

心靈快報

Peer Support Weekly

台北銘傳大學前程規劃處

MCU Career Planning & Counseling Division (Taipei)

111學年第二學期

2023/03/27-03/30

ISSUE 3

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.” -Socrates

「改變的秘訣並非集中所有精力與舊的對抗，而在於建造新的。」

—蘇格拉底，古希臘哲學家



Help is just a phone call away

- 台北校區諮商預約：請至前程規劃處(A棟2樓)，或撥打專線：(02)2883-0510。
- 衛福部安心專線：1925 (24小時專線)
- 生命線(Lifeline)：1995 (24小時專線)
- To inquire about counseling services on Taipei Campus: please go to the Career Planning & Counseling Division on 2F of Building A, or call: (02)2882-4564, ext. 2602

活動快訊 - 諮商輔導中心公告 | Announcement from the Counseling & Guidance Center

火熱報名中！

04/24
(Mon) 花與草的和諧療癒：
植物能量祝福卡DIY
Art/Horticultural Therapy Workshop (in Mandarin)

讓花、草的能量帶來療癒，搭配簡易和諧粉彩，即可為自己或他人，創作一只獨特的隨身能量卡。

◎ 報名須知：

- ① 即日起開放於eForm報名，報名後一週內請至A棟2F前程規劃處繳交保證金100元。
- ② 全程參與活動者將全額退還保證金，並依完成報名順序錄取15名。
- ③ 活動前請自行用餐，並配合防疫規定佩戴口罩。
- ④ 個人創作的「植物能量祝福卡」可免費帶回家。

◎ 報名網址：<https://reurl.cc/8qXv4b>

講師：黃盛瑩園藝治療師(白菜奶奶)

活動時間：112.04.24(一)18:30-20:30

活動地點：B603教室

聯絡人：趙化如老師(#2269)



報名至
03/30 服務學習志工招募
—可認證校內服務學習時數
Service Learning Volunteers Wanted

前程規劃處招募服務學習志工，歡迎有服務熱忱的你前來參加！

我的秘密花園：
手作乾燥盆花工作坊

05/03
(Wed) My Secret Garden:
Dried Flower Arrangement Workshop (in Mandarin)



愛的方式是什麼呢？

在愛情中，是主動或是被動呢？

讓我們在手作乾燥盆花的過程中，

用美好的花兒與氣芳來探索與整理、療癒與溫暖自己吧！

◎ 報名須知：

- ① 自4/3(三)12:00開放於eForm報名，報名後一週內請至前程規劃處繳交保證金100元。
- ② 全程參與活動者將全額退還保證金，並依完成報名順序錄取。
- ③ 活動前請自行用餐，並配合防疫規定佩戴口罩。
- ④ 個人創作的「香氛擴香石」可免費帶回家。

◎ 報名網址：<https://reurl.cc/EGVoY0>

講師：高翊齡心理師/芳療師

活動時間：112.05.03(三)18:00-20:00

活動地點：B604教室

聯絡人：孫乙仙老師(#2267)



◎ 服務相關須知

- ① 工作內容：處內活動及辦公室業務協助
 - ② 至少需服務2小時，以平日5:30pm後為主
- ◎ 說明：請直接至前程規劃處辦公室，找陳安筠老師報名(分機#2448)



| 活動快訊 - 職涯發展中心公告 | Announcement from the Career Development Center

4/17 【台北校區】2023吉比鮮釀
(Mon) 企業說明會

2023吉比鮮釀即將來徵才啦！各位有志從事服務業的學生們，對餐廳管理與調酒文化有興趣的大家，絕對不可錯過唷！

- ◎ 報名網址：<https://reurl.cc/a1dZ6l>
- ◎ 報名截止日期：4/10(一)
- ◎ 更多詳細職缺請參考連結：
<http://www.gbarestaurants.com.tw/>



活動時間：112.04.17(一)12:00-13:00
活動地點：B901會議室
聯絡人：陳盈汝老師(#2449)

4/18 【台北校區】Nitori宜得利家居
(Tue) 企業說明會

來自日本的大公司宜得利家居強力徵才中！身為宜得利用品的粉絲們怎麼能錯過！倘若您熱愛與人交流，有一顆敏銳的心和滿腔的熱誠，同時也嚮往日本公司的制度，迫不及待一展長才的話，強力推薦大家來報名，聽聽宜得利怎麼說！

