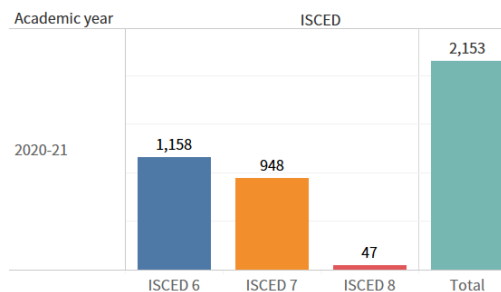


# SDG3

## 3.2.1 題目：Number of graduates 中文：畢業學生人數；衛生專業的畢業生人數

Number of graduates: 1,158 bachelor's students, 948 master's students (including in-service master's students), and 47 doctoral students. In total, 2,153 students graduated.



Number of graduates in health professions

A total of 391 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 Sports, and Graduate Institute of Sports and Health)

Academic year	Types	Department	ISCED			
			ISCED 6	ISCED 7	ISCED 8	Total
2020-21	Health Professions	Department of Guidance and Counseling	85 (7.34%)	55 (5.80%)	3 (6.38%)	143 (6.64%)
		Department of Special Education	70 (6.04%)	24 (2.53%)	5 (10.64%)	99 (4.60%)
		Graduate Institute of Rehabilitation Counseling		7 (0.74%)		7 (0.33%)
		Department of Biology	40 (3.45%)	15 (1.58%)		55 (2.55%)
		Department of Sports	64 (5.53%)	14 (1.48%)		78 (3.62%)
		Graduate Institute of Sports and Health		9 (0.95%)		9 (0.42%)
		Subtotal	259 (22.37%)	124 (13.08%)	8 (17.02%)	391 (18.16%)
	Total	1,158 (100.00%)	948 (100.00%)	47 (100.00%)	2,153 (100.00%)	
		ISCED 6	ISCED 7	ISCED 8	Total	

### 3.3.1 題目：Current collaborations with health institutions

Have current collaborations with local, national, or global health institutions to improve health and well-being outcomes.

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

#### **1. NCUE cooperates at the global level:**

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

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

#### **Annexes:**

- (1) Annex 3.3.1A International Behaviour Analyst Certification courses offered by NCUE's Graduate Institute of Rehabilitation Counselling
- (2) For the course accreditation, approval letter, and Admission Guidelines, visit this website:<https://www.abainternational.org/vcs/directory.aspx>
- (3) Behavioral Therapy Consultation Research Center  
<https://sites.google.com/site/ncuegircaba/>

#### **2. NCUE cooperates at the national level:**

##### **2.1 NCUE actively cooperates with national-level departments to provide mental health and counseling services.**

NCUE joined the Ministry of Health and Welfare's Mental Health Support Program for Medical Personnel during the COVID-19 pandemic from September 2021 to July 2022. The program provides free psychological counseling and care to medical personnel suffering from emotional problems such as nervousness, depression, anxiety, pain, or insomnia from the impact of the pandemic. The program seeks to alleviate health providers' mental health issues, allowing them to be at ease while working through the pandemic.

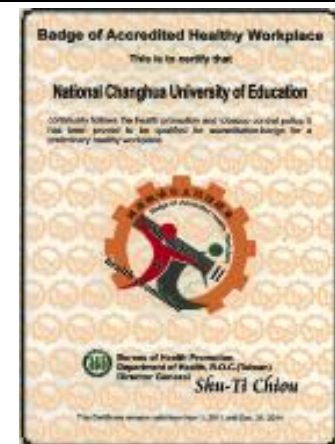
##### **2.2 NCUE's efforts in promoting a healthy workplace have led to its national certification.**

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

2.2.2 Cooperating with government agencies, NCUE has established health promotion policies and measures for all faculty, staff, and students. The Ministry of Education also provides subsidies on health promotion for colleges and universities to implement health promotion activities. NCUE received a subsidy of 170,000 NTD from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges in 2021, and held eight health seminars and 16 health promotion activities, involving a total of 5,359 participants.

