



108-1 幸福感受檢核表 (The Checklist for Well-being)

各位新生，平安：你對於自己的了解有多少呢？幸福感受或壓力感受有多高呢？這份檢核表將幫助你更加了解自己之外，也將提供給關心你的師長更了解你。若你願意，請根據你的真實狀況繼續地放心填答喔！

How well do you understand yourself? The following checklist helps you understand your level of well-being and stress. The result may be given to professors, instructors or counselors who care for you. If you agree on it, please scan the QR code and log onto the webpage. Thank you.

