

2019  
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2020

XJTLU

STUDENT  
DEVELOPMENT  
ADVISOR-UNDERGRADUATE  
本科生成长顾问





<b>校长寄语</b>
01-02

<b>关于我们</b>	育人理念	03
03-06	学生成长顾问中心	04
	本科生成长顾问团队	04

<b>President's Message</b>
01-02

<b>About US</b>	Education Concept	03
03-06	Student Development Advice Centre	04
	Development Advisor Team for Undergraduate Students	04

<b>支持与提升项目—Wing Plus</b>	入学教育项目	07
07-15	回归项目 - 习惯养成	09
	回归项目 - 团体咨询	12
	职业启蒙之旅	14
	家庭咨询	15

<b>Support and Enhancement Program - Wing Plus</b>	Induction Programme	07
07-15	Bounce Back Programme-Self Management	09
	Bounce Back Programme-Group Counselling	12
	Career Embarking	14
	Family Counselling	15

<b>学友计划</b>
16-20

<b>成长顾问发展与培训</b>
21

<b>相关资源</b>
22

<b>专业团队</b>
23-28

<b>Buddy Programme</b>
16-20

<b>Development Advisors' Training and Development</b>
21

<b>Other Support</b>
22

<b>Our Team</b>
23-28

## 校长寄语

西交利物浦大学在过去十多年的办学历程中，始终以立德树人为立足点，坚持“以学生为中心”，以促进学生健康成长作为教育的根本。

在西交利物浦大学，学生成长顾问是一支促进学生成长发展的重要团队，其主要任务是：了解学生、亲近学生、关爱学生，关注学生的校园生活、身体健康、情感发展，帮助学生树立正确的人生观与价值观，协助学生处理好学习与生活、兴趣爱好与学术要求、能力与职业规划等关系，帮助学生提升自我发展的能力，使西浦学子完成三个重要转变，即从孩子到年轻人再到世界公民，从被动学习到主动学习再到研究导向的学习，从盲目学习到兴趣导向再到人生规划。

学生成长顾问主要在以下三个方面为学生提供支持：1. 帮助学生融入西浦文化，适应国际化校园环境，设计并搭建帮助学生发生三个转变的运营构架，包括入学教育体系、基础年主题班会体系及针对面临困难的学生所专门设立的 Wing Plus 平台；2. 为学生的在校生活搭建综合社会支持系统的各类服务，包括学友项目、院系欢迎会项目等；3. 整合校内外多方资源，为有需求的学生解决个性化问题的个案咨询服务，如个人问题梳理、学校政策咨询、家庭沟通辅助、校内外专业资源转介以及其他行政事务（政审、评奖评优、离校流程等）支持等。

学生成长顾问既是良师，又是益友，伴随学生大学四年的学习与生活，始终协助学生解决问题，提供建议，与学生一起面对困难，一起讨论问题，一起思考，共同成长和发展。

学生成长顾问与学生长期相处，其言语、行为、态度，甚至是价值观在不知不觉间会影响学生，往往会成为学生的榜样，因此对顾问的个人综合素质、价值观和工作技能要求比较高。学生成长顾问要具备以下特征：

- 具有清晰的身份认同与稳定的价值观；
- 身体健康，有适当的运动及合理的饮食；
- 热爱学生，能够积极倾听学生的经历与感受，表现出真诚的关怀；
- 喜爱阅读，不断扩展自己的知识领域，与时代发展保持同步；
- 喜欢与年轻人相处，有良好的人际关系及社交常识与技能；
- 能够整合自己的经验、感受及行为；
- 懂得从多角度、多层次看问题；
- 掌握一定的心理学理论与灵活的咨询技能；
- 尊重和欣赏自己与别人；
- 在面对改变时，持开放的态度；
- 能投入工作并能够在工作中找寻到意义。

学生成长顾问是大学、家庭、社会三者之间的桥梁与纽带，始终坚守在服务学生的一线岗位，对人的工作有兴趣，重视个人的修养、素质，认同大学的理念及使命，愿意协助发展学生的认知、学术、社交、德育、美育、职业等，与学子们一起成长进步。

学生成长顾问是西交利物浦大学促进学生成长的最重要的队伍和力量，他们常年默默无私奉献，淡薄名利，履行使命，奉献爱心，在此向全体学生成长顾问表达崇高的敬意与感谢。

西交利物浦大学 钞秋玲教授

## PRESIDENT'S MESSAGE

Xi'an Jiaotong-Liverpool University has operated for over ten years, during which it has taken “educating students by virtue” as its foothold, insisted on “student oriented”, and treated students' healthy growth as the foundation of education.

