Health Promotion
 - (a) The Community Psychological Counseling and Potential Development Center cooperates with the local enterprise "E-LEAD Electronic Co., Ltd." to assist in training enterprise supervisors and project managers in sensitivity and high-efficiency communication skills. This enhances supervisors' ability to identify employees' psychological needs, promotes mental health knowledge among organizational personnel to improve their mental health, enabling them to focus on their duties during work hours, thereby improving work efficiency, enhancing their physical and mental health, creating a good interactive organizational culture, and ultimately increasing their sense of well-being.
 - (b) The Community Psychological Counseling and Potential Development Center collaborates with the local enterprise "ChiBuApp Inc" to participate in the "2024 Youth Career Counseling Service Plan." It provides career counseling services to the target audience of the "2024 Changhua County Youth Career Guidance Service Promotion Plan," enhancing youth workplace adaptability and assisting young people in entering the job market.

Appendix Data and Website Links:

- (1) Appendix 3.3.2A Indigenous Class for Health Promotion and Care Management for the Elderly - Implementation Effectiveness.
- (2) Appendix 3.3.2B Health Education-related General Education Courses at Our University.
- (3) NCUE Community Psychological Counseling Center website: <http://human1.ncue.edu.tw/bin/home.php>
- (4) Behavioral Guidance Research and Development Center: <https://girc.ncue.edu.tw/btcrc/ce>

[nter_intro.php?action=list&show_cim_no=1509092525](#)

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 has constructed a covered sports court at the Baoshan campus, aiming to lead a new trend in sports and to improve the sporting environment and functionality of the second campus. This covered sports court has thus come into being. (Figure 1)



Figure 1. Planned design of the covered sports court at the Baoshan campus

2. NCUE's indoor and outdoor sports facilities are available for **free use** by faculty, staff, and community residents. The outdoor facilities, such as the track and field, see many community members utilizing the space for fitness activities each morning and evening. In the evenings, there are dance groups practicing in a corner of the track, accompanied by lively music. Additionally, the rooftop tennis courts feature three outdoor basketball courts and two volleyball courts, which attract many sports enthusiasts during nighttime and weekends. Nearby, the high and low bars under the shade of trees provide a great spot for elderly residents to stretch and warm up. Indoor facilities, such as badminton and multi-purpose courts, are available for **free** to faculty and staff, while community members can access them for a fee. These facilities can also be reserved by community or external groups for sporting competitions on weekends. Please refer to Attachments 3 and 4 for the facility management regulations and fee standards for the various venues.
3. The first floor of the Wang Jin-Ping Activity Center features an open space known as Lakeside Plaza, conveniently located near the scenic Baisha Lake. This shaded and spacious area is frequently used by students and community residents for various activities, such as gymnastics, dancing, and jump rope. Additionally, the university established the U-First Sports Professional Guidance Service Team, which has been actively involved in the University Social Responsibility (USR) Hub since 2020, under the initiative "Zhangbei Leisure and Fitness – Qimozi Exercise Program." In collaboration with the Ministry of Education's Sports Administration, we offer "**Free** Technology-Based Physical Fitness Assessments" for university faculty, staff, and nearby community residents. The goal is to help individuals understand their physical and fitness status so they can choose suitable exercises to achieve their fitness objectives. We also encourage community seniors to engage in physical activities, starting with simple and accessible warm-up exercises, to help them

experience the joy of movement and promote the maintenance of healthy exercise habits.

4. NCUE's swimming pool is a fee-based facility, operated by New Motion Company, which provides access for faculty, staff, and community residents on a paid basis.
5. The outdoor sports facilities at the Baoshan campus include volleyball courts, basketball courts, tennis courts, and a soccer field, while the indoor facilities consist of a table tennis room and a weight training room. All outdoor facilities, except for the tennis courts, are available for **free** use by university faculty, staff, and community residents. The soccer field, in particular, becomes a popular gathering spot for local softball enthusiasts to practice swinging their bats on weekends and holidays. The basketball and volleyball courts also attract many young residents. Additionally, numerous residents enjoy walking in groups along the undulating campus trails, engaging in light aerobic exercise while taking in the benefits of forest bathing. The tennis courts and indoor facilities are exclusively available for **free use** by university faculty and staff.
6. Outdoor sports facilities available for **free use** (Figures 2-6).



