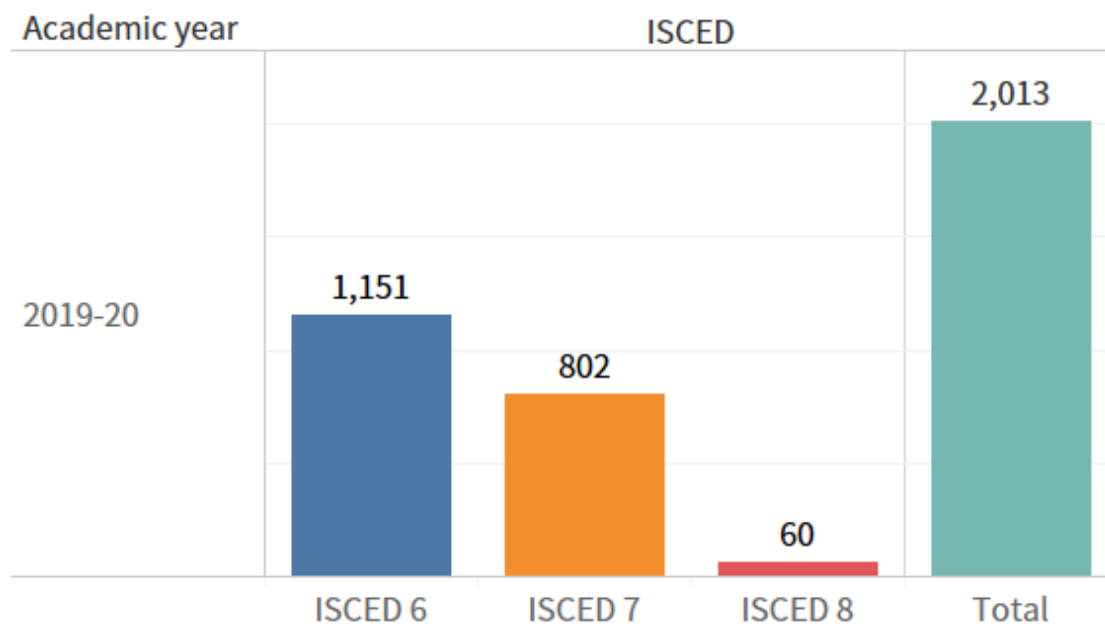


### SDG3

題目編號: 3.2.1 34.6% in SDG(9% Overall score)