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

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



### 2.4 NCUE offers liberal education courses to improve students' all-round health and well-being knowledge.

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

#### Annex:

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

### 2.5 NCUE helped improve the availability of surgical masks in Taiwan during the COVID-19 epidemic.

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



*Tainan Mayor Huang Weizhe*

## **2.6 NCUE cooperates with the Ministry of Education to actively prevent and provide treatment for students' drug abuse.**

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

2.6.2 In 2021–2022, NCUE gained the Ministry of Education's approval to implement the Learning Model Programme for the Prevention of Drug Abuse in Students by Universities and Colleges, conducting anti-drug activities in nearby primary schools. NCUE was approved to receive a project fund of 300,400 NTD. According to the plan, 105 students served as volunteers in staging a play that promoted anti-drug ideas in front of 127 teachers and 1,648 primary school students at 17 primary schools.



### **Annex:**

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

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

## **3. NCUE cooperates at the local level:**

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

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

Associate Professor Hsin-Min Wang of NCUE's Department of Sports has been conducting research in sports and health for many years. His achievements have earned him special research project subsidies from the Ministry of Science and Technology in 2018, 2019, 2020, and 2021. His main research interests are in anterior cruciate ligament injuries and joint and cartilage health, and his extensive papers on the preventive health care of knee joints and on protecting the functions and health of knee joints through exercise have been published in international academic journals. In 2021, NCUE also implemented the Sports Administration of the Ministry of Education's "Competitive Sports Project to Support Sports Sciences, 2021." For the key sports the university plans to develop, the players are placed under the monitoring of sports sciences, so that their coaches can obtain the relevant data, providing a basis and reference for the design of advanced training plans.

Annex:

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

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

3.2.1 In the project of University Social Responsibility Hub (USR Hub): Training Muscle Power for a Happy Life in Northern Changhua, NCUE coordinates with the Sports Administration of the Ministry of Education to offer free technological fitness tests that help community members assess their physiology and physical fitness. The tests also help participants choose suitable sports and exercises to improve and maintain their health. The project targets NCUE faculty, staff, and students aged 23–64 and community residents aged 23–64. To date, there have been ten test sessions serving 400 people total, and the project has been well received.

3.2.2 In the first half of 2021, 7 full-time psychologists and 16 part-time psychologists at NCUE provided students with free individual and group counseling services. NCUE also invited psychiatrists from a partner hospital and local clinics to advise on physical and mental health and provide referrals and suitable medical resources. A total of 19 people availed themselves of the counseling resources. Overall, in 2021, NCUE held 5 group counseling activities for a total of 30 participants (230 person-times); provided 380 people with individual counseling (including individual counseling and psychological testing and interpretation) for a total person-times served of 2,417.

3.3 NCUE implemented measures to improve the health and well-being of the community and NCUE faculty, staff, and students

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

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

3.3.3 Between the early days of the COVID-19 pandemic until 14 September 2021-Between August 9, 2022, the Student Psychological Counselling

and Guidance Centre provided counseling using safe-contact communication tools, serving 110 people (266person-times) over the phone.

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

Annex: Syllabus (links)

<https://webap0.ncue.edu.tw/DEANV2/UploadDEAN/SUBJECT/1102/00212>

[\\_OCCGE0174920.pdf](#)

3.3.5The following table details the physical and mental health care services provided by NCUE to teachers and students in 2020-2022: :

Physical and mental health care services	2020	2021	Settlement to 2022 July 31
Consultations by visiting physicians and on-site consultations by occupational physicians	327 Visits	231 Visits	123 Visits
Treatment for injuries and illnesses on campuses (including trauma and health consultations)	3,027 Visits	1,355 Visits	2,009 Visits
Emergency incidents and medical delivery services	21 people	20 people	13 people
Medical equipment and anti-epidemic items for loan; use of nursing rooms	287 Visits	434 Visits	423 Visits
Use of health equipment	3,472 Visits	1,073 Visits	217 Visits
Individual counselling services in colleges	4,674 Visits	4,913 Visits	2,496 Visits

#### 4. Measures in place against the Covid-19 pandemic in 2022

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

- (1) On April 25 and 26, 2022, COVID-19 vaccination stations were set up on the campuses; 339 people were vaccinated during the event, which increased the campus vaccine coverage rate.
- (2) The university's epidemic prevention measures are continuously updated and announced on NCUE's special website designated for COVID-19 information, so that all teachers and students can stay informed about and follow the latest rules.
- (3) Accounts of the preparation, use, and management of anti-epidemic supplies are kept to ensure that the supplies are sufficient and ready for the use of teachers and students to fight the virus.
- (4) A "Self-health Management and Epidemic Prevention Reporting System" is established for the health management of all teachers and students. If a person is suspected to have been infected, we will help the person take a PCR test at the hospital, arrange remote consultations, move the person to an observation dormitory, and provide health guidance and health education, so as to effectively control the spread of the epidemic on campus.
- (5) To prevent outbreaks, 38 dormitories are prepared for caring and isolation tasks, so that confirmed COVID-19 patients with mild symptoms can be taken care of on campus if they are not able to go back home.