- ◎ 報名網址：<https://reurl.cc/ykvRn2>
- ◎ 報名截止日期：4/11(二)
- 活動時間：112.04.18(二)12:00-13:00
- 活動地點：H101教室
- 聯絡人：陳盈汝老師(#2449)

4/26 【台北校區】德翔海運
(Wed) 企業說明會

繼三月份的長榮海運徵才後，海運業來校徵才又一發！各位喜愛海運業的同學們有福了！德翔海運2023年最新徵才說明會，今年的職缺非常多元，絕對能滿足滿腔熱血的你！

- ◎ 報名網址：<https://reurl.cc/mlyxpW>
- ◎ 報名截止日期：4/19(三)



活動時間：112.04.26(三)12:00-13:00
活動地點：B901會議室
聯絡人：陳盈汝老師(#2449)

4/19 服務學習志工特殊教育訓練(一):
(Wed) 人際關係互動

- ◎ 報名網址：<https://reurl.cc/mlxMI7>
- ◎ 備註：可抵免畢業門檻-服務學習成果發表會一場。

即日起
至5/31 【台北校區】職涯諮詢預約

你對未來感到茫然嗎？想更清楚未來職業方向嗎？自傳履歷該如何撰寫？

透過CPAS職業適性測驗及一對一的職涯諮詢，我們將協助你重新認識自己和勾勒生涯藍圖。快來預約職涯諮詢吧！全程免費，名額有限，額滿為止。

- ◎ 報名網址：<https://reurl.cc/OVrrYD>
- ◎ 備註：目前剩餘58個名額。



活動時間：即日起至5/31

活動地點：台北前程規劃處

聯絡人：陳盈汝老師(#2449)

Now-5/31 【Taipei Campus】
Career Consultation Reservation

Do you feel lost when thinking of your future? Would you like to explore more closely into your potential career paths? Do you sometimes feel unsure about how to polish your resume? You may consider signing up for the career consultation. It's all free, and space is limited.

- ◎ To sign up: <https://reurl.cc/xlvv3Z>
- Contact person: Ms. Ying-Ju Chen
- E-mail: ycrc0220@mail.mcu.edu.tw

即日起
至5/31 【桃園校區】職涯諮詢預約

上課或常出沒的地方在桃園校區嗎？你可以選擇參加桃園校區的職涯諮詢，提前為自己的生涯做準備。名額有限，有需求者請儘速報名。

- ◎ 報名網址：<https://reurl.cc/Y8Y3mO>
- ◎ 備註：目前剩餘68個名額。

活動時間：即日起至5/31

活動地點：桃園金融科技大樓S212

聯絡人：王彥老師(#3962)



講師：李勝隆講師（中華康輔教育推廣協會）

活動時間：112.04.19(三)18:00-20:00

活動地點：E202音樂廳

聯絡人：許祐華老師(#2401)



How to Make Positive Feedback Stick

Author: Meng-lin (Benny) Hsieh, Counseling Psychologist



You might have heard a saying: "Positive feedback is like Teflon, while negative feedback is like Velcro." This experience is true for many of us, but especially so with people who struggle with anxiety related problems. Sometimes negative feedback can be helpful towards self-improvement and even ward off undesirable behaviors, but if a person can only register criticisms and not compliments as well, you can see how taxing that is for that individual's well-being. What is it about positive feedback that makes it so hard to stick?

The Context of Praise

When a person hears praise, the sincerity of the praise is sometimes called into question. Is the praise specific or vague? Is the positive feedback about something I actually did? Was there a slight pause when the person was thinking of what to say? And perhaps most important of all, why is this person giving me a compliment? Some people might find it unnecessary to question the intent of the praise-giver, but as human beings we are programmed to enjoy autonomy, so when it comes to receiving positive feedback spontaneously, it's natural for folks to want to watch out for ulterior motives or even possible manipulation.

Exactly who is giving the praise matters as well. The relationship between the evaluator and the recipient of the positive feedback matters. A teacher who is well liked and trusted and whose opinions are respected, their praise tends to have more of an impact. How often a person hands out praise sometimes impacts its effectiveness, too. If you have a friend who indiscriminately compliments others, when you receive a compliment from her, it's hard not to think "oh, well, she says that about everybody."