Figure 2. Track and Field



Figure 3. Sky Court



Figure 4. Volleyball Court at Baoshan Campus



Figure 5. Basketball Court at Baoshan Campus



Figure 6. Soccer Field at Baoshan Campus

7. Paid sports facilities for indoor users (Figures 7-12).



Figure 7. Wang Jin-pyng Swimming Hall



Figure 8. Wang Jin-pyng Activity Center



Figure 9. Badminton Court



Figure 10. Tennis Court



Figure 11. Billiards room



Figure 12. Multi-purpose Sports Court

8. Facilities for **Free Use** by NCUE's Members Only, Not Available for External Borrowing (Figures 13-20).



Figure 13. Weight Training Room



Figure 14. Fight room



Figure 15. Rhythm Classroom



Figure 16. Multi-purpose Training Room



Figure 17. Gymnastics Classroom



Figure 18. Indoor Synthetic Track



Figure 19. Tennis Court at Baoshan Campus



Figure 20. Baoshan Campus Billiards room

Appendix:

1. Baoshan Campus Rain-or-Shine Sports Field Construction Begins for the, Aiming to Set a New Trend in Sports:<https://www.ncue.edu.tw/p/406-1000-23661,r93.php?Lang=zh-tw>
2. National Changhua University of Education Sports Office - Facility Introduction: <https://opweb.ncue.edu.tw/p/412-1015-764.php?Lang=zh-tw>
3. NCUE's Swimming Pool Facebook Fan Page - Xinxiang Swimming Academy:<https://www.facebook.com/profile.php?id=100092546235878&mibextid=LQQJ4d>
4. Annex 3.3.3A: Regulations for the Management of Sports Facilities at National Changhua University of Education.
5. Annex 3.3.3B: Fee Standards for Various Sports Facilities at 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.
 - (1) In the second semester of the 2022-2023 academic year, lecture events were organized to explore topics such as menstrual poverty, menstrual stigma, and menstrual leave. These events aimed to enhance students' understanding of diverse menstrual products and the significance of menstrual equity. The discussions extended to the importance of sex in life, leading to self-exploration and understanding of sexuality. The concept of "everyone has the right to enjoy sex comfortably" was emphasized. The events were held at the Jinde and Baoshan campuses under the themes "Moon Landing Project: Menstruation Education Regardless of Gender" and "Grown-Up Project: Body 'Sexual' Autonomy and the Thoughts of the Sex Toy," with a total of 2 sessions, as illustrated in Figures 1-2.



Figure 1: Event Photo (Jinde Campus Session)



Figure 2: Event Photo (Baoshan Campus Session)

(2) In the first semester of the 2023-2024 academic year, gender equality education promotional activities were conducted. The Jinde campus session featured presentations based on medical expertise, empirical research, and outpatient experience, aimed at helping students understand the diversity of gender and explore the often less discussed topic of sexual intimacy. The Baoshan campus session used film appreciation and interactive discussions to help participants reflect on themes of encounters, frustrations, and separations in their interpersonal and intimate relationships. Through sharing personal stories among members, the session enhanced mutual understanding and broadened life experiences. A total of 2 sessions were held, as illustrated in Figure 3.



Figure 3: Event Photo (Jinde Campus Session)

3. 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.
4. We provide on-campus services including a “**Free** Dual-Function Mobile Health Unit -Breast Cancer and Cervical Cancer Screening” and “Paid Cervical Vaccine Injections” to enhance the

health protection of faculty, staff, and students.

5. 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."
6. NCUE actively cares for the health of pregnant employees. For female workers who are pregnant or have given birth within the past year, we implement hazard assessment, control, and graded management measures. On-site health services are provided by occupational medicine physicians who conduct individual consultations and provide recommendations for hazard prevention. Female employees who are pregnant or have given birth within the past year are required to complete the "Maternal Health Protection Workplace Environment and Operational Hazard Assessment Form" for evaluation.
7. 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.
8. 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 parental leave applications by faculty and staff over the past two years are shown in Table 1.

Table 1: Statistics of Parental Leave Applications by Faculty and Staff Over the Past Two Years

Annual	Number of Participants
2022	9
2023	9

- (2) The student enrollment statistics for the cooperative kindergarten are shown in Table 2.

Table 2: Enrollment Statistics for the Cooperative Kindergarten Over the Past Two Years

Annual	Number of Participants
2021	106
2023	112
2024	112

- (3) Highlights of happy learning at the Faculty and Staff Cooperative Kindergarten, as shown in Figures 4-8.