*The principal of NCUE personally watched the*

<p>COVID-19 vaccination stations on campus</p>	<p>NCUE's special website for COVID-19 information</p>





Preparation of anti-epidemic supplies



Control of population flow at an anti-epidemic dormitory

**Annexes:**

Annex

1. 3.3.1D: details on NCUE’s disease prevention measures in 2022

2. Epidemic outbreak and prevention—For more about NCUE’s *video*, Protecting the Health of Teachers and Students, featuring a COVID-19 epidemic drill on disease

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

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

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

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



**Annex:**

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

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

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

6.1 NCUE has received subsidies from the Ministry of Education to implement the Health-Promoting School Project for Universities and Colleges, the Service and Learning Model Programme for the Prevention of Drug Abuse in Students by Universities and Colleges, and the Project of Moral Education Promotion and Deep Cultivation in Schools to comprehensively promote the physical and mental health of teachers and students.



NCUE promotes physical and mental health with a variety of programmes and events.

6.2 Implementation of the Ministry of Education’s subsidized college health promotion school plan: Adhering to the spirit of ‘health-promoting schools’, NCUE has conducted health empowerment courses and activities over the years to create a healthy campus environment and will continue to do so in the future. The project has four main themes: ‘Tobacco Hazard Prevention’, ‘Sexually Transmitted Diseases and AIDS Prevention Education’, ‘Weight Control’, and ‘Healthy Living’. In 2021, 5,359 people participated in the project activities.

6.3 NCUE implements the “Project of Moral Education Promotion and Deep Cultivation in Schools,” with the aim of becoming “a first-class university with excellent teaching qualities, innovative research, and sustainable services.” Twenty-eight sessions were held for 2,912 people in 2021, while 11 sessions were held for 1,500 people in 2021.

Year/Program Name	Theme	Amount of subsidy	Number of participants (times of participating)
2022/Subsidies from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges	Fashion and health Fashion Guide	150,000	1,040
2022/Service and Learning Model	Drama Performance at	151,020	611

	Program (anti-drug) for the Prevention of Drug Abuse in Students by Universities and Colleges 2020	Secondary and Primary Schools to Prevent Drug Abuse			
	2022/Achievements of the moral education policy	Moral Education Activities	135,000	1,500	
	Subsidies from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges in 2021	Wonderland In NCUE	170,000	5,359	
	2021/Service and Learning Model Program (anti-drug) for the Prevention of Drug Abuse in Students by Universities and Colleges 2020	Drama Performance at Secondary and Primary Schools to Prevent Drug Abuse	149,380	1,614	
	2021/Achievements of the moral education policy	Moral Education Activities	Self-raised within the university	2,912	

**Annexes:**

1. Annex 3.3.1G Role Model of Health Promotion Schools describes NCUE's relevant measures.
2. For more about 'National Changhua University of Education: A health-promoting school', visit this website:  
<http://health.ncue.edu.tw/files/11-1018-1264.php?Lang=zh-tw>
3. Annex 3.3.1H: details of the Achievements in the Health Promotion School Project 2020.
4. Annex 3.3.1I contains links to other supporting information.

### 3.3.2

**題目：Health outreach programmes**

Deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health and well-being including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and well-being related topics.

