


關注學生的心理健康

Supporting the Mental Health of Students



在過去3年疫情的影響下，澳大一直密切關注學生的心理健康發展，透過各種計劃以加強對學生的關顧，包括提供心理諮詢服務、輔導培訓課程、增加心理輔導員、舉辦預防性工作坊等。

UM has been paying close attention to students' psychological development and mental health over the past three years due to the impact of the pandemic. Various programmes have been offered to strengthen pastoral care for students, including counselling services, counselling training courses, additional counsellors and preventive workshops.



基金會十分重視澳大學生的身心健康發展，支持“一步步心理健康應用程式”及“書院心理健康諮詢服務計劃”等特定資助項目，以協助院生在不同學習階段有更好的適應及發展。

上學期有不少學生因人際關係的議題求助，例如因疫情網課安排及活動減少，同學間減少接觸而錯失了有效擴展人際關係的時機等。因此，在諮詢過程中，諮詢師與同學探討如何在面授課開始後重新建立人際網，加強同學的動機與社交技巧。

大學的心理諮詢服務對於學生的個人成長和規劃尤其重要，基金會將持續支持校方為有需要的學生提供更多心理諮詢和相應的支援服務，以提升同學們的身心健康。

The foundation attaches great importance to the physical and mental well-being of UM students. It has designated funds for projects such as Step-by-Step (SBS) Digital Mental Health Programme and RCs' mental health counselling services scheme with the aim of supporting them for better adaptation and development in different learning stages.

In the last semester, many students sought help for interpersonal issues such as decreased interactions with other students and hence missed opportunities for effective networking due to online classes and reduced activities during the pandemic. During the conversations, the counsellor explored with the students about ways to re-establish their social networks after face-to-face classes were resumed, which required them to strengthen their motivation and social skills.

The psychological counselling services of the university play an important role in the students' personal growth and life planning. The foundation will continue to fund the university in providing more counselling and relevant support services to students in need for the betterment of their physical and mental wellness.