Figure 4: Kindergarten Graduation Ceremony



Figure 5: Kindergarten Earthquake Drill



Figure 6: Daily Campus Life



Figure 7: Fun in Hiking



Figure 8: Physical Activity Sports Day

Appendix:

1. Changhua Private Kindergarten Affiliated to the University Co-operative Limited of the National Changhua University of Education: <http://www.ncuekid.com.tw/>
2. National Changhua University of Education Maternal Health Protection Program”: <https://healthweb.ncue.edu.tw/app/index.php?Action=downloadfile&file=WVhSMFlXTm9MemsxTDNCMFIWOHhOek14TUY4NE9USXhOVGswWHpZMk5UazRMbkJrWmc9PQ==&fname=LOGGROOKWWCGA1YXEDLKS241430WTRLQO34SSMKTGXDXW40A0YW45SWLOLKB0OKWWTSEH05VS0435WWRKHCTSA134B0WSGCNPYTXWA034MKB001USSXSFC2WCCM PYXDGA050TXZSNKHCIWBSB0OKMKZTGDQPROSW30XWKL14LKGHUSTWQOGDXX4410VWYWXSOKOOLKWSROFHRLQPUX04A0YSB4WXDGFDCDGDGWWQOPP1000Z SIGMOIGDGDJLO>
3. 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://healthweb.ncue.edu.tw/app/index.php?Action=downloadfile&file=WVhSMFlXTm9MemsxTDNCMFIWOHhOek14TVY4NU9UUTBORGcwWHpZMk5UazRMbkJrWmc9PQ==&fname=DGGGROTSYWQO41XX50POJGXWIGMOWTWWKLB0XSXS VXZTSW40ZWUSFDB4LO10A0OKWW5400HHVS04GDWWFC30TSIG34B0NOWSMLMPXWA0RO3045SWFHDCWXCSSXWSS25DGA0TS14QOKO40ICDGB004NKJGDQP44WS30IGB4GGOK45USRK441505 DGVWNP GD TW14MONP20ROSWXSQP250450ROB430LL50SS01SSUSLKF10EDHGTSMOQOTWTSXWWSJCTS NK0005POB5FCB4YSPOFHSSFC2DMKPOTTIH50HG NK W W Y W S W O O 3 5 O P R K G G G C A 1 Y T D D C C W S B 0 4 5 P O S S P O Y W R K D G P O A 1 J H H C N O 5 4 M K O O H C W T A 1 R K I C S W I C 0 0 3 5 I G B 5 Y S D C 3 0 D G O O S S A 4 F C R K P O G D J H N O L K A 0 T X O O 3 0 A 0 Y S 3 4 E G C G K K Z T A 1 P K B 0 N K 2 0 O K D G S S 5 4 W X O K W W 4 0 1 1 J H L O E G W W 3 4 K K T W 5 0 M K Y S U W 4 0 H C N P 2 5 X W A 5 K P N K L L F G P K O K 4 5 F C N O W W W H H 2 0 X S L O 1 4 F C B 4 G C M K P K R O G G W S N P Y T L O D C N K T S 3 4 T W F H D C T T X X P O C C J G Y T>
4. List of National Changhua University of Education workplace hazard assessment and maternal health protection measures: <https://healthweb.ncue.edu.tw/app/index.php?Action=downloadfile&file=WVhSMFlXTm9MemsxTDNCMFIWOHhOek14TWw4eU5EUXhNRGd3WHpZMk5UazRMbkJrWmc9PQ==&fname=DGGGROTSYWQO41XX50POJGXWIGMOWTWWKLB0DCNKVXVXSW40ZWUSFDB4LO1>

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SDG 3.3.5 Mental health support for students

NCUE provides individualized counseling services, group counseling services, and diverse mental health promotion activities (including lectures and workshops) for students with psychological counseling needs. Additionally, a case management system is established for students requiring counseling, ensuring comprehensive psychological support and assistance, and deepening "precision counseling" to build student resilience.

1. NCUE actively promotes campus mental health, and integrates correct physical and mental health values into both faculty and student curricula and daily life through three major approaches: offering general education courses, organizing related topic activities, and training personnel to enhance professional skills. This collective effort aims to create a warm, caring, and healthy campus environment, as illustrated in Table 1.

Table 1: Overview of the NCUE’s Mental Health Program – Three Major Approaches, Program Strategies, and Achievements

NCUE’s Mental Health Program		
Three main aspects	Program Strategy	Results Explanation
Offering General Education Courses	Two Counseling Sessions with a Licensed Psychologist in the Classroom	(1) In the second semester of the 2022-2023 academic year, there were a total of 14 classes. (2) In the first semester of the 2023-2024 academic year, there were a total of 15 classes.
Organizing Mental Health-Related Activities	Career seminars, gender equality issue lectures, learning guidance, life education workshops, heart-to-heart academy, emotional management and stress adjustment, suicide prevention gatekeeper training, special case therapy groups, and others.	In 2023, a total of 21 sessions were held.
Training Relevant Personnel to Enhance Professional Skills	Individual supervision based on personal learning needs	(1) In the second semester of the 2022-2023 academic year, the satisfaction rate for center consultations reached 4.69 points (out of a maximum of 5 points).

		(2) In the first semester of the 2023-2024 academic year, the satisfaction rate reached 4.44 points (out of a maximum of 5 points).
	Enhancing professional knowledge of the school's specialized counseling personnel through group supervision	In the second semester of the 2023 academic year, a total of 3 activities were held, with satisfaction ratings of 4.51, 4.8, and 4.52 out of 5, respectively.

