

????????? (Mental Health and Life Planning of College Students) (Chinese Edition)

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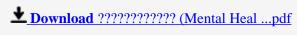
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Based on "Teaching Plan of Mental Health Education", the textbook takes college students' attitudes, values and world view as the basis, rationally applies educational theory and combines pedagogy, psychology theory and teaching instruction. The textbook is divided into three chapters, including: theoretical basis of mental health and life planning, the main categories of individual mental health problems and life planning of college student.



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