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

1. The behavioral counseling research and development center of NCUE is constructed based on the principles of applied behavior analysis and combined with other counseling theories to provide positive behavior counseling for people with emotional and behavioral problems in the community. We conduct positive behavior intervention, teaching, and behavior counseling through one-on-one methods to promote physical and mental health and quality of life across ages. The age group of service targets ranges from 2 to 40 years old.
  - 1.1 We provide evidence-based, high-performance professional behavior counseling and intervention services to improve the quality of life of those with physical and mental handicaps in the central region and fulfill our social responsibilities. The performance is as follows:
    - 1.1.1 NCUE's 2021 full-year target number of services is 105 people and 5,000 person-times. Other services include 60 sessions of counseling assessment meetings and 105 sessions of caregiver seminars. The user's service satisfaction rate was 97%, and 99% of significant others believed that service users had made significant progress in improving their behavior.
    - 1.1.2 In the past five years, NCUE has served at least 100 persons each year, serving 5,000 person-times each year. We have served a total of 500 people in five years, equivalent to serving 2,500 person-times. There are 300 evaluation and counseling meetings and more than 500 caregivers' forums.
    - 1.1.3 Every year, we provide professional training workshops for professionals from domestic institutions to train seed teachers in behavioral counseling for schools, medical institutions, and social welfare institutions. In 2020, the center and the Autism Association of the Republic of China conducted behavioral counseling for two levels. Participants were rehabilitation medical staff, special education teachers, and education and support staff from the North, Central, and South Districts. Each workshop provided 63 hours of education and training, and was attended by about 25 participants. NCUE can thus practice its social responsibility.
    - 1.1.4 NCUE conducted 13 parent training courses in 2020. According to the survey on the course and teaching content, 80%–90% of parents were very satisfied with the course.

Annex:

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

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

Through general education courses, NCUE cultivates all aspects of students' knowledge of health and well-being using formal courses to improve or promote health and well-being, and enhance students' influence on social health and well-being. In the 2021 academic year, 1,863 person-times studied general

education courses on diversity learning and mental health support, while 13 sessions of general education seminars focusing on mental health support were held, with 2,245 person-times participating.

Annex:

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

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

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

The center:

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

**Related link:**

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

**4. Health promotion activities for senior citizens in local communities**

(1) Amid our aging society, NCUE hopes to help the local elderly maintain their self-care abilities. For this purpose, the U-First Professional Sports Guidance Service Team has been set up and has implemented the “Training Cardiac Muscle Power for a Happy Life in Northern Changhua: Enjoying Sports Project” (“this project” hereafter) since 2020, as part of the University Social Responsibility Hub (USR Hub). In July 2020, we signed the “Memorandum of Cooperation in Training Professional Sports Instructors and the Service Plan” with Changhua Show Chwan Memorial Hospital to construct a supportive environment based on the community, provide medical and health education consultation, offer professional sports guidance, and foster mutually



beneficial and sustainable industry–official–university cooperation, so as to build a health-promoting city in Changhua. In 2021, the strategy was implemented as follows:

① Training instructors and enhancing their professional knowledge: 10 training courses and three micro-credit courses for diversity learning were offered at the university; after the training, the instructors obtained three certificates for two qualifications issued by domestic and international institutions.

② Training seeded teachers and volunteers needed to fulfill the university’s social responsibility: The U-First Professional Sports Guidance Service Team, including 11 seeded teachers and 37 volunteers, was set up.

③ Providing sports guidance and consulting services: Sports instructors were trained to use cross-discipline (physical fitness, yoga, mindfulness and stress reduction, health promotion, and medicines) and cross-team (U-First sports coaching team, community development association, Changhua Show Chwan Memorial Hospital) combinative effects to conduct various professional sports guidance and consulting activities. In 2021, 7,100 people were served (including community members, NCUE faculty members and staff, and employees of Show Chwan) in guidance projects such as Nordic walking, community guidance and consulting tours in sports and health, and “U-First GYM” online coaching on at-home workouts via videos (lasting five to 25 minutes each) on YouTube (the total number of viewers reached 8,000) during the epidemic. Since mid-October 2021, we have also been providing sports coaching services for the Changhua County Care Association for Children with Disabilities.

④ Promoting local connections, emphasizing both practice and research: As teachers and students enter the community and are engaged in local activities, the relationship between the university and the community is strengthened, creating a learning field outside the campus. This increases the momentum of community growth, while data relating to project implementation can serve as a reference for future research, sharpening students’ competitive edge in the job market.

(2) In line with the current social development situation and concepts related to health promotion and preventive medicine, the project will continue to dispatch NCUE’s professional sports instructors to Changhua Show Chwan Memorial Hospital and other stations in the community to provide professional sports guidance to the elderly and the general public and help participants get used to exercising regularly on their own initiative.