In Xi'an Jiaotong-Liverpool University, student development advisors are a significant team to promote students' healthy growth and development, and their main tasks include to get to know students, be close to them, and care for them; pay attention to their campus life, physical health, and emotional development; help them to establish correct outlook on life and values; assist them to handle the relations between study and life, hobbies and academic requirements, ability and career planning etc.; and help them promote their self-development ability, so that the students in XJTLU can realize the “three transformations” which are from children, to young adults, then to global citizen; from passive learning, to active learning, then to research-led learning; and from blinding learning, to interest oriented, then to life planning. In this situation, how can we encourage and support students to make a change? This is a question worth pondering by our student development advice team.

Student development advisors shall provide support to students mainly in the following three aspects: 1. Help students integrate into XJTLU's culture, and adapt to its international campus environment, and design and establish the operation framework helping students to realize the three transformations, including induction education system, class meeting in the basis year, and Wing Plus service platform specially established for students facing difficulties; 2. Establish the comprehensive social support system for students' campus life to provide all kinds of service, including Buddy Programme, orientation welcome event etc.; 3. Integrate various resources inside and outside the university, and provide the individual consulting service to students in need to solve their personal problems, such as personal problem analysis, university policy consulting, family communication and assistance, referral to professional resources inside and outside the university, and other support for administrative affairs (political examination, appraisal, procedure for leaving the university etc.).

Student development advisors are good teachers and helpful friends who will always accompany you to study and work in the four years of university life, assist you to solve problems, and give suggestions, face difficulties, discuss problems, and think with you, to seek joint

growth and development together.

After getting along with student development advisors for a long time, students shall be unconsciously influenced by their language, behaviours, attitudes, and even values, so they always become models for students. Therefore, we have relatively high requirements on student development advisors' individual comprehensive quality, values, and working skills. Student development advisors should have the following characteristics:

- Have a definite identify and stable values;
- Enjoy good health, do exercises properly, and have reasonable diet;
- Love students, be able to actively listen to their experience and feelings, and show sincere solicitude to them;
- Love reading, and continuously expand their own knowledge to keep pace with era development;
- Love to stay with young people, and have good interpersonal relationships as well as social common sense and skills;
- Be able to integrate their own experience, feelings and behaviours;
- Understand multi-angle and multi-layer problem analysis;
- Grasp some psychological theories and flexible counselling skills;
- Respect and appreciate themselves and others;
- Hold an open attitude while facing any change;
- Be able to concentrate on work, and find the significance of work.

As a bridge and bond among university, family and society, student development advisors have been sticking to the frontline posts to serve students. They are interested in the work involving people, attach importance to personal cultivation and quality, agree with the university's concept and mission, and are willing to assist students develop their recognition, academic attainments, social contact, moral education, aesthetic education, career etc., and to grow and progress with them.

Student development advisors are the most important team and strength to promote the students' growth in Xi'an Jiaotong-Liverpool University. They make selfless contributions all your round, they are indifferent to fame and wealth, and they fulfil their mission and dedicate their love. Lofty respect and sincere thanks are given to all student development advisors here.

Professor Chao Qiuling,  
Xi'an Jiaotong-Liverpool University

## 关于我们

### 育人理念

西交利物浦大学（简称“西浦”）传承中英教育的精髓，帮助学生成长为一个真正的世界公民，使其具备应对当下日益激烈的竞争和快速变化的环境所需的知识、技能、能力、品质和韧性。经过创新探索，西浦初步形成了独具特色的“五星”育人模式，致力于帮助学生在大学实现“三个转变”。

#### • 从孩子到年轻成人再到世界公民

西浦把学生视为年轻的成人，具有独立的人格和责任，培养学生的独立精神和责任感，训练学生发现问题、解决问题、学习以及跟别人合作的能力。在全球竞合的背景下，西浦为学生创造国际化的平台训练和提升他们的跨文化领导力，帮助他们成为真正的世界公民。

#### • 从被动学习到主动学习再到研究导向型学习

在大学期间，西浦着重培养学生的批判性思维和跨学科创造性解决问题的终身学习能力。与国际接轨的教育模式有利于选择留学的学生快速适应国外学习环境。

#### • 从盲目学习到兴趣导向再到关注人生规划

西浦提倡兴趣导向，为大一学生提供自由转专业的机会，并辅之“四大导师”体系（即学术导师、学友、成长顾问、校外导师），引导学生实现“幸福生活、成功事业”的目标。

## ABOUT US

### EDUCATION CONCEPT

Inheriting the quintessence of education in China and the UK, Xi'an Jiaotong-Liverpool University (hereinafter referred to as "XJTLU") aims to help students become a real global citizen, and help them obtain necessary knowledge, skills, abilities, quality and toughness required in the increasingly fierce competition and rapidly changing environment. After innovation exploration, XJTLU has initially established their unique "five-star" education model, dedicated to helping students realize "three transformations" in the university.

