



为帮助新生提升心理适应  
情绪调节方法，学校心理  
支18名教师组成的宣讲团  
晚自习时间，深入2021  
计覆盖三千余名学生，开  
主题宣讲进班级活动，

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朱仲田味



## ★★备课现场 —————

课程宣讲紧扣学生中常见的情绪困扰，通过体验式教学、科学的理论讲解与生动的案例分析，引导学生正确认识心理学、科学调节情绪，主要环节包括认识心理学、识别情绪、宣泄情绪、情绪ABC理论、转念与接纳情绪、心理健康中心介绍等。



A teacher stands in front of a chalkboard, pointing towards it with their right hand. The chalkboard displays a graph with two intersecting lines and some text. A student in the foreground is looking down at a tablet device. The classroom has desks and chairs, and a large screen or projection area is visible in the background.

这种“理论讲解+即时体验”的教学设计，极大地增强了课堂的吸引力与互动性，使心理学知识转化为学生可感知、可运用的生活技能。



A photograph of a classroom during a lecture. In the center, a teacher stands behind a podium, facing a group of students seated at their desks. A large, semi-transparent watermark in the foreground contains the text "护理九班王晚英". The classroom features green chalkboards and various educational materials in the background.



The image consists of two side-by-side photographs of a classroom setting. In both photos, students are seated at their desks, facing the front of the room where a presentation is taking place. The left photograph shows a student in a yellow vest standing at a podium, presenting to a group of students. The right photograph shows a teacher standing and presenting to a group of students. A large screen on an easel is visible in both photos, displaying a presentation slide. The background features chalkboards and a red banner with Chinese characters and the Chinese flag.