Explanation as follows:

(1) Offering General Education Courses: Primarily targeting first-year students, these courses are supported by life education seed teachers from various departments and department heads lecturing on career-related topics. Counseling psychologists also enter the classrooms twice to lecture on life education issues and provide guidance on students' mental health status, effectively helping students explore themselves, face difficulties, and seek help. In the second semester of the 2022-2023 academic year, there were 14 classes, and in the first semester of the 2023-2024 academic year, there were 15 classes, as shown in Figure 1.



Figure 1: Learning Guidance Lecture

(2) Organizing Related Issue Activities: To promote the mental health of faculty and students, various activities were arranged, including stress and emotional adjustment, career seminars, relationship issue lectures, life education workshops, heart-to-heart academy, suicide prevention gatekeeper training, special case therapy, and others. A total of 21 sessions were held to enhance students' psychological resilience. Additionally, medical consultation services were planned to strengthen comprehensive crisis prevention, construct a protective safety net, and actively provide a professional, reassuring, and safe campus environment for faculty and students, as shown in Figure 2.



Figure 2: Stress and Emotional Adjustment Workshop

(3) Training Relevant Personnel to Enhance Professional Knowledge:

- (a) Group supervision targets the school's specialized counseling personnel to help them understand relevant professional knowledge. In the second semester of the 2022-2023 academic year, 3 sessions were held, with satisfaction rates reaching 4.51, 4.8, and 4.52 points (out of a maximum of 5 points).
- (b) Individual supervision is based on personal learning needs. Each counselor engages senior counseling psychologists aligned with their professional counseling approach for case discussions. This continuously enriches their knowledge of various types of casework while promptly correcting blind spots in their professional work to ensure the effectiveness of professional services. In the second semester of the 2022-2023 academic year, the center's consultation satisfaction rate reached 4.69 points (out of 5), and in the first semester of the 2023-2024 academic year, it reached 4.44 points (out of 5). This indicates that students who came for consultations were reasonably satisfied with the center's individual counseling services.

2. NCUE has long been refining and implementing **free** psychological health support for students. In addition to establishing the Student Psychological Counseling and Guidance Center as a first-level unit, NCUE has also pioneered the Community Psychological Counseling and Potential Development Center, the first of its kind among domestic universities to serve community members. This center integrates the professional resources of our Department of Guidance and Counseling, establishing referral and cooperative relationships with community units (including hospitals, courts, social welfare units, etc.). It provides psychological counseling services to students, faculty, staff, and community members, as well as practical training and supervision for professional psychological counselors.

(1) Regarding Student Psychological Counseling:

NCUE implements developmental, interventional, and treatment-based preventive counseling measures, supplemented by a college/department counseling model and system cooperation. This effectively implements the three-level preventive counseling work on campus. The preventive counseling work at each level is as follows:

- (a) Developmental Counseling Work: Orientation counseling, life education counseling, gender equality education counseling, career counseling, learning guidance, counseling for overseas students, stress adjustment, class counseling, college/department counseling, peer counseling,

suicide prevention, mental health promotion for advisors, etc.

- i. New Student Class Counseling: In 2023, in conjunction with the NCUE's –"Precision Counseling" research, we cooperated with the Office of Student Affairs and various departments to arrange group testing, interpretation, and class counseling for all new student classes before the start of the semester. Through interesting activity designs, we helped new students explore themselves to enhance their self-understanding. Each session lasted two hours and continued for two weeks. A total of 26 new student class counseling sessions were completed across the university.
- ii. International Student System Cooperation: In 2023, cross-departmental mental health consultation topics for international students, overseas Chinese students, and mainland Chinese students were conducted, with a total of 56 consultations, as shown in Table 2 and Figures 3-4.

Table 2: Overview of International Student System Collaboration Activities

Activity Name	Lecturer	Activity Time	Activity Location	Number of Participants	Satisfaction Score (5-point scale)
"I'm Here for You, Love Yourself" - Interpersonal and Emotional Exploration Lecture	Hsu Chia-ch'i, Counselor Psychologist	Wednesday, April 26, 2023 15:00-17:00 (3:00 PM - 5:00 PM)	Room 34103, Teaching Building II, Baoshan Campus	37	4.74
"Meeting You, Healing with Flowers" - Harmonious Pastel and Dried Flower Experience Workshop	Lin Yu-rong, Counselor Psychologist	Friday, May 26, 2023 13:30-16:30 (1:30 PM - 4:30 PM)	Creativity Studio, B1, Integrated Center, Jinde Campus	19	4.88



Figure 3: Baoshan Session - "I'm Here for You, Love Yourself"



Figure 4: Jinde Session - Harmonious Pastel and Dried Flower Experience Workshop

iii. Group Counseling Activities: A total of 5 group sessions were held. The total number of participants was 30, with 202 attendances recorded. The overall satisfaction rating was 4.75 out of 5, as shown in Table 3.