#### • From children, to young adults, then to global citizens

XJTLU treats its students as young adults who have independent personality and responsibility, develops their independent spirit and consciousness of responsibility, and train their ability to identify problems, solve problems, learn, and cooperate with others. In the background of global competition and cooperation, XJTLU has established an international platform for its students to train and improve their cross-cultural leadership, and help them become real global citizens.

#### • From passive learning, to active learning, then to research-led learning

During university, XJTLU focuses on the development of students' critical thinking and life-long learning ability of interdisciplinary creative problem solving. The internationally compatible education mode is beneficial for students who will study abroad to quickly adapt to the learning environment in foreign countries.

#### • From blind learning, to interest oriented, then to life planning

XJTLU advocates interest oriented, and provides the opportunity for students to freely change their major in the first year, with the "Four-Advisor" system (including academic advisor, schoolmate, development advisor, and external advisor) as supplementary support, to guide them to realize the objective of "happy life and career success".

### 学生成长顾问中心

西浦融合东西方文化，整合全球资源，有着多元、创新、自由、规则和信任的校园文化环境。为了使国内学生更快融入西浦的国际化环境，成长为品德良好、素质优良、能力超群并且具有国际竞争力的人才，学生成长顾问中心以学生的个人成长为根本，整合学校各方面资源，提供多渠道咨询与引导服务，旨在为学生提供更加有效的支持，促进学生实现自我成长。

### STUDENT DEVELOPMENT ADVICE CENTRE

By integrating Eastern and Western culture and coordinating global resources, Xi'an Jiaotong-Liverpool University (hereinafter referred to as 'XJTLU') has a campus culture of Diversity, Regularity, Innovation, Freedom and Trust. In order to help domestic students adapt into the international culture of XJTLU and become elites with noble personality, outstanding skills and International competitiveness, Student Development Advice Centre (hereinafter referred to as 'SDAC') coordinates various resources and provides comprehensive advisory and guidance services for students. It aims at providing effective supports for students as well as helping students achieve personal growth and development.



### 本科生长成长顾问团队

成长顾问作为“四大导师体系”之一，其目标在于以顾问的视角引导西浦学子体验“三个转变”的过程；以协调者的角色整合多方资源；以专家的身份提供专业的学生支持。

本科生学生成长顾问为不同的对象提供对应的支持，大致分为对大一新生的支持和对高年级学生的支持。主要包括以下六个方面：

### DEVELOPMENT ADVISOR TEAM FOR UNDERGRADUATE STUDENTS

As one of the Four-Tutor System, Development Advisors focus on guiding students to realize 'Three Transformations' as advisors, coordinating various resources as coordinators and providing specialized supports as experts.

Development Advisors for undergraduate students provide corresponding supports according to different groups of students, including supports for freshmen and supports for senior students. The supports mainly include the following six aspects:

#### • 文化融入

针对新生入学适应，成长顾问中心与各部门的学生服务团队为大一学生设计了入学教育项目；针对院系融入，成长顾问中心与各院系联合为学生设计了院系欢迎会。

#### • 个体关注

成长顾问会关注学生在校综合表现，支持学生并给予反馈，对情况特殊且存在风险的学生进行专门支持，包括学业（留级、缺考、挂科）风险、在校融入、人际交往等。

#### • 专门支持

Wing Plus 平台整合校内各部门资源，通过项目支持学生成长。学生可在该平台体验多样化的提升项目。

#### • 班级建设

成长顾问中心为大一学生划分行政班级，针对性地开展各类教育、教学实践活动；当学生选择专业进入院系后，行政班级解散，但成长顾问仍然以院系为单位对学生进行支持。在班级建设的过程中，成长顾问还将对班干部进行选拔与培养，有助于提升学生自我管理、朋辈互助的能力。

#### • 信息推送

学生成长顾问中心整合学校其他部门的资源，为学生推送学业和非学业的资源与通知，包括学生档案维护、学业风险的提示、学校相关资源的说明、不同学习阶段的注意事项等。此外，学生成长顾问会根据学校各部门相关政策规定及社会、生活常识为学生解答一些日常问题，积极回应学生的求助。

#### • 应急处理

成长顾问将根据学校应急流程的安排开展工作。

#### • Adaptation and Integration

For freshmen adaptation, SDAC cooperates with other student service teams to design and launch Induction Programme for Year 1 students.

For Departmental integration, SDAC cooperates with schools and departments to organize Orientation event for students.

