【臺北校區】(英語場) 113-2[English Event] Not Less, Just Different: Say goodbye to the inferior

活動類型: 工作坊
發布單位: 諮商輔導中心
辦理校區: 台北
畢業門檻: 非畢業門檻
活動日期: Friday, May 16, 2025

Ever felt like you’re not good enough—because of your accent, your achievements, or how you look?

You’re not alone. Many international students quietly carry insecurities about their self-worth, whether it’s about appearance, success, or part-time job experiences.

In this workshop, join counselor諮商心理師 Leon Li-Hsiang Yang, who has stayed and learned abroad and personally journeyed through body image struggles. Through gentle conversations, we’ll explore the roots of our self-doubt and rediscover what confidence looks like—without comparison, and beyond the “foreigner” label.

Let’s talk. Let’s heal. Let’s belong.

＊~ 台北校區諮商輔導中心 ~ ＊誠摯邀請各位同學

＊Taipei Campus Counseling Center＊Sincerely invites all students

✲ 主題：【英語】心理工作坊 Not Less, Just Different: Say goodbye to the inferior（兼自殺防治守門人培訓研習）

✲ Topic: [English Event] Psychological Workshop Not Less, Just Different: Say goodbye to the inferior (Including Gatekeeper Suicide Prevention Training)

✲ 時間：114年05月06日 (週五) 13:10-15:00

✲ Time: May 16, 2025 (Friday) 13:10-15:00

✲ 地點：台北校區

✲ Location: Taipei Campus H505

✲ 講師：楊里祥心理師

✲ Speaker: Psychologist Leon, Yang Li-shang

✲ 參加對象：本校學生（限額12名）

✲ Participants: Ming Chuan University students (Limited to 12 participants)

✻✻✻《本場活動採認：N/A》✻✻✻

✻✻✻ "This event is not eligible for certification" ✻✻✻

若有活動相關問題，請洽詢：前程規劃處諮商輔導中心林聖岳諮商心理師（分機2264，email: morilin@mail.mcu.edu.tw [1])。

For event-related inquiries, please contact: Counselor Mr. Lin Sheng-Yue from the Taipei Campus Counseling Center (Ext. 2264, email: morilin@mail.mcu.edu.tw [1])

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