Table 3: Overview of Group Counseling Activities

Group Name	Facilitator	Time	Number of Participants	Number of Attendances	Number of Sessions	Satisfaction Score (5-point scale)
"The Adventure Plan for Semi-Mature Adults - Self-Exploration Group"	Cai Xin-xuan Psychology Intern	Every Tuesday from October 24 to December 5, 2023 16:00-18:00 (4:00 PM - 6:00 PM)	4	23	6	4.88
"Truth or Dare" Intimate Relationship Exploration and Growth Group	Jiang Xinyu Psychology Intern	Every Thursday from October 26 to December 7, 2023 17:10-18:40 (5:10 PM - 6:40 PM)	6	36	6	4.80

"Air-Fried Duck Power Pot" - Stress and Life Adjustment Group	Hsieh Min-yan Psychology Intern	Every Wednesday from October 11 to December 13, 2023 16:40-18:40 (4:40 PM - 6:40 PM)	8	53	8	4.90
"Hey! Home/Chains" - Family Relationships and Personal Growth Group	Chen Yan-lin, Hsieh Min-yan Psychology Intern	Every Tuesday from October 24 to December 19, 2023 17:00-19:00 (5:00 PM - 7:00 PM)	6	46	8	4.50
"Cultivating Your Relationship Dream Field: Creative Dream Interpretation Group"	You Dong-lin, Mao Si-xuan Psychology Intern	Every Wednesday from October 25 to December 20, 2023 17:00-19:30 (5:00 PM - 7:30 PM)	6	44	8	4.67
			30	202	36	4.75

iv. Career Guidance Series Activities: In 2023, two career lectures were held with 39 and 52 participants respectively. In April and November, counseling psychologists Huang Li-zhen and Qiu Qun-lun were invited to give speeches on "Finding Life's Blueprint:

Gathering Fertile Soil and Nutrients for the Soul's Acorn" and "My Future is Not a Dream - How to Balance Ideals and Reality". The satisfaction rates were 4.42 and 4.75 points respectively (out of 5 points), as shown in Figure 5.



Figure 5: Career Guidance Lectures

- v. Learning Guidance Series Activities: In the second semester of the 2022-2023 academic year, one learning guidance lecture was held. The first session invited clinical psychologist Lai Ying-xi to give a speech on "Learning Sleep • Doubling Your Learning Efficiency", with 34 participants and a satisfaction rate of 4.85 points (out of 5 points). In the first semester of the 2023-2024 academic year, the session invited counseling psychologist Liu Jin-yu to speak on "Facing Challenges with Yourself! Discussing Stress Adjustment, Communication Strategies, and Action in Academic Procrastination Dilemmas", with 34 participants and a satisfaction rate of 4.61 points (out of 5 points), as shown in Figure 6.



Figure 6: Learning Guidance Lectures

- vi. International Student Guidance Series Activities: International student guidance series activities were held in the form of lectures and workshops.
- (b) Interventional Counseling Work: Individual counseling, psychological testing and interpretation, individual stress assessment, tracking and case management of high-risk students, consultation and follow-up care for students with learning warnings, mental health consultation, referral and counseling mechanisms for disadvantaged students, etc.
- i. Individual Counseling Sessions (including individual counseling, individual psychological testing and result interpretation): From August 1, 2023 to January 31, 2024 (six months), totaling 28 weeks with 18 actual teaching weeks, the center received applications for counseling from 424 individuals, with a total of 2,456 counseling sessions. The following shows the number of individual counseling applications at the center from the 2016-2017

academic year to the first semester of the 2023-2024 academic year: (Unit: Person/Session) as shown in Table 4.

Table 4: Statistics of Individual Counseling Sessions

Date	Previous Semester		Next Semester	
	Number of Applicants	Number of Interviews	Number of Applicants	Number of Interviews
August 1, 2016 – July 31, 2017	312	1,718	257	1,834
August 1, 2017 – July 31, 2018	282	1,840	335	2,016
August 1, 2018 – July 31, 2019	361	2,391	376	2,161
August 1, 2019 – July 31, 2020	303	2,142	311	1,877
August 1, 2020 – July 31, 2021	353	2,643	236	2,031
August 1, 2021 – July 31, 2022	380	2,417	388	2,496
August 1, 2022 – July 31, 2023	364	2,333	380	2,534
August 1, 2023 – July 31, 2024	424	2,456	-	-

Overall satisfaction rate for individual counseling services in the first semester of the 2023-2024 academic year: 4.44 points (out of 5 points) (Total of 147 feedback forms collected. This feedback questionnaire uses a 5-point scale).