(3) This project cooperates with the “Shetou Sock Project” (a USR project) and has participated in the “Shetou Sock and Guava Festival” for two consecutive years (2020, 2021). During the event, we promote the sock-knitting culture of Shetou, and provide scientific fitness tests and health consultation services. A total of 80 people have used our services. The project creates opportunities to offer mutual aid and foster the common good, increases NCUE’s contribution to the local area, and cultivates students’ practical and problem-solving abilities.



Micro-credit courses for diversity training



Providing sports coaching and consulting services



“Nordic walking” community exercise activity for the elderly



“Shetou Sock and Guava Festival”

Links:

1. Facebook fan page of NCUE’s “U-First Professional Sports Guidance Service,”  
<https://www.facebook.com/ncueseniorsports>.
2. USRHuB\_D project, “Training Cardiac Muscle Power for a happy life in Northern Changhua: Enjoying Sports Project” promotional video.  
<https://reurl.cc/W3Zln5>
3. YouTube channel of “U-First Professional Sports Guidance Service,”  
<https://www.youtube.com/channel/UCTbjrjGplhoAda1IqW2DD7Q/videos>.
5. NCUE plans and creates a fresh, healthy, and high-quality learning environment and organizes outreach activities for healthcare and disease prevention.



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

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

5.2 The Counseling and Consultation Center of NCUE, in addition to the three-level prevention work, cooperates with the Central District College Counseling Coordination Center and the Ministry of Education to carry out relevant research and training activities for professional counselors. The content includes case studies, group supervision, education and training, and thematic studies. Through empowerment training, in addition to enhancing students' quality of professional work, students also learn to take care of themselves.

5.3 To encourage female faculty, staff, and students to continue breastfeeding after giving birth, and in line with the national breastfeeding policy and the spirit of the Gender Equality Law and Gender Equality Education Law, NCUE has set up nursing rooms. The nursing room is provided for the use of the school's faculty, staff, students, and the community.

5.4 Our University Social Responsibility Hub (USR HUB): "Training Cardiac Muscle Power for a Happy Life in Northern Changhua: Enjoying Sports Project" 'Free Scientific Physical Fitness Test' program to complement the 'Free Scientific Physical Fitness Test' implemented by the Sports Department of the Ministry of Education. The plan helps individuals understand their physiology and physical fitness, and then choose suitable exercises for physical training, allowing people to exercise together and stay healthy for a long time. The test subjects are the school's 23- to 64-year-old faculty, staff, and students, and 23- to 64-year-old residents of neighboring communities. The program conducted 17 physical fitness tests attended by 1,100 people, many of whom highly rated the test.

5.5 Our University and Show Chwan Memorial Hospital recently signed the Memorandum of Cooperation on Sports Professional Instructor Training and Service Plan. The plan expresses the intent of mutual cooperation for health promotion activities and services for older adults and the rest of the public, diversified continuous services for personal sports health promotion, cooperation in academic research projects, field academic research development, and in-depth cultivation of local community services.

**Attached information:**

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

### 3.3.3

題目：**Shared sports facilities** Share sports facilities with the local community, for instance with local schools or with the general public.

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. Indoor and outdoor sports facilities. Outdoor facilities, such as the track and field, are provided for use for free by faculty, students, and the community. Many community residents enter the track and field to exercise every morning and evening. Indoor facilities, such as badminton and integrated courts, are provided for faculty and students to use for free, and for external community citizens, to use for a fee. During holidays, we lend the venues to communities or groups for sports competitions.
2. The school's swimming pool is a paid venue that is available to use by the faculty, students, and the community.
3. The outdoor sports facilities on the Baoshan campus include volleyball courts, basketball courts, tennis courts, and football fields. The indoor facilities include billiard rooms and weight training rooms. Except for the tennis court, all outdoor facilities are open to teachers and students as well as the community. The tennis courts and indoor facilities are open only to teachers and students.

**Attached Information:**

National Changhua University of Education Sports Room-Venue Introduction Website: <https://opeweb.ncue.edu.tw/p/412-1015-764.php?Lang=zh-tw>

1. Free outdoor sports facilities

	
Track and field	Sky court
	
Baoshan Campus volleyball court	Baoshan Campus basketball court



Baoshan Campus football field

2. Paid sports facilities for indoor users



Jinping Wang Swimming Hall



Jinping Wang Activity Center



Badminton court



Tennis court











Billiards room



Integrated court

3. Free use only for faculty and students; sports venues cannot be rented by outsiders



	Weight training room 	Fight room 	
	Rhythm classroom 	Multifunctional training room 	
	Gymnastics classroom 	Indoor runway 	
	Baoshan Campus tennis court 	Baoshan Campus Billiards room 	

### 3.3.4

題目：Free sexual health care for students Provide students access to sexual and reproductive health-care services including information and education services.

