

**國立臺灣師範大學**  
**「入學者心理健康與生活適應量表」施測說明**  
**National Taiwan Normal University Mental Health and Life Adjustment Scale**

親愛的同學您好：

歡迎您成為師大人！在每位新生進入師大時，**學生輔導中心**均會協助施行「入學者心理健康與生活適應量表」之調查，目的在於協助您了解自己的心理健康與生活適應狀況，以便本校提供更適切的心理健康與生活適應服務。此項資料之使用將遵守個人資料保護法之規定。

Dear All:

We are glad to have you as a member of NTNU. In order to help you understand your mental health and your adjustment to life in Taiwan, we would like to conduct a brief questionnaire of each freshman entering NTNU. The results will help you understand yourself better, as well as help the university provide the appropriate services for you in the near future. The application of the results will be subject to the restrictions that are stated in the Personal Information Act.

學務處學生輔導中心

Student Counselling Center, Office of Student Affairs

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**如何進入線上量表頁面 How to access the online questionnaire**

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路徑 1

Path 1

手機下載【**臺灣師範大學 APP**】

點選【**新生心理健康**】圖示

Download the "**NTNU App**" on your phone

Tap "**NTNU Mental Health**" icon



路徑 2

Path 2

掃描 QR code 直接進入線上量表

Scan the QR code to access



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若您有相關的填寫問題，歡迎洽詢學生輔導中心（信箱：counseling@ntnu.edu.tw）。  
If you have any questions about filling out the form, please feel free to contact the Student Counseling Center. (Email: counseling@ntnu.edu.tw)