- ii. Special Case Management: This semester continues to implement the "Case Management System." The spirit of the case management system is to comprehensively assist students with special situations reported by advisors, military instructors, or classmates, helping students deal with encountered emergencies or adaptation difficulties. Through resource integration and counseling and medical arrangements, students can quickly return to normal life. The statistics of new referrals and ongoing case management students for special cases over the past 8 years are shown in Table 5.

Table 5: Service Volume of Special Cases Over the Past 8 Years

Academic Year	New Cases	Follow-up Cases(A)	Closed Cases(B)	Total Case Count(A+B)
August 1, 2015 – July 31, 2016	62	107	56	163
August 1, 2016 – July 31, 2017	89	98	103	201
August 1, 2017 – July 31, 2018	113	168	71	239
August 1, 2018 – July 31, 2019	91	212	44	256
August 1, 2019 – July 31, 2020	65	192	48	240
August 1, 2020 – July 31, 2021	81	207	63	270
August 1, 2021 – July 31, 2022	79	231	54	285
August 1, 2022 – July 31, 2023	66	244	58	302

- iii. In the first semester of the 2023-2024 academic year, a total of 10 cases were received from the Ministry of Education's Student Transition Counseling and Service Notification System, and 3 cases were transferred out. These have been handed over to the responsible departments for psychological assistance. This is in accordance with the school's Student Transition Counseling and Service Regulations and related operational procedures.
 - iv. Tracking and Counseling of Students with Learning Warnings In conjunction with the school's learning warning system, at the beginning, middle, and end of each semester, we actively track and care for students through phone calls, letters, and face-to-face interviews. We assess students' learning adaptation status, provide initial assistance in clarifying and consulting on issues. If it's assessed that students have other needs, we invite them to the counseling center for individual sessions, and timely introduce resources such as advisors, college/department psychologists, and international affairs staff for systemic cooperation to help students get back on track with their studies as soon as possible. In 2023, 28 people were tracked, with a total of 72 service instances.
- (c) Treatment-based Counseling Work: Crisis management, psychiatric consultation, transition counseling, high-concern case tracking and counseling, handling of reported cases. In the first semester of 2023, the center provided 9 psychiatric consultations, received 10 transition counseling cases and closed 3 cases; high-concern case tracking and counseling totaled 246 instances.
- (d) Professional Psychological Counseling Services:
- i. Individual psychological counseling.
 - ii. Marriage and family counseling.
 - iii. Play and therapy.
 - iv. Group psychological counseling.
 - v. Psychological assessment.
 - vi. Professional counselor supervision.
 - vii. Referral.
 - viii. Parenting counseling, internet addiction parent counseling.

SDG 3.3.6 Smoke-free policy

To protect the health of faculty, staff, and students from the harmful effects of smoking on campus, and to provide a fresh, smoke-free environment, NCUE has established a no-smoking policy through the collective anti-smoking awareness of school employees, students, parents, and the community. This policy aims to keep us away from the dangers of smoking, fulfill the mission of university social responsibility, and achieve the concept of shared health.

1. Smoke-Free Campus Health Promotion Activities in 2023

NCUE organized a series of tobacco control activities, including lectures covering the health hazards of smoking, methods for quitting smoking, and sharing of success stories. Through vivid stories and scientific data, we successfully raised students' awareness of the dangers of smoking and motivated them to actively participate in smoking cessation efforts. We actively promoted the installation of no-smoking signs, which not only remind students and staff to comply with the no-smoking policy but also symbolize the school's commitment to a healthy environment. These measures have effectively improved the campus atmosphere, making it fresher and healthier. The results are significant, with the proportion of students exposed to e-cigarettes decreasing from 7.6% to 2.4%. This not only helped improve students' overall health but also provided a safer and more beneficial learning environment. Smoke-free campus activities include:

- (1) Expert Intervention and Professional Guidance - Smoking Cessation (Reduction) Consultation Room: Using new student health check lifestyle surveys, campus second-hand smoke exposure surveys, and electronic announcements, we inform about the health risks of smoking leading to cancer, cardiovascular diseases, and emphysema, and how second-hand smoke harms the health of others. We survey smoking cessation intentions, provide positive support and assistance channels for quitting smoking, and foster personal concepts, attitudes, and behaviors that value physical and mental health. Our school's smoking cessation (reduction) consultation room, staffed by school nurses and specially appointed family medicine doctors, provides personalized smoking cessation (reduction) assistance. During the academic year, 56 smokers were assisted, with one successfully quitting smoking.
- (2) Tobacco Control Education Seed Training: 40 people participated in the tobacco control seed training held on July 18, 2023. This training enhanced understanding of the effects of smoking and provided effective teaching strategies and resources to convey important messages about smoking prevention. The enhanced teaching skills also inspired participants' passion for social responsibility, making them willing to become role models for peers and health promoters in the community, spreading the seeds of tobacco control education and sowing hope for health in schools and communities.
- (3) Ministry of Education's "College Student Drug Abuse Prevention Service Learning Model Project" for 2024: Through drama performances showcasing eight ways to refuse drugs, interactive presentations, and quiz contests, we successfully conveyed important anti-smoking and anti-drug concepts to a total of 550 elementary and middle school students from various