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:

1.1 Advocacy of safe sex

1.2 Promote the correct use of condoms

1.3 Set up a free condom access and health education zone

1.4 Set up a special telephone line to provide students with sexual health and reproductive health consulting services

1.5 Provide nursing women with access to breastfeeding rooms and health education

1.6 Carry out maternal protection plan and provide health consulting services

2. NCUE plans a series of gender equality education activities every school year. The themes include emotional education, sexual bullying prevention, sex education, and the recognition of multiple genders. The events take the form of lectures, workshops, and film viewing. Through these activities, students are led to explore the depth and breadth of sex-related issues. NCUE guides students to ponder human–self interaction, break gender stereotypes, and build a friendly campus environment.

3. NCUE was awarded the AIDS prevention and control model school by the Ministry of Education, and received expert field guidance to make the activities more lively and popular among students.

4. NCUE educates its students in developing a healthy and safe attitude towards sex, as well as having safe sex. They are taught how to prevent unintended pregnancy, while teachers, students, and parents are helped to accept and care for pregnant students and those who are raising kids, so as to actively protect the right to education of pregnant students and those who are raising children.



Attached information:

Please refer to Annex 3.3.4, Series of Gender Equality Activities

### 3.3.5

題目：Mental health support Provide students and staff with access to free mental health support.

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

#### 1. Student psychological counseling:

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

1.1 **Developmental counseling:** Orientation counseling, life education counseling, gender equality education counseling, career counseling, study counseling, counseling for foreign students, stress adjustment, class counseling, college and departmental counseling, peer counseling, school companion tutoring, mental health promotion by instructors, etc.

1.1.1 **New Student Class Counselling:** Due to the epidemic prevention policy enacted in 2021, students had much less time to interact with other people before and after the start of the semester, which also affected their chances to build peer relationships. Therefore, in the new semester, the counseling program designed for freshmen focuses on responding to interpersonal interactions and conflicts, helping them to understand the situations and dilemmas involved. Through interesting activities, students are engaged in conflict scenarios and learn strategies for dealing with conflicts. Each session takes two hours, and the program lasts two weeks. A total of 28 freshmen classes have joined the program, and 100% of the classes completed the training. A total of 589 students participated, with an attendance rate of 45%.

1.1.2 **International Student System Cooperation:** In 2021, we recorded 98 cross-unit consultations on the topic of international, overseas, and terrestrial students.

Name of activity	Lecturer	Date and time	Location	Number of participants	Satisfaction
Orientation counseling for international freshmen, 2021 academic year	Wen-Ling Nien, counseling psychologist Rou-An Jiang, counseling	2021/11/1 (Mon) 17:00–19:30	Comprehensive Center B1 Creative Workshop	41	4.28

	psychologist trainee				
Listening to You, Telling My Story - about Interpersonal Relationships	Yu-Chun Liu, counseling psychologist	2021/10/15 (Fri) 15:00-17:00	Comprehensive Center Group counseling room on the 4th floor	19	4.5
When Emotions Knock on the Door, Should We Welcome Them or Turn Them Back? About Emotional Self-Care	Cheng-Jing Li, counseling psychologist	2021/10/29 (Fri) 16:00-18:00	Comprehensive Center Group counseling room on the 4th floor	18	4.57
From Me to Us - Practices on Our Relationship	Sih-Ci Jhu, counseling psychologist	2021/11/29 (Mon) 16:00-18:00	Comprehensive Center Group counseling room on the 4th floor	20	4.22

	
Listening to You, Telling My Story - About Interpersonal Relationships	Orientation for international freshmen

1.1.3 Group consultation activities: A total of 5 group activities were held. The total number of participants was 30, the number of participants was 230, and the satisfaction score was 4.78.