#### • Individual-Specific Attention

Development Advisors pay close attention to general performance of students at university and provide daily supports. Development Advisors also offer specific supports to students with difficulties or risks in life and study such as academic risks, adaptation difficulties and interpersonal relationship problems.

#### • Specialized Support

Wing Plus is a platform coordinating resources from different offices in the university to support students' growth and development. Students could participate in various support and enhancement programmes on the platform.

#### • Class Management

Year 1 students are grouped into classes and enjoy a wide variety of activities organized by Development Advisors. Development Advisors support Year 2-4 students by schools and departments after students choose their programmes. The selection and training of class leaders is also a part of class management that contributes to improving students' ability of self-management and peer support.

#### • Information Release

SDAC is also responsible for releasing information and notice to students, such as the maintenance of students' archives, tips for academic risk, introduction of university resources and suggestions at different learning stages. In addition, Development Advisors help with the daily inquiries of students according to university policies, regulations and general knowledge.

#### • Emergency Handling

Development Advisors respond to emergency cases according to emergency procedures of the university.

与此同时，本科生成长顾问团队面向全校 18 个院、系，在成长顾问工作的基础上细分为七个职能发展方向，分工合作。具体如下：

#### 1) 基础运维

大陆籍本科生成长顾问日常工作的支持、协调；

#### 2) 项目支持与提升

学生支持项目平台运维，项目开发、协调，育人探索；

#### 3) 数据

学生成长顾问中心信息系统建设，数据化服务；

#### 4) 宣传

学生成长顾问服务的校内新媒体平台运营；

#### 5) 学生互助

学友体系、伴学社等学生互助组织的资源整合与指导；

#### 6) 培训与发展

学生成长顾问培训发展体系的设计、执行，团队文化建设；

#### 7) 应急支持

学生应急事件支持，相关资源协调。

The team of student development advisors for undergraduates are geared to 18 colleges and departments throughout the university, and the work of student development advisors are subdivided into seven functional development directions for them to share out and cooperate with each other. The specific contents are as follows:

#### Operation:

support and coordinate the daily work of undergraduate student development advisors from Mainland China;

#### • Support and enhancement program:

operation and maintenance student support project platforms, project development and coordination, and education exploration;

#### • Data

construction of information system for student development advisor centre, and data service;

#### • Promotion

operation of campus new media platform for student development advisor service;

#### • Student mutual support

resource integration and guidance for mutual assistance organizations such as buddy programme, peer tutoring club etc.

#### • Training and development

design and implementation of student development advisor training and development system, and team culture construction;

#### • Emergency support

support for students' emergencies, and coordination of relevant resources.



## 支持与提升项目—Wing Plus

为满足学生多样化的需求，学校整合校内各部门资源，搭建了Wing Plus平台，通过不同的项目支持学生成长。平台运营团队会不断研究学生需求，挖掘校内外资源，为平台带来更多支持项目，覆盖更多学生。

截至2019年5月，Wing Plus平台共开设了六个学生支持项目，包括入学教育项目、回归项目-习惯养成、回归项目-团体咨询、职业启蒙之旅、家庭咨询、学友计划。学生可通过ICE查询各项目开放时间，报名参与。

\*任何咨询、建议，可联系Wing Plus运营团队：[WingPlus@xjtlu.edu.cn](mailto:WingPlus@xjtlu.edu.cn)

### 入学教育项目

高中的环境、文化与大学存在巨大的差异，新生刚步入大学，在适应新环境上存在一定的挑战，尤其在多元、创新、自由、规则、信任的西浦。入学教育项目应运而生——引导大一新生从入学前开始了解西浦、入学后尽快适应西浦。

从新生收到录取通知书开始，直到大一第一学期末，入学教育会在新生不同阶段通过线上、线下结合的方式，帮助其熟悉校园环境、提高自我管理能力和人际交往能力，鼓励新生充分利用学校资源。

项目主要分为三个阶段：入学前（Pre-Arrival）；入学教育周（Induction Week）；教学周（Post-Induction）。

- **入学前**  
新生会收到入学教育的相关材料，提前了解学校概况。《梦想捕手-新生入学攻略》，不是枯燥的说明，而是一个任务清单式的校园使用攻略，有趣生动。
- **入学教育周**  
新生需参加开学典礼、各类主题讲座（西浦文化与支持、学术规范等）、同乡交流会、迎新班会。
- **教学周**  
新生需按照入学手册的要求，完成相关任务。同时，参与自己感兴趣的主题活动。

## SUPPORT AND ENHANCEMENT PROGRAM - Wing Plus

To meet students' diversified demands, the university has integrated the resources of all departments in the university, and established the Wing Plus platform, to support students' development through different programmes. The platform operation team shall continuously research students' demands, and explore resources inside and outside the university to bring more support programmes, and serve more students.