schools in Changhua City, Tian Wei Township, Fuxing Township, and Nantou City. In these activities, students not only deeply understood the necessity of refusing smoking and drugs through vivid theatrical performances but also further strengthened their understanding of healthy lifestyle choices through interactive bilingual presentations. Particularly, the visual demonstration of "smoking causes premature aging and ugliness" vividly showcased the negative impacts of smoking on health and appearance, deeply impacting the students.

- (4) Recreating a Smoke-Free Environment - School Anniversary Fair Tobacco Control Advocacy "New Era of Tobacco Control": On October 28, 2023, during the school anniversary fair, NCUE introduced the seven key points of the "Tobacco Hazards Prevention Act" amendment to students and community residents through diverse methods. This included interactive games, advocacy activities, and educational materials to increase awareness of the health hazards of tobacco products and related regulations. Through game interactions, key content from legal provisions was presented, allowing students to learn about complying with the law and protecting their health while participating. Meanwhile, advocacy activities guided students to think about the impact of smoking behavior on individuals and society, promoting healthy lifestyles.
- (5) Creative Update of No-Smoking Signs at School Gates: To highlight our school's smoke-free campus policy, art students professionally designed new no-smoking signs for the school. In October 2023, we creatively updated the no-smoking signs at school gates, ensuring that all people entering the campus can clearly and continuously see the no-smoking signs and understand that smoking is not allowed on campus.
- (6) "Tobacco Hazards Prevention Awareness Week": World No Tobacco Day is an important health holiday aimed at raising public awareness about the dangers of smoking and encouraging people to quit. From May 31 to June 7, 2024, we held a week-long event themed "No More Smoke," with 40 students participating and supporting this global initiative. Through electronic posters and activity booths, various negative effects of smoking on the body, such as lung diseases and cardiovascular diseases, will be displayed. The event will also include various interactive games and prizes, encouraging participants to join the "No Smoking Challenge" and commit to quitting smoking or not starting to smoke. Through these activities, we hope to inspire more people to pursue healthy lifestyles and recognize the harms of smoking, with the aim of reducing the adverse effects of smoking on individuals and society.

2. Campus "Smoke-Free" Policy

- (1) NCUE promptly declared itself a smoke-free campus in response to the government's comprehensive smoking ban policy, to protect the health of all faculty, staff, and students, and to create a smoke-free, healthy, and fresh campus environment.
- (2) NCUE passed the "Student Tobacco Hazards Management Guidelines" of National Changhua Normal University, establishing a campus tobacco control work organization, and providing comprehensive smoking cessation education to help smokers successfully quit and stay away from the harms of smoking.

3. Special Features

- (1) Anti-Smoking Promotion Vehicle Patrolling the Campus: Daily patrols by an anti-smoking promotion vehicle around the campus achieve the effect of promoting the campus-wide smoking ban.
- (2) To create a smoke-free campus atmosphere, "Reject Tobacco Harm" signs have been installed to promote NCUE as a smoke-free campus, providing a fresh campus environment for all faculty, students, and community members, as shown in Figures 1-2.



Figure 1: Campus-wide No-Smoking Sign - Main Gate



Figure 2: Campus-wide No-Smoking Sign - West Side Gate

- (3) Collaboration with the Community to Promote Smoke-Free Restaurants: 20 restaurants around the campus area support the no-smoking and anti-smoking policies and have passed smoke-free restaurant certification, providing more smoke-free dining venues and extending the smoke-free environment beyond the campus, as shown in Figures 3-4.



Figure 3: Smoke-Free Restaurant Certification



Figure 4: Campus No-Smoking Sign

4. Policy Review

- (1) Established the "National Changhua Normal University Student Tobacco Hazards Management Guidelines" to regulate students' distance from tobacco products. Link: <https://stuaffweb.ncue.edu.tw/var/file/39/1039/img/592/624507397.pdf>
- (2) Applied for the Ministry of Education's 2022-2023 subsidy for colleges and universities to promote the implementation of health-promoting schools - "Fashion Health Guide" Smoke-Free Campus Plan. Link: <https://healthweb.ncue.edu.tw/p/412-1041-1264.php>
- (3) National Changhua Normal University Student Dormitory Life Agreement and Violation Handling Guidelines (including e-cigarette prevention regulations). Link: <https://studentweb.ncue.edu.tw/var/file/3/1003/img/517/356514929.pdf>

