

## 【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)

\*\*\*《本場活動探認：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](mailto: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](mailto:morilin@mail.mcu.edu.tw) [1])

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Links:

[1] <mailto:morilin@mail.mcu.edu.tw>

[2] <http://pims.mcu.edu.tw>