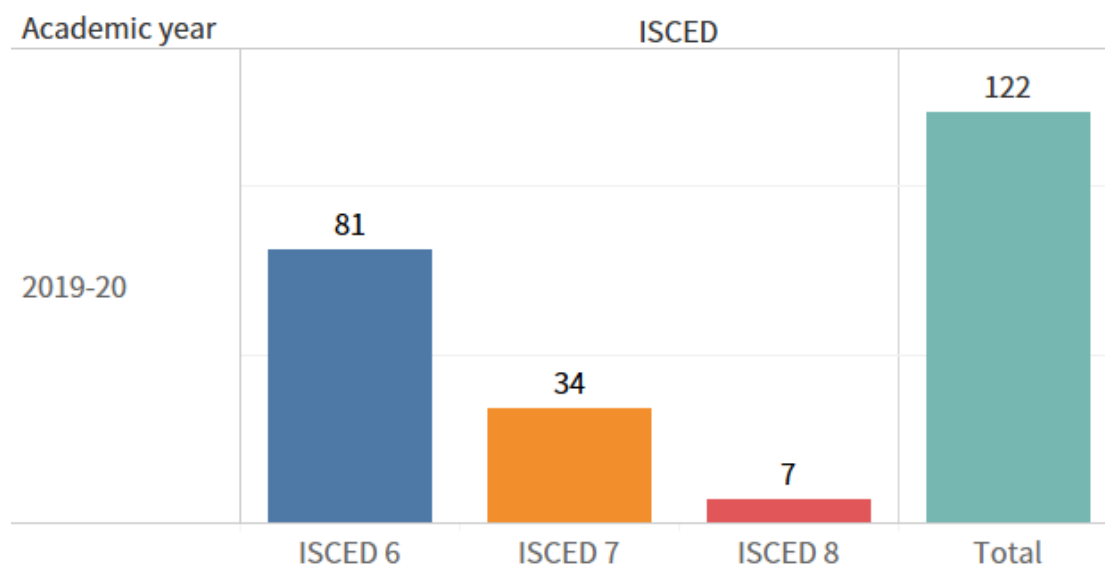
英文原文: Number of graduates

1. 回答: 2013 graduates



2. 英文原文: Number of graduates in health professions

There were 122 graduates majoring in health professions (Department of Guidance and Counselling).



題目編號: 3.3.1 7% in SDG (1.82% Overall)

英文原文: **Current collaborations with health institutions**

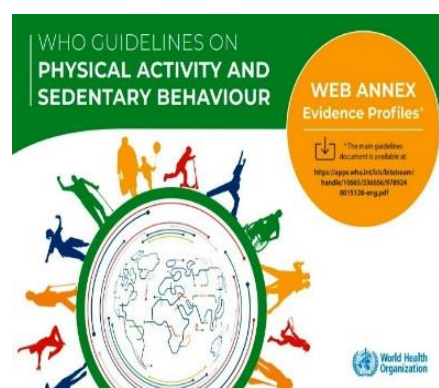
Have current collaborations with local, national, or global health institutions to improve health and well-being outcomes

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:

1.1 NCUE actively encourages faculty members to engage in research and publish on topics related to health promotion:

The research results of Distinguished Professor Po-Wen Ku from the Graduate Institute of Sports and Health have been cited in the *World Health Organisation Guidelines on Physical Activity and Sedentary Behaviour 2020*, evidence-based assessments and recommendations. The *Guidelines* have long been respected worldwide as an invaluable resource for researchers, policymakers, and practitioners in health-related fields such as clinical medicine, preventive medicine, public health, and sports medicine. Professor Ku's research results, which appeared in the latest edition (2020), are an example of NCUE's continuing contributions and international influence on global health and promoting medical welfare.



The research results of Distinguished Professor Po-Wen Ku from the Graduate Institute of Sports and Health were cited in the 2020 edition of *World Health Organisation Guidelines on Physical Activity and Sedentary Behaviour*.

#### Annexes:

① 3.3.1A Professor Po-Wen Ku's Research Results

② For more information, visit this website:

<https://www.ncue.edu.tw/p/406-1000-3745,r93.php?Lang=zh-tw>

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

NCUE's Graduate Institute of Rehabilitation Counselling offers a transnational internationally accredited course in international behaviour analysis that meets

international certification requirements. The course enhances students' understanding of individual behaviours and strategies for addressing behaviour problems and providing high-quality teaching and counselling services as international behaviour analysts.

### **Annexes:**

- ① Annex 3.3.1B 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>

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

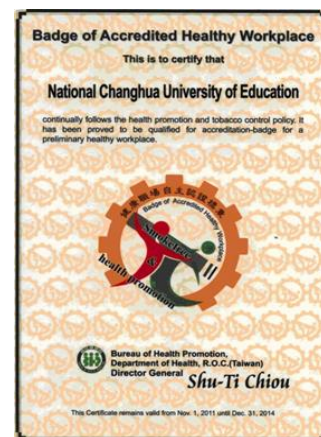
- 2.1 NCUE actively cooperates with national-level departments to provide mental health and counselling services.

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 programme provides free psychological counselling and care to medical personnel suffering from emotional problems such as nervousness, depression, anxiety, pain, or insomnia from the impact of the pandemic. The programme 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.

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

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's Healthy Workplace Certification.**

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

In 2020, the university 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.



NCUE's Outstanding School Award of Sports Achievements: Colleges and University Group.