SDG 3.3.7 Mental health support for staff

NCUE's faculty and staff are busy with teaching, research, service, and various academic or administrative tasks, bearing heavy physical and mental stress. However, only by maintaining physical and mental health can we make sustainable contributions to the school's development. To ensure the physical health of every colleague, in addition to subsidizing health check-up fees and reminding regular health examinations, NCUE has implemented a psychological health service program for faculty and staff to further promote their mental health. We hope to enhance awareness of stress tolerance and adaptation through self-assessment tools and psychological counseling services, thereby improving mental health and work adaptation abilities.

1. Preventive Measures

- (1) Planning Employee Mental Feast Lectures: Content covers self-exploration, self-growth, emotional management, stress relief, communication skills, interpersonal relationships, marital communication, parenting education, leadership skills, career planning, lifelong learning, life education, conflict management, team building, etc.
- (2) Emotional and Stress Self-Assessment Tools: Emotional and physical symptoms are important indicators of current stress adaptation. NCUE provide the "Taiwan Depression Scale" to increase opportunities for faculty and staff to self-assess, understand their current emotional and adaptive status, and adjust or handle troubles and stress based on the results.

2. Employee Assistance Measures(EPA) - Psychological Counseling Services:

NCUE Provides faculty and staff with 12 **free** counseling sessions annually at our school's Community Psychological Counseling and Potential Development Center. They can contact the center directly, and professional psychologists will provide services with absolute confidentiality of personal data. This service is **free** of charge, with all costs covered by the school. Regarding faculty and staff psychological counseling in 2022:

- (1) NCUE organizes an annual psychological health assistance program for faculty and staff - psychological counseling service activities, and designs feedback forms to understand applicants' suggestions as an important basis for improvement or continuation.
- (2) NCUE's Community Psychological Counseling and Potential Development Center is responsible for providing **free** psychological health support to employees, working with the Personnel Office to organize internal psychological health service programs for faculty and staff, assisting the organization in constructing secondary prevention work for employee mental health. Through **free** psychological counseling, group activities, and lectures, we promote psychological health knowledge among organizational members to enhance mental health, enabling them to focus on work during working hours, thereby improving work efficiency. In 2022, there were 16 EAP activities with a total of 134 participants; the program provided psychological counseling services to 94 individuals, with 14 colleagues seeking assistance, as shown in Table 1.

Table 1: Statistics of **Free** Psychological Counseling Services Provided to Employees in the Past

Three Years

Year	Number of Counseling Sessions Provided	Colleagues Seeking Assistance
2021	114	18
2022	94	14
2023	94	17
Total	302	49

(3) NCUE Organized **free** capacity-building series activities for advisors, including aroma stone making and forest therapy intellectual tours, allowing faculty to achieve physical and mental relaxation. When caring for students, they can transmit warmth and become a protective umbrella for students, increasing their own positive energy and promoting the upgrade of our school's advisor counseling abilities and professional knowledge, as shown in Figure 1.



Figure 1: Advisor Capacity Building Activity - Forest Therapy Intellectual Tour

3. The "Changhua Normal University Community Psychological Counseling Center" was approved by the Changhua County Health Bureau on July 28, 2021, as an institution to provide remote psychological counseling services.
4. NCUE Community Psychological Counseling and Potential Development Center offers paid psychological health support to community members and faculty/staff. Fees vary depending on the case situation and counseling service method; individual psychological counseling for 50 minutes costs NTD\$1,800; marriage and family counseling for 90 minutes costs NTD\$3,000.

(1) Service Items:

- (a) Promoting community mental health and potential development.
- (b) Providing psychological counseling services to community members.
- (c) Organizing related professional seminars and training.
- (d) Providing practical training and supervision for professional psychological counselors.
- (e) Conducting related research.

(2) Professional Psychological Counseling Services:

- (a) Individual psychological counseling.
- (b) Marriage and family counseling.

- (c) Game therapy.
- (d) Group psychological counseling.
- (e) Psychological assessment.
- (f) Professional counselor supervision.
- (g) Referral.
- (h) Parenting counseling, internet addiction parent consultation.

Appendix:

- (1) Changhua Normal University Faculty and Staff Counseling Program: <https://humanweb.ncue.edu.tw/p/426-1021-21.php?Lang=zh-tw>
- (2) Campus Mental Health Promotion Plan - Advisor Capacity Building Activities: <https://staffweb.ncue.edu.tw/p/412-1039-3188.php>
- (3) National Changhua Normal University Faculty and Staff Psychological Health Service Program: <https://sdg.ncue.edu.tw/var/file/32/1032/img/321/706855176.pdf>