Theme of group counseling	Leader	Date and time	Number of participants	Number of participants (person-times)	Total sessions of the group counseling	Satisfaction
Lovebirds in Conflicts-Growth Group of Love	Rou-An Jiang counseling psychologist trainee	2021/10/13-10/08 Every Wednesday 16 : 00-18 : 00	6	44	8	4.9
The story of Me, Family-Exploration Group Counseling on Family Relationships	Yi-Ting Jiang counseling psychologist trainee Peng-Zao Chen counseling psychologist trainee	2021/10/21-12/16 Every Thursday 16 : 00-18 : 00	8	63	8	4.6
Stories of Heterosexuality and Homosexuality: Life Narrative Group on Sexual Orientation Identity	Yu-Chia Liu counseling psychologist trainee Yi-Chao Wang counseling psychologist	2021/10/21-12/16 Every Thursday 16 : 00-18 : 00	6	49	10	4.8

	ist trainee						
Stop Hitting the Mental Dead-ends Together – Exploration Group Counseling on Interpersonal Relationships	Yi-Chao Wang counseling psychologist trainee Ming-Ying Hsieh counseling psychologist trainee	2021/10/26–12/21 Every Tuesday 16 : 00–18 : 00	4	32	8	4.8	
Between You and Me, The Unspoken Words – Exploration Group Counseling on Interpersonal Relationships	Peng-Zao Chen counseling psychologist trainee Yi-Ting Jiang counseling psychologist trainee	2021/10/26–12/21 Every Tuesday 16 : 00–18 : 00	6	42	8	4.8	
Total			30	230 participants (person-times)	42 sessions	4.78	

1.1.4 Career Guidance Series Activities: In 2020, a career lecture was held, with a total of 53 people participating; in the 2021 academic year, a career talk was held, and Shou-Cian Kong, a counseling psychologist, was invited to share on the topic of “Career Exploration – The Slash Life of A Generation of Postponed Maturity”; 16 people participated, and the satisfaction score was 4.53.

1.1.5 Series of learning and guidance activities: In the 2021 academic year, a career talk was held, and Yu-Ting Huang, a counseling psychologist, was invited to give a talk titled “Improve Your Learning with Psychology!” Sixteen people participated, and the satisfaction score was 4.62; In 2022, a learning and guidance lecture was held, with a total of 23 people participating.



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

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

1.2.1 Individual counseling interviews (including individual counseling, individual psychological test administration and interpretation): This semester starts from 1 August 2021 and ends on 31 January 2022 (six months), with a total of 28 weeks. The actual number of weeks in class is 18 weeks. Within this period, the center accepted 380 individuals for meetings and conducted 2,417 meetings. The following are statistics on the people who applied for individual counseling at the center from the 2015 academic year to the first semester of the 2021 academic year: (Unit: people/person-time)

Semester Academic year	First semester		Second semester	
	Number of applicants	Number of clients (person-times)	Number of applicants	Number of clients (person-times)
2016/8/1–2017/7/31	312	1,718	257	1,834
2017/8/1–2018/7/31	282	1,840	335	2,016
2018/8/1–	361	2,391	376	2,161

2019/7/31				
2019/8/1– 2021/7/31	303	2,142	311	1,877
2020/8/1– 2021/7/31	353	2,643	236	2,031
2021/8/1– 2022/7/31	380	2,417		

The total satisfaction score for the individual counseling service in the last semester of the 2021 academic year was 4.53 (122 feedback questionnaires were recovered; a 5-point scale was used in the feedback questionnaires).

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

Semester Semester	New cases	Tracked cases (A)	Closed cases (B)	Total number of cases (A+B)
2013/8/1– 2014/7/31	36	94	26	120
2014/8/1– 2015/7/31	55	105	44	149
2015/8/1– 2016/7/31	62	107	56	163
2016/8/1– 2017/7/31	89	98	103	201
2017/8/1– 2018/7/31	113	168	71	239
2018/8/1– 2019/7/31	91	212	44	256
2019/8/1– 2020/7/31	65	192	48	240
2020/8/1– 2021/7/31	81	207	63	270
2021/8/1– 2022/7/31	38	122	7	129

1.2.3 From the student transfer counseling and service notification system of the Ministry of Education, we accepted 11 cases. They have been handed over to the psychiatrist of each department responsible for assistance. In addition, 9 meetings were held in accordance with the school's student transfer counseling and service methods and the school's related operating procedures. According to the resolution of the evaluation meetings, 2 case was reported, and a chief counselor was authorized for the case. If any other student is withdrawing from school, a report shall be made.