Cognitive Biases

Even though our brains are exceptionally good at processing information, sometimes it tries to take shortcuts in order to save energy or fill in the gaps when there just isn't enough data. When the mind "fills in the blank" in a systematic manner, it's called a cognitive bias. This kind of guesswork can be right some of the time, objectively speaking, but our brain will treat such conclusions as facts if we don't take the time to examine them.

One relevant example is "confirmatory bias". Confirmatory bias means that we tend to register or even actively seek out information that proves our original beliefs to be correct, while dismissing information that disproves our ideas. If we already hold negative beliefs about ourselves, confirmatory bias will cause negative feedback to become more apparent than positive ones. For instance, a person who thinks of themselves as incompetent at their job would sometimes ruminate about all of the times that they have failed in the past, while in reality there may be some aspects about their experience that are neutral or maybe even positive, but are just

overlooked during the rumination. Confirmatory bias also pushes the individual to discount positive feedback, because it doesn't match with their ideas about themselves. Praising someone when they're not ready to hear them may actually make them feel worse, because they might attribute such feedback to pity.

Cultural Influences

It's easy to assume that positive feedback feels good to hear. But in some cultures compliments or approval are rarely verbally given. In Taiwan, where I grew up, people are expected to dismiss compliments or risk being perceived as arrogant. In my and similar cultures, people learn to feel self-conscious when being evaluated, whether the evaluation is positive, neutral, or negative. When I went to graduate school in the U.S., I remember blushing beet-red the first time someone told me "you're not from here? Wow but you sound American. You speak English well." Even though that person was trying to give me a compliment, I felt pretty uncomfortable. I kept trying to remind myself that taking a compliment and being humble doesn't always have to be mutually exclusive. When it comes to giving and receiving positive feedback in my work, I try to remind myself that not all people experience compliments in the same way, and it takes time to really get to know the other person's background and experiences to know what kind of feedback they are more likely to register as genuine while at the same time minimizing feelings of self-consciousness.



3 Ways that Can Help You Accept Positive Feedback

Human beings are multi-faceted. More likely than not, we each possess negative and positive qualities about ourselves. If you find it difficult taking in positive feedback from others, here are three ways that can help.

1. Make a List

This one is straightforward. Jot down all the positive feedback you receive throughout your day, and read through the list at a different time. Sometimes all it takes is some time for compliments to really sink in. If positive feedback doesn't stick as easily, we can help them out by paying them more attention. This way if we catch ourselves heading down a negative spiral of self-criticism, we can take out the list and remind ourselves, "yes, I didn't do so well on this particular project, but I did get compliments about...", and here's some actual proof."



2. Imagine a Good Friend Making the Compliment

Sometimes it feels weird telling yourself to take note of your own positive qualities. In these instances, imagine instead of you, it's a trusted close friend giving you positive feedback. You may even remember them actually complimenting you once or twice during the process.

3. Gratitude Journaling

Cultivating gratitude can help improve your mood. There is research demonstrating how just by keeping track of things that happen throughout the day that you are thankful for can result in an overall higher level of life satisfaction, and



may even lead to better relationships. One simple way to keep track of things you feel grateful for is gratitude journaling. Take 5 minutes out of your week to answer this prompt: "What am I thankful for this week?" It could be appreciation for people showing their care and affection towards you. It could even be gratitude for having a sunny afternoon after a string of rainy days. Whatever it is that you feel thankful for, write it down, either as a list or in a paragraph. People who practice cultivating gratitude are better able to access positive core beliefs about themselves and those around them. In the long run, having such core beliefs activated will help you register positive feedback from others more easily.

You might feel like it's difficult to let go of the standards you hold for yourself at first. For some people, it can be particularly hard to cut themselves some slack. Some may fear that they will achieve less if they give up their self criticisms. Others are afraid that their true selves will result in disappointment or even rejection. The thing is, when negative self talk is getting in the way of your goals by making you paralyzed with self-loathing or fear of messing things up in the end, then perhaps by taking a step back and acknowledging that both your strengths and weaknesses make up who you are, you will be better able to accept your limitations with grace.

In the animated film *Wreck-It Ralph*, the villains of arcade games start their support group by saying: "I'm bad, and that's good. I will never be good, and that's not bad. There's no one I'd rather be, than me." Like many things in life, it's not about one or the other (focusing only on positive versus negative qualities), but finding a healthy balance that best works for you and those you care about. And self-compassion allows us to have that space and freedom.