By May, 2019, Wing Plus platform had established six student support programmes, including Induction Programme, Bounce Back Programme - Self management, Bounce Back Programme - Group Counselling, Career Embarking, Family Counselling, and Buddy Program. Students can inquire the opening time of all programmes through ICE, to sign up and participate in.

\* If you have any consultation or suggestion, please contact Wing Plus operation team: [WingPlus@xjtlu.edu.cn](mailto:WingPlus@xjtlu.edu.cn)

### INDUCTION PROGRAMME

There are huge differences in the environment and culture between high school and university. While entering the university and adapting to the new environment, the freshmen shall definitely meet some challenges, especially in XJTLU with diversification, innovation, freedom, rules, and trust. Therefore, the Induction Programme rises in response to the proper time and conditions, to guide freshmen to understand XJTLU before entrance, and adapt to XJTLU as soon as possible after entrance.

Starting from the time when the freshmen receive the letter of admission, the Programme shall last the first semester of freshman year, and it aims to help the freshmen quickly get familiar with campus environment, improve their self-management and interpersonal skills, and encourage them to take full advantage of university resources with the combination of online and offline methods in different phases of freshmen.

The Programme is mainly divided into three phases: Pre-Arrival, Induction Week, and Post-Induction.

### 新生校长下午茶

“校长下午茶”活动是《梦想捕手》里“新生任务”的终级奖励。新生任务包括主动了解学校资源、学习基本重要工具、参加入学教育、主动与他人沟通合作、提交学习感悟文章等。当学生完成了这些任务后，将有机会获得与校长共进下午茶，学生可以在下午茶活动中与校长面对面交流，分享学习和生活经验。

该活动已成功举办三期，从仅针对大陆学生，到中外融合，共同探讨交流，文化碰撞。学生对此反响热烈。

• Pre-Arrival, the freshmen will receive relevant materials for the Induction Programme, and get to know the university in advance. Different from boring description, the Student Guide Book is a use strategy in the form of task list, which is interesting and alive.

• Induction Week, the freshmen need to participate in the opening ceremony, all kinds of themed lectures (including XJTLU culture and support, academic standards etc.), exchange meeting of fellow provincials or townsmen, and departmental orientation welcome event.

• Post-Induction, the freshmen need to complete relevant tasks according to the requirements in Admission Handbook, and participate in the themed activities they are interested in.

### AFTERNOON TEA WITH THE PRESIDENTS

“Afternoon Tea with the Presidents” activity is the final prize for the “freshmen tasks” in the “Chase the Dream” guide book. The freshmen tasks mainly include to actively understand university resources, learn basic key tools, participate in the Induction Programme, actively communicate and cooperate with others, submit the paper about learning perceptions etc. After completing those tasks, the students may have the opportunity to have afternoon tea with the presidents, communicate with the president face to face, and share their learning and life experience. The activity has been successfully held for three times, in which there were only students from Mainland China at the beginning, but now there are students from China and foreign countries. They discuss and exchange with each other, and have all kinds of culture collision. The activity receives a warm response among students.



## 回归项目 - 习惯养成

2016年9月，成长顾问中心推出“回归项目”。该项目针对自我管理能力较弱的重修生、挂科生，通过陪伴学生、给予积极关注，提升学生的自我效能感，养成健康的生活、学习习惯。截至2019年5月，回归项目-习惯养成已经成功举办5期，为1300多名学生提供支持。

### 项目的核心目标

- 促进学生养成良好的生活、学习习惯；
- 促进学生自我认知，对自我概念有更准确的定位；
- 拓展学生人际边界，修正学生人际体验；
- 增强学生自我效能感，激发学生获取资源的动力；
- 降低学生的自我怀疑感和羞耻感。

## BOUNCE BACK PROGRAMME-SELF MANAGEMENT

The Student Development Advise Centre launched the “Bounce Back Programme” in September, 2016, which was designed for students retaking subjects and failing in exams who have relatively weak self-management ability. It aims to improve their self-efficacy, and help them develop good living and learning habits by accompanying them and giving positive regard. By May, 2019, the Bounce Back Programme had been successfully held for five times, and provided support for over 1,300 students.

### CORE OBJECTIVES OF THIS PROGRAMME

- Help students develop good living and learning habits;
- Improve students' self-cognition, and develop more accurate positioning of self-concept;
- Expand students' interpersonal boundary, and correct their interpersonal experience;
- Increase students' self-efficacy, and motivate their power to obtain resources;
- Reduce students' self-doubt and sense of shame.