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

The school 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:

##### ① Annex 3.3.1C 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 programmes: the Convenience Store Mask Map programme and the Pharmacy Mask Map programme. Using Wu's programmes, people could check nearby shops' mask inventories, which helped them locate and purchase this personal protective gear. The programmes effectively expedited citizens' access to masks, helping them prevent



Tainan City Mayor Wei-Che Huang presents NCUE graduate Howard Wu with a certificate of appreciation.

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.

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

NCUE has been deeply engaged in preventing and controlling student drug abuse. The university 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.



NCUE students conducted anti-drug drama programmes in six nearby primary schools.

In 2020, 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 raised funds to send 64 university students volunteers to participate in anti-drug drama performances for 676 primary school students in six primary schools.

### Annex:

- ① 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, the university 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 NCUE works with community members in university projects and increases the incentives to improve residents' health.

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.

In the first half of 2020, eight full-time psychologists and 14 part-time psychologists at NCUE provided students with free individual and group counselling 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 14 people availed themselves of the counselling resources. Overall, in 2020, NCUE held six **group counselling activities for a total of 40 participants (267 person-times); provided 353 people with individual counselling (including individual counselling and psychological testing and interpretation) for a total person-times served of 2,643.**

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

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.

NCUE employed medical personnel (three full-time nurses, eight full-time psychologists, and 14 part-time psychologists) to provide teachers, staff, and students with health services. The services included free health consultations, medical care, individual and group counselling, and health management. In addition, Changhua Christian Hospital, a partner hospital with the university, 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.

**Between the early days of the COVID-19 pandemic until 13 September 2021, the Student Psychological Counselling and Guidance Centre**



provided counselling using safe-contact communication tools, serving 80 people (160 person-times) over the phone.

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

Physical and mental health care services	People served
Consultations by visiting physicians and on-site consultations by occupational physicians	435 person-times
Treatment for injuries and illnesses in campuses (including trauma and health consultations)	3,027 person-times
Emergency incidents and medical delivery services	26 people
Medical equipment and anti-epidemic items for loan; use of nursing rooms	313 person-times
Use of health equipment	3,301 person-times
Individual counselling services in colleges	4,674 person-times

**Annex:**

- ① Annex 3.3.1D: details on the individual counselling services provided to the colleges

**4. Measures in place against the Covid-19 pandemic in 2020**

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.

- 4.1 NCUE’s Office of Student Affairs produced a video, *Protecting the Health of Teachers and Students*, featuring a COVID-19 prevention and response drill.
- 4.2 NCUE formulated the Regulations for Self-management of Cafeteria Staff, set up thermographic cameras at all cafeteria entrances, implemented name registration, mandated masks, and installed partitions to protect people in its campus cafeterias.
- 4.3 NCUE implemented distance learning, disinfections, and limited access measures as necessary to keep its faculty, staff, and students safe.



NCUE produced a video featuring a COVID-19 prevention and response drill.

**Annexes:**

- ① Annex 3.3.1E: details on NCUE’s disease prevention measures in 2020

- 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 prevention from the Office of Student Affairs, visit this website:

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



NCUE partners with local medical institutions to safeguard public health.



NCUE partners with local medical institutions to create engaging events and programmes that educate faculty, staff, students, and community residents about health-related matters.

**Annex:**

- ① Please refer to Annex 3.3.1F 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.



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

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.

6.2 Implementation of the Ministry of Education’s subsidised 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 2020, 5,359 people participated in the project activities.

2020 milestones	Theme	Subsidy amount (NTD)	Participants (person-times)
Received subsidies from the Ministry of Education to implement the Health Promoting School Project for Universities and Colleges	‘Health is Wealth: Let’s Move to Become Healthy and Wonderland in NCUE’	212,500	5,359
Conducted the Service and Learning Model Programme for the Prevention of Drug Abuse in Students by Universities and Colleges	Drama Performance at Secondary and Primary Schools to Prevent Drug Abuse	141,907*	676
Advanced the moral education policy	Moral Education Activities	Self-raised within the university	3,355

\* Because of restrictions necessitated by the COVID-19 pandemic, NCUE returned 108,725 NTD of the original subsidy.