1.2.4 Tracking Early Warning Student Counselling:

With the help of the NCUE's early warning system for academic affairs, we take the initiative in tracking and caring for students through phone calls, letters, and interviews; we evaluate their adaptation to their studies, assist in the preliminary identification of problems, and offer advice. If the students are assessed to have other needs, they will be invited to the counseling center for individual counseling, while teachers, psychologists in various departments, and the staff of the International Office will be invited to cooperate systematically in a timely manner to help students get back on track as soon as possible. In 2021, situations involving 45 people were tracked, and 92 person-times were served.

1.3 **Circumstantial counseling:** Crisis management, psychiatric consultation, transfer counseling, high-care case follow-up counseling, report case handling. In 2021, the center provided psychiatric consultation to 21 person-times, offered transition guidance to 11 person-times, referred seven person-times for further help, and tracked and guided 266 person-times of high-care cases.

2. Faculty and staff psychological consultation:

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

2.2 The school's Community Psychological Counseling and Potential Development Center is responsible for providing employees with free mental health support. The Center and the personnel room handle the mental health service plan for the school's faculty and staff together and assist in the organization and construction of secondary prevention work for the mental health of the staff. Free psychological consultations, groups, speeches, and other resources can promote the knowledge of the people in the organization to improve their mental health, helping them focus on their duties during working hours and thus improving work efficiency. In 2020-2021, this program provided 280 psychological counseling services, and a total of 34 colleagues sought assistance.

Year	Number of people receiving psychological counseling services (person-times)	Colleagues seeking help
2020	166	16
2021	114	18
Total	280	34

2.3. Professional psychological counseling service:

2.3.1 Individual psychological consultation

2.3.2 Marriage and family consultation

2.3.3 Game and therapy

2.3.4 Group psychological consultation

2.3.5 Psychological assessment

2.3.6 Professional counselor supervision

2.3.7 Referral

2.3.8 Parental counseling, internet addiction parental counseling

### 3.3.6

題目：Smoke-free policy Have a ‘smoke-free’ policy.

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

#### 1. Smoke-free policy on campus:

1.1 NCUE responds to the government’s comprehensive smoking ban policy, maintains the physical health of the faculty and staff of the school, and creates a smoke-free, healthy, and fresh campus environment. We are committed to building a smoke-free campus.

1.2 Through National Changhua University of Education’s Key Points of Student Tobacco Hazard Management, a school-based smoke prevention and control work organization was established. Complete smoking cessation education is provided to help smokers successfully quit smoking and stay away from smoking hazards.

#### 2. Features:

2.1 Non-smoking advocacy van and school-wide advocacy: Use the ‘Non-smoking advocacy van’ to rove the campus every day to achieve the effect of calling for the entire school to ban smoking.

2.2 Cooperate with the community to promote smoke-free restaurants: 20 restaurants around the campus support non-smoking and anti-smoking policies and have received the school’s smoke-free restaurant certification to provide more smoke-free food places. The smoke-free environment is extended to outside the campus.

2.3 In order to create a smoke-free atmosphere in the university, “no smoking” signs are displayed to indicate that it is a smoke-free campus, so that all teachers, students, and community members can enjoy a fresh environment on campus.





Smoke-free restaurant certification



No smoking sign on campus

### 3. Review policy:

3.1 The processing procedures for psychological counseling application for students to quit smoking and special case consideration have been established.

<http://ncuecounseling.ncue.edu.tw/files/11-1009-1785.php?Lang=zh-tw>

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

<http://stuaff01.ncue.edu.tw/ezfiles/20/1020/img/934/132305897.odt>

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

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

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

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

3.5 The National Changhua University of Education Mental Health Service Plan for Faculty Members and Staff is designed to help faculty members and staff by teaching them to self-examine and respond to any emotional and physical symptoms that may arise and providing psychological counseling services.

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

3.6 In accordance with Articles 30 and 31 of the *Occupational Safety and Health Act* and the *Regulations Governing the Implementation of Protection of Maternal Health of Female Laborers*, *National Changhua University of Education Plans for Protecting and Managing Maternal Health* is enacted



to ensure the physical and mental health of female employees.

Links: <https://health.ncue.edu.tw/files/15-1018-15678,c2700-1.php?Lang=zh-tw>

Attached information:

Please refer to Annex 3.3.6 Photos of activities related to the smoke-free policy and related links