### 回归项目的组成

回归项目由每日打卡、每周例会、周挑战及选修活动组成，报名的学生被分至10-15人的小组，每组有一名带队老师陪伴度过整个项目周期（一般为7周），以促进学生们养成积极的行为习惯。

- **每日打卡**—早起、上课、自习、运动，带队老师会督促同学们完成打卡目标，成员之间也需要互相监督。
- **每周例会**—带队老师和团队同学回顾上周的生活和学习，制定下周的目标。
- **周挑战**—根据团队自身情况，制定个人或团队的挑战，激发学生动力，挑战可以包括学业、人际等。
- **选修活动**—艺术沙龙、素质拓展等活动，丰富团队活动，增加团队凝聚力。

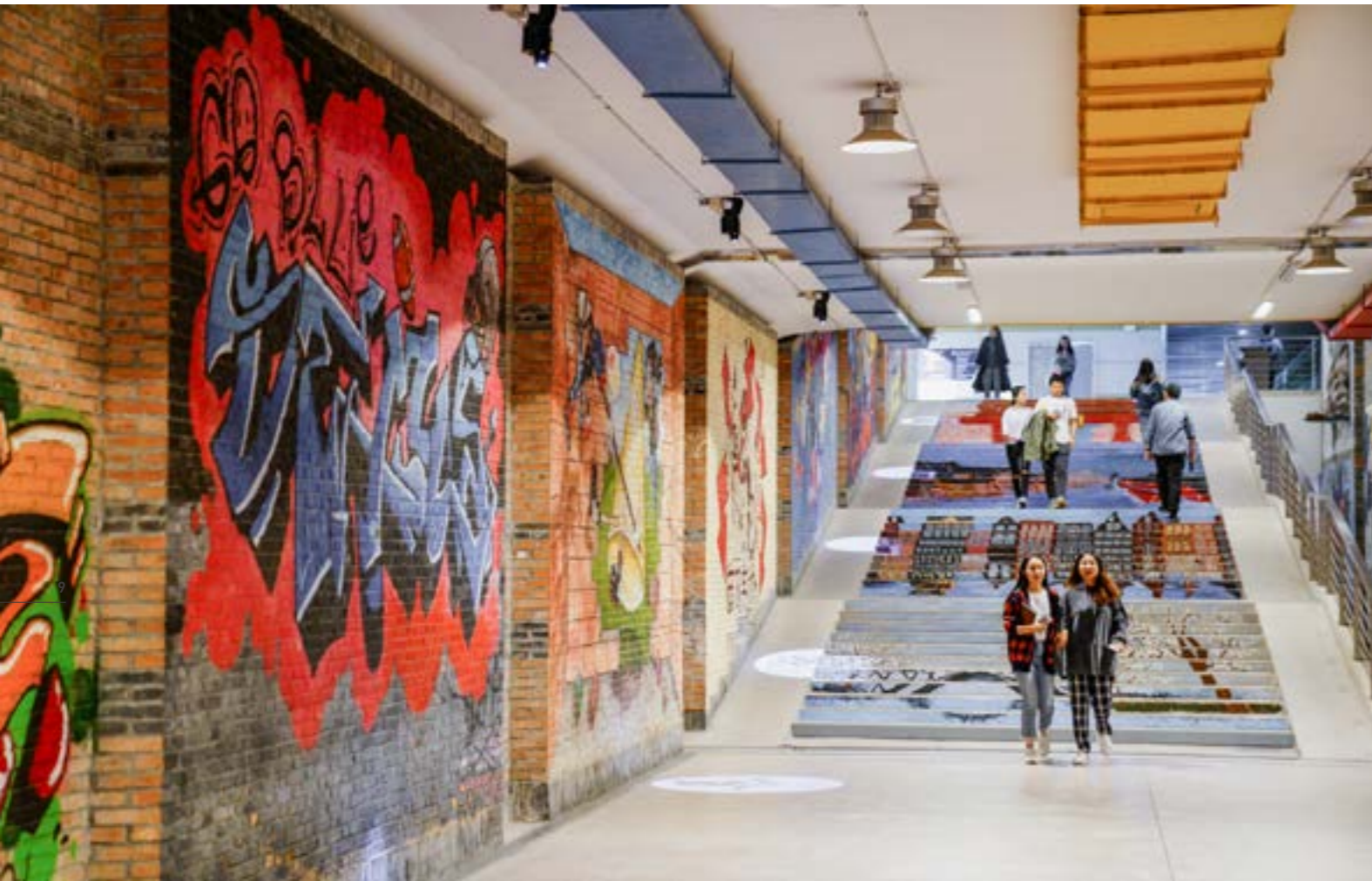
详情可咨询 [BBP.selfmanagement@xjtlu.edu.cn](mailto:BBP.selfmanagement@xjtlu.edu.cn)

### COMPOSITION OF BOUNCE BACK PROGRAMME

The Bounce Back Program is composed of daily clocking-in, weekly meeting, weekly challenge, and optional activities. The students signing up shall be divided into different groups, 10-15 people per group, and a group leading teacher in each group shall accompany them in the whole program period (generally, 7 weeks), thus to help students develop positive behavioural habits.