### 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.

題目編號：3.3.2      7% in SDG(1.82% Overall)

### 英文原文：**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.

The University provides outreach programmes 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, ageing, and other topics related to health and well-being.

1. The behavioural counselling research and development centre of our school is constructed based on the principles of applied behaviour analysis and combined with other counselling theories to provide positive behaviour counselling for people with emotional and behavioural problems in the community. We conduct positive behaviour intervention, teaching, and behaviour counselling through one-on-one methods to promote physical and mental health and quality of life across ages. The age group of service targets ranges from 2 to 40 years old.
  - (1). We provide evidence-based, high-performance professional behaviour counselling and intervention services to improve the quality of life of those with physical and mental handicaps in the central region and fulfil our social responsibilities. The performance is as follows:
    - ① The University's 2020 full-year target number of services is 101 people and 5,000 person-times. Other services include 63 sessions of counselling assessment meetings and 122 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 behaviour.
    - ② In the past five years, our school 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 counselling meetings and more than 500 caregivers' forums.

③ Every year, we provide professional training workshops for professionals from domestic institutions to train seed teachers in behavioural counselling for schools, medical institutions, and social welfare institutions. In 2020, the centre and the Autism Association of the Republic of China conducted behavioural counselling 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. The University can thus practice its social responsibility.

④ The University 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.

Attached information:

Please refer to Annex 3.3.2A, Introduction to the service content of the University'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, the University 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.

Attached information:

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

3. The Community Psychological Counseling Office was started in August 2020. After four months, it applied for a launch in November of the same year. On 19 January 2021, the Consultation Office was issued a business license by the Changhua County Health Bureau. In response to the COVID-19 pandemic, the Consultation Office was approved by the Changhua County Health Bureau as an institution for psychological consultation services via communication devices and issued a business license on 28 July 2021. Therefore, we do not only provide face-to-face individual consultation, family therapy, and play therapy services. For clients over 18 years of age, after being evaluated by a psychologist on the suitability of psychological counselling via communication devices, they can choose to conduct psychological counselling via communication devices to avoid factors brought about by the epidemic situation, such as home isolation and distance, that may

hinder psychological counselling.

The main services of the National Changhua University of Education Community Psychological Counseling Institute include the professional services of community psychological counselling, practical and on-the-job training of psychological counselling professionals, and supervision services of interns and psychological counselling professionals.

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

The U-First sports professional guidance service team of the University has invested in the University Social Responsibility Hub (USR Hub): Zhangbei Muscle Strength-Qimozi · Happy Sports Plan. The activity is to respond to the emerging problems brought about by the ageing of the population. It helps local middle-aged and older people maintain their basic ability of independent living and self-care, and achieve health promotion (see picture).



- (1) In conjunction with the local Revitalization Community Development Association and neighboring community residents, we conduct regular community stationing campaign guidance and consultation work. We also conduct irregular exercise guidance and consultation activities in various towns, as well as physical fitness testing for older adults and general adult physical fitness testing. These activities help village residents understand their physical and physiological conditions, and plan and choose appropriate exercise programmes to promote personal health and achieve sustainable development of the community.
- (2) The University signed a memorandum of cooperation with Show Chwan Memorial Hospital to jointly train professional sports instructors. We provide exclusive exercise plans and health service programmes for older adults in Changhua County and the

general community to promote regular exercise of Changhua people and achieve preventive medicine and health self-management.

- (3) To implement the University's social responsibility, we have collaborated with Show Chwan Memorial Hospital to promote an industry–academe cooperation plan. We have adopted the concepts of 'cultivating the locality and serving the community' and 'providing professional sports guidance services' in our strategy to achieve our vision of creating industry–government–academe cooperation service business.
- (4) This plan is in line with the current state of social development and the concepts of health promotion and preventive medicine. In the future, student sports instructors of National Changhua University of Education will continue to come to Show Chwan Memorial Hospital or community bases to provide professional guidance for older adults in the community and the rest of the public. They will create exclusive exercise prescription courses and help the people develop a good habit of exercising on their own.