References

- Greenberger, D., & Padesky, C. A. (2016). *Mind over mood: Change how you feel by changing the way you think* (2nd ed.). Guilford Press.
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- O'Connell, B. H., O'Shea, D. & Gallagher, S. (2018). Examining psychosocial pathways underlying gratitude interventions: A randomized controlled trial. *Journal of Happiness Studies*, 19, 2421-2444.

• Source: <https://reurl.cc/o083E3>

| 心靈補給站 - 情緒調適 |

陷入低潮怎麼辦？心理師分享3個面對低潮期的方法

曾經的D，生活很有動力，日子過得很充實。行事曆上是滿滿的行程，下班後的健身課、投資理財課、讀書會，還硬是擠出間來經營自己的副業。D心裡想著，這似乎就是自己理想中的生活。然而，最近幾個月，D經歷了人生中最長的一段低潮，突然間對一切都失去熱情也提不起勁，僅能維持最低限度的日常活動，逃避每日起床，也沒有食慾，連平時最期待的旅行、朋友的聚會都沒有動力參加。D說不上來自己怎麼了，只是嘴上咕噥著：「就是低潮吧，只是低潮吧！」



我們再繼續談下去，發現D有股強烈的厭惡和憤怒，一面懷念充滿動力的日子，一面數落著今天的自己：

「我超討厭現在這個樣子，很氣自己，怎麼會這麼無能，怎麼可以活像個廢人！」

以往遇到低潮，D不需要太多時間就能夠復原，但這次停滯了數個月，狀況依舊沒有改善。D心裡慌了，害怕這個低潮會沒有盡頭，會不會這輩子都卡在這裡，甚至越陷越深。越是這樣想，心裡越是慌張、害怕，完全不知道該怎麼辦。

如果你也如同D一樣，正面臨人生中的低潮期。可能正經歷人生的轉換階段、分手、生涯方面的迷惘、離職、失去摯親，也可能就是沒來由的感到低落，以下分享三個方法給你：

1. 留意低潮時的情緒，放下苛責與抵抗

處在低潮的你，可能會罪惡、自責地認為自己停止進步了，可能有股什麼都不想要的倦怠感，也會對現狀的自己感到陌生、無助，感到迷惘找不到方向，這些都是相當正常也重要的心情。但多數時候，我們並不喜歡情緒低潮的自己，因此急於否認這些情緒。

然而，當你越是否認、抵抗這些負面情緒，以一個苛責、厭惡的角度看待自己的處境，反而越是對自己失望、挫折，更深陷在負面的迴圈裡。若你願意，試著留意這些情緒，當這些情緒好好地被看見、接納，也許就會有不少意外的發現，藉此看見低潮背後的意義：

「原來是曾經的自己太過度努力了，付諸一切去追求人生的目標，從來沒想過什麼自己真正要的是什麼」、「我這麼努力，卻還是理我理想的人生好遙遠，這根本不是我要的人生！」、「我是真的好累了，也是時候該休息了！」

2. 將低潮視為休息與重整的機會，給自己一些等待

我們並不喜歡低潮時軟爛、停滯、無力、迷惘的自己，這令我們感到不安，因此下意識地會自我要求，必須要重振旗鼓，趕緊振作起來。可想而知，處於低潮的我們，並不容易真正振作起來，實則因為達不到原先的標準而更加挫折。

就如同冬眠的動物，在環境最嚴酷、不利生存的生活條件下減少活動，以渡過嚴峻的時間。在低潮期，我們也能順應這個心情狀態，稍稍降低標準和自我要求，減少工作量，好好地讓生理、心理休息，為下一個階段儲備體力。過程可能需要一些等待，這個等待的時間，同時也是相當難得的機會，可以重整自己，思考自己真正要的是什麼。

3. 微小的行動，循序漸進的恢復

恢復的過程是循序漸進的，可以是一小步、小量的嘗試，不必要求立刻恢復原來的動力，不必追求馬上回到行程滿檔的生活。可以先是維持基本的日常活動，離開床鋪、走出房門，或只要能出現在學校、公司。如果還有動力，再試著多做點什麼，可以是不帶目的地散步、逛街，規劃假日的小旅行，只需要為自己跨出一小步，這樣就很好了。