- **Daily clocking-in** – get up early, attend classes, review lessons, and make exercises, and the leading teacher will supervise students to complete their clocking-in objectives, while the group members will supervise mutually as well.
- **Weekly meeting** – the leading teacher and the group members shall review the life and study in last week, and set up the objectives for next week.
- **Weekly challenge** – in accordance with the conditions of each group, prepare individual or team challenges, to activate students' motivation. Such challenges may include academic challenge, interpersonal challenge etc.
- **Optional activities** – art salon, quality development etc. to enrich team activities, and increase team cohesiveness.

For detailed information, please consult [BBP.selfmanagement@xjtlu.edu.cn](mailto:BBP.selfmanagement@xjtlu.edu.cn)



## 成员参与心得

“参加项目之前，我的人际交往只禁锢在自己的小圈子里，不愿意主动去交朋友。在回归项目中，我发现在团体中总有三四个特别谈得来的朋友，我会发现其实自己并不是不善言谈、孤僻冷漠的人，也许仅仅是因为过去的惯性导致交往和学习特别单调。”

“参加团体是对自己的承诺。作为一个三心二意的人，能够坚持下来做一件事情是非常开心的，让我更好地计划每一天的安排，过得充实而有意义。”

“真正地感受到一个团体、一个朋友、一份家人的感觉。团体中我们互相鼓励、互相约束，早起、运动、看书、钢琴，在以前被游戏、睡觉等占用的时间，都开始慢慢归还给积极向上的生活方式；项目结束时团体打卡次数高达 1163 次，这给了我们莫大的肯定。同时，我们也开始反思，为什么之前做不到，因为懒、因为拖延，给自己找各种各样的理由。不过，还好我们最终寻求了改变，决定参加 Bounce Back，算是给自己的一份坚守和承诺。很开心，我们做到了！”

## PARTICIPANTS' FEELINGS AND EXPERIENCES

"Before participation in this Programme, my interpersonal communication was only limited in my own small circle, and I was unwilling to actively make friends. In the Bounce Back Programme, I discovered that there were always three or four friends I could get along well with, I was not such kind of people who was bad at communication, unsociable, and indifferent, and the reason for my past monotonous interpersonal communication and learning may be just the past inertia."

"Participating in the group is my commitment to myself. As a half-hearted person, it is a very happy thing to be persist in one thing, so that we can better arrange every single day, and have a full and significant life."

"Truly experience the feeling of group, friend and family. In the group, we encourage and restrain each other, and get up early, take exercises, read books, and play piano together. The time which was occupied by games, sleeping etc. in the past is gradually returned to positive life style; after completing a positive activity, the times of team clocking-in reached up to 1163 at the end of the programme, which was the greatest affirmation for us. Meanwhile, I started to make self-examination, and the reason why we could not do it in the past was laziness, procrastination, and finding all kinds of excuses for myself. Fortunately, we finally decided to make a change, and participate in the Bounce Back Programme, which was a kind of persistence and commitment for myself. I am very happy that we did it!"



## 回归项目 - 团体咨询

团体咨询，是一种在团体情境下进行的心理辅导形式，Wing Plus 平台的团体咨询项目面向全体重修生。由专业的心理咨询师带领 6-8 位成员，一起探索内心世界，接纳自我、理解他人，提升人际交往能力与技巧，把这些能力迁移到学习中，养成良好的生活习惯、战胜学业困难。

截至 2019 年 5 月，回归项目 - 团体咨询历时 5 期，已经形成了较为完善的四大支持性心理团体，学生可自由报名参加感兴趣的课题。

### 自我探索——你所不知道的自己

探索自我的思维、情绪、性格、人际交往模式等，促进自我认识、自我接纳、自我价值感。

### 家庭圆舞曲 ——家会伤人，也能愈人

从家庭的角度看待问题，揭示家庭内部隐藏和压抑的冲突，调动家庭原有的积极资源和力量。

### 爱情关系的六周修炼——爱，是一门艺术

探索当代大学生如何经营亲密关系，促进学生在这份关系的修炼中，更好地认识自我，促进心智的成熟。

### 六周正念·冥想之旅——提升专注力

以提升专注力为主要目标，冥想练习和书写练习为辅助方式，使得成员从问题中脱身，重新掌握生命的方向和质量。

详情可咨询 [BBP.groupcounselling@xjtlu.edu.cn](mailto:BBP.groupcounselling@xjtlu.edu.cn)

## BOUNCE BACK PROGRAMME-GROUP COUNSELLING

Group counselling is a form of psychological guidance provided in a group situation, and the Group Counselling Programme of WINPLUS platform is geared to all students retaking subjects. A professional psychological counsellor shall lead 6-8 members to explore their inward world together, accept themselves, understand others, improve their interpersonal communication abilities and skills, and transfer abilities to learning, thus to develop good living habits, and overcome academic difficulties.