Attached information:

Please refer to Annex 3.3.2C. The U-First Sports Professional Guidance Service Team of our school is committed to the University Social Responsibility Hub (USR Hub): Zhangbei Muscle Strength-Qimozi·Happy Sports Plan

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

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

The University 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. The University also organizes healthcare and disease prevention activities to enhance the people's ability to care for their health.



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



- (2) The Counseling and Consultation Center of our school, in addition to the three-level prevention work, cooperates with the Central District College Counseling Coordination Center and the Ministry of Education to carry out relevant research and training activities for professional counselors. The content includes case studies, group supervision, education and training, and thematic studies. Through empowerment training, in addition to enhancing students' quality of professional work, students also learn to take care of themselves.
- (3) To encourage female faculty, staff, and students to continue breastfeeding after giving birth, and in line with the national breastfeeding policy and the spirit of the Gender Equality Law and Gender Equality Education Law, the University has set up nursing rooms. The nursing room is provided for the use of the school's faculty, staff, students, and the community.
- (4) Our University Social Responsibility Hub (USR HUB): North Zhang Muscle Strength Program Office has launched the 'Free Scientific Physical Fitness Test' programme 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 programme conducted 10 physical fitness tests attended by 400 people, many of whom highly rated the test.
- (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

題目編號：3.3.3 2.4% in SDG(0.62% Overall)

英文原文：Shared sports facilities

Share sports facilities with the local community, for instance with local schools or with the general public.

For many years, the University 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. The University 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.

**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

	
<p>Track and field</p>	<p>Sky court</p>
	
<p>Baoshan Campus volleyball court</p>	<p>Baoshan Campus basketball court</p>



Baoshan Campus tennis court



Baoshan Campus football field

## 2. Paid sports facilities for indoor users



Jinping Wang Swimming Hall



Jinping Wang Activity Center



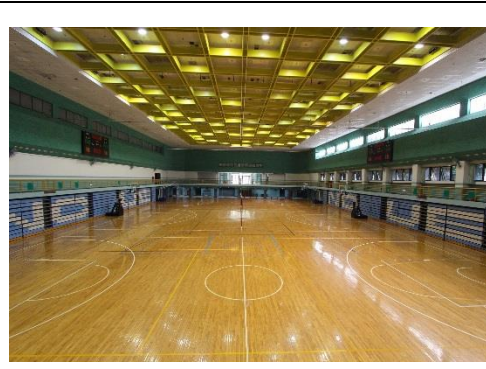
Badminton court



Tennis court



Billiards room



Integrated court

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



	
<p>Weight training room</p>	<p>Fight room</p>
	
<p>Rhythm classroom</p>	

題目編號：3.3.4 7% in SDG(1.82% Overall)

英文原文：Free sexual health care for students

Provide students access to sexual and reproductive health-care services including information and education services.

The University 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 the University 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, the University actively promotes safe sex and sex education as healthcare services.

1. The University 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. The University 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. The University guides students to ponder human–self interaction, break gender stereotypes, and build a friendly campus environment.

3. The University 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.

Attached information:

Please refer to Annex 3.3.4, Series of Gender Equality Activities



題目編號：3.3.5 7% in SDG(1.82% Overall)

英文原文：Mental health support

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

The University 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 counselling centre, the University has also pioneered a community psychological counselling and potential development centre 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, social and political units). We also provide psychological counselling services for students, faculty, and staff, as well as community members, and practical training and supervision for professional psychological counsellors.

#### 1. Student psychological counselling:

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

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

① New Student Class Counselling: In 2020, with the theme of 'Creating a Happy and Hopeful University Life', counselling sessions were held according to the time proposed by each class. Each session lasted two hours and the entire counselling programme lasted for two weeks. In this activity, a total of 28 new student classes underwent counselling. The completion rate was 100%, and the number of participants was 975 (accounting for 80% of the total number of new students).

