【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: 星期五, 五月 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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