



國立勤益科技大學  
NCUT  
NATIONAL CHIN-YI UNIVERSITY OF TECHNOLOGY

University : National Chin-Yi University of Technology  
Country : Taiwan  
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### [SDGs 3] Good Health and Wellbeing

#### [3.3.5] Does your university as a body provide students with access to mental health support?

NCUT is strongly committed to safeguarding the psychological well-being of its students through a comprehensive, multi-layered mental-health support system. The **Counseling Center**, operating under the Office of Student Affairs, provides professional psychological counseling, emotional support, stress-management training, and career guidance to help students balance academic and personal development

#### 1. Comprehensive Counseling Framework

NCUT’s Counseling Center has established an integrated three-level prevention system to deliver holistic, preventive, and responsive services:

Prevention Level	Objective and Activities
Primary Prevention	Promotes overall mental well-being through campus-wide programs, workshops, and health campaigns that enhance stress-coping skills and self-awareness.
Secondary Prevention	Provides early-stage assistance for students showing emotional distress or social/academic difficulties. Trained counselors intervene before issues escalate.
Tertiary Prevention	Offers intensive counseling and therapy for students with complex or chronic psychological challenges through personalized treatment and continuous follow-up.

This layered approach ensures all students—whether seeking preventive support or intensive counseling—receive appropriate care throughout their studies

#### 2. On-Campus Psychiatric Consultation Services

To strengthen professional mental-health capacity, NCUT partners with the Ministry of Education’s Mental Health Promotion Program to provide on-site psychiatric consultation.

- The Consultation and Assistance Center includes a dedicated consultation room staffed by psychiatric doctors.
- Services address insomnia, emotional instability, psychosomatic symptoms, and drug-related issues.



- Between 2022 and 2024, psychiatric doctors offered 142 hours of consultation to 67 individuals, achieving 100 percent satisfaction from users

### 3. Positive Psychology Courses

The Fundamental Education Center designs credit-bearing courses on positive thinking and stress relief to cultivate resilience and emotional intelligence.

These courses teach students to transform negative stress into motivation, maintain optimism, build interpersonal skills, and discover meaning in life.

Academic Year	Course Titles	Participants
2022	Positive Thinking and Happy Life (1 & 2); Positive Stress Relief and Transition of Body and Mind	152
2023	Positive Thinking and Happy Life (1 & 2); Positive Stress Relief and Transition of Body and Mind	175
2024	Positive Thinking and Happy Life (1 & 2); Positive Stress Relief and Transition of Body and Mind	143
<b>Total (2022-2024)</b>	9 courses implemented	<b>470 participants</b>

Through these structured programs, NCUT effectively strengthens students' capacity for self-care and emotional regulation

### 4. Workshops and Group Activities

The Counseling Center organizes multiple interactive initiatives each semester:

- **Stress-Management and Mindfulness Workshops**
- **Interpersonal Communication and Empathy Training**
- **Career Counseling and Personality Testing**
- **Group Therapy and Peer Support Sessions**

These activities cultivate communication, empathy, and leadership skills—essential for both mental well-being and employability.

### 5. Facilities and Resources

NCUT ensures an environment that is both professional and welcoming:



- **Reception Area** – for confidential intake and appointment scheduling
- **Consultation Rooms** – private counseling spaces ensuring anonymity and comfort
- **Career Counseling Rooms** – equipped for vocational and psychological assessments
- **Group Psychological Testing Rooms** – for collective evaluation and feedback sessions

## 6. Impact and Evaluation

- Over 470 students have benefited from structured mental-health courses since 2022.
- 67 individuals received clinical psychiatric consultations with 100 percent positive feedback.
- Campus-wide participation in mental-health workshops continues to rise annually, reflecting growing awareness and destigmatization.
- Internal evaluations confirm significant improvement in stress management, interpersonal relations, and academic stability among participants.

## 7. Alignment with the Sustainable Development Goals (SDGs)

SDG Target	NCUT Contribution
<b>SDG 3</b> – Good Health and Well-Being	Provides accessible, preventive, and curative mental-health care and fosters emotional resilience.
<b>SDG 4</b> – Quality Education	Integrates positive-psychology courses into the general curriculum to promote lifelong learning and well-being.
<b>SDG 10</b> – Reduced Inequalities	Ensures equitable access to counseling services for all students regardless of background.
<b>SDG 17</b> – Partnerships for the Goals	Collaborates with the Ministry of Education and local health institutions to enhance service quality.

Through its multi-level counseling system, on-campus psychiatric services, and proactive mental-health education, **NCUT** provides a comprehensive framework that addresses students’ psychological needs and enhances their overall well-being.

These initiatives exemplify NCUT’s holistic approach to higher education — one that values mental wellness as a cornerstone of academic success and sustainable personal development.

The Fundamental Education Center arranged courses on positive thinking and stress release to help students improve their individual experiences of positive emotions, alleviate body and mind stress, and counteract negative energy. Through these courses, students learn how to discover their positive potential and adopt a proactive lifestyle by facing stress and frustration with a proper perspective on incidents. They also learn to enhance rational communication, cultivate a passion for life, appreciate happiness and the meaning of life, develop good interpersonal skills, care for local communities, and explore aspects of happiness, physical and mental health. In the 2022-2024 academic years, a total of 470 students took part in 9 courses, as shown in the following Table.

Table Effectiveness of offering healthy physical and mental courses for students

Year	Courses	Participants	Subtotal
2022	2022-1 Positive thinking and happy life	61	152
	2022-1 Positive stress relief and transition of body and mind.	44	
	2022-2 Positive thinking and happy life	47	
2023	2023-1 Positive thinking and happy life	58	175
	2023-1 Positive stress relief and transition of body and mind.	43	
	2023-2 Positive thinking and happy life.	32	
	2023-2 Positive stress relief and transition of body and mind.	42	
2024	2024-1 Positive thinking and happy life	60	143
	2024-1 Positive stress relief and transition of body and mind.	41	
	2024-2 Positive thinking and happy life	42	



The promotion of the activity



Reception Area



Consultation Room



Career Counseling



Group psychological tests



# 職涯諮詢

12/13(五)一對一

時間：13:10-17:00  
【每時段限額1名】

邀請具就業輔導證照之國際生涯諮詢師  
提供一對一生涯規劃諮詢服務

113-1勤益科大諮輔組

The Activities of Counseling Center

[活動成果](#)