② International Student System Cooperation: In 2020, we recorded 102 cross-unit consultations on the topic of international, overseas, and terrestrial students.

③ Group consultation activities: A total of six group activities were held. The total number of participants was 40, and the number of participations was 267.

④ Career Guidance Series Activities: In 2020, a career lecture was held, with a total of 53 people participating.

⑤ Series of learning and guidance activities: In 2020, a learning and guidance lecture was held, with a total of 23 people participating.

⑥ International Student Counselling Series Activities: We held international student counselling activities in the form of lectures and workshops.

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

① Individual counselling interviews (including individual counselling, individual psychological test administration and interpretation): This semester starts from 1 August 2020 and ends on 31 January 2021 (six months), with a total of 28 weeks. The actual number of weeks in class is 18 weeks. Within this period, the centre accepted 353 individuals for meetings and conducted 2,643 meetings.

② Special case management: The ‘case management system’ will continue to be adopted. The number of special case services for new referrals and continuous students this semester, along with the statistics of the past five years, is as follows:

Semesters	New cases	Tracking cases (A)	Ended cases (B)	Total cases (A+B)
Academic year 2015	62	107	56	163
Academic year 2016	89	98	103	201
Academic year 2017	113	168	71	239
Academic year 2018	91	212	44	256
Academic year 2019	65	240	48	288
Academic year 2020	81	207	63	270

③ From the student transfer counselling and service notification system of the Ministry of Education, we accepted three cases. They have been handed over to the psychiatrist of each department responsible for assistance. In addition, 11 meetings were held in accordance with the school’s student transfer counselling and service methods and the school’s related operating procedures. According to the resolution of the evaluation meetings, one 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.

- ④ Tracking Early Warning Student Counselling: Tracking 66 people and served 86 person-times.

**(3) Circumstantial counselling:** Crisis management, psychiatric consultation, transfer counselling, high-care case follow-up counseling, report case handling.

The amount of counselling services is as follows:

Project/work Academic year	Psychiatric consultation (by person-times)	Transfer coaching (by number of people)		High-care case tracking counselling (number of people)
		Transfer- in	Transfer- out	
Academic year 2018	19	14	14	285
Academic year 2019	17	4	9	217
Academic year 2020	22	3	7	321

## 2. Faculty and staff psychological consultation:

(1) 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, this programme provided 166 psychological counselling services, and a total of 16 colleagues sought assistance.

(2) Professional psychological counselling service:

- ① Individual psychological consultation
- ② Marriage and family consultation
- ③ Game and therapy
- ④ Group psychological consultation
- ⑤ Psychological assessment
- ⑥ Professional counselor supervision
- ⑦ Referral
- ⑧ Parental counselling, internet addiction parental counselling

Attached information:

See Annex 3.3.5. We provide free mental health support for students, faculty, and staff.

題目編號：3.3.6 8% in SDG(2.08% Overall)

英文原文：Smoke-free policy

Have a 'smoke-free' policy.

The University 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 the University's social responsibility, and achieve good health.

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

- (1) The University 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 a smoke-free campus.
- (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:

- (1) Non-smoking advocacy van and school-wide advocacy: Use the 'Non-smoking advocacy van' to rove the campus every day to achieve the effect of calling for the entire school to ban smoking.
- (2) Cooperate with the community to promote smoke-free restaurants: 20 restaurants around the campus support non-smoking and anti-smoking policies and have received the school's smoke-free restaurant certification to provide more smoke-free food places. The smoke-free environment is extended to outside the campus.

### 3. Review policy:

- (1) The processing procedures for psychological counselling 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>
- (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) Apply for the 2020–2021 Ministry of Education subsidies for colleges and universities to promote the implementation of health promotion schools under the ‘Wonderland in NCUE’ smoke-free campus project.
- (4) National Changhua University of Education student dormitory life conventions and key points for handling violations (including e-cigarette smoking prevention regulations) <http://student.ncue.edu.tw/ezfiles/17/1017/img/505/144672028.pdf>

Attached information:

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