By May, 2019, the Bounce Back Programme - Group Counselling had been held for 5 times, and had formed four relatively complete supportive psychological groups. Students are free to sign up for the themes they are interested in.

### Self-exploration - the Self That You Don't Know

Explore your own thoughts, emotions, personalities, interpersonal communication modes etc., and promote self-awareness, self-acceptance, and sense of self-value.

### Family Waltz - the Family May Hurt You, But Still Can Heal You.

Analyse problems from the angle of family, reveal the hidden and oppressive conflicts within the family, and motivate the original positive resources and strength in the family.

### Six-Week Practice of Love Relationship - Love Is an Art.

Explore how contemporary university students operate their intimate relationship, and help students to practice love relationship, thus to better understand themselves, and promote their mental maturity.

### Six-Week Travel of Mindfulness and Meditation - Improve Concentration.

Take the improvement of concentration as the main objective, and use meditation practice and writing practice as auxiliary means to help students get away from problems, and regain the direction and quality of life.

For detailed information, please consult [BBP by groupcounselling@xjtlu.edu.cn](mailto:BBP by groupcounselling@xjtlu.edu.cn)



### 团体咨询寄语

“团体的力量强大在于每一位成员可以从多位其他成员的经验、讨论中吸取营养，而不仅仅从带领者个人处收获成长。每位成员都有自己的优势与资源，当处于一个安全、接纳的氛围时，成员就敢于坦诚地分享，从而发现他们内在动力，提高自我价值感。团体成员之间特殊的连结，也降低了成员由于某些外在现实带来的挫败感和人际上的孤独感。在这一增一降之间，团体即让成员在自我认识、自我接纳、人际主动性、爱的表达等方面收获满满。”

### MESSAGE FROM GROUP COUNSELLING

“The powerful strength of a team depends on that every member can absorb nutrition from other members' sharing and discussion, rather than just gaining from its leaders. Every member has his or her own advantages and resources. The safe and receptive environment can increase their courage to share frankly, thus to discover their own internal motivation, and enhance their sense of self-value. The special bonds among team members also reduce their frustration and interpersonal aloneness brought by some external realities. During the process of such increase and reduction, the team members shall gain a lot in the aspects of self-awareness, self-acceptance, interpersonal initiative, expression of love etc.”



## 职业启蒙之旅

### 企业参访

该项目为学困生提供企业参访的资源。通过与企业的互动，建立学生与企业之间的联结、理论与实践的联结，拓展学业培养的宽度与深度。同时为学生提供一接触社会、了解专业的实践平台。学生在参与过程中，感受到“学生心态”与“职场人心态”的碰撞，观点、行为等都会有所调整，促进职业生涯发展。

活动设置：时长半天（3小时）  
详情可咨询 [job@xjtlu.edu.cn](mailto:job@xjtlu.edu.cn)

### 职场初体验

职场初体验为有时间、有意愿参加实习的学困生提供实习资源，帮助其与企业的空缺职位完成匹配。职场的锻炼利于学生生活状态上的调整，规律的上班时间能够很好地改善作息，并且学生能通过完成工作任务，提高自我效能感，在提升自我价值的过程中逐步增强学习动机和自我管理能力。

详情可咨询 [careers@xjtlu.edu.cn](mailto:careers@xjtlu.edu.cn)

## CAREER EMBARKING

### COMPANY VISIT

The Programme provides company visit resources for students with learning difficulties. Through the interaction with companies, the Programme establishes a link between students and companies, and between theory and practice, thus to expand the width and depth of academic development, and provide a practice platform for students to learn about society and their majors. While participating in the Programme, the students can experience the conflict between “students' mental state” and “working people's mental state”, thus to adjust their opinions, behaviours etc., and promote their career development.

Activity setting: half day (3 hours)

For detailed information, please consult by [job@xjtlu.edu.cn](mailto:job@xjtlu.edu.cn).

### INTERNSHIP PROGRAMME

The Internship Programme aims to provide internship resources for students with learning difficulties who have time and are willing to participate in internship, and help them to match with vacant jobs in the companies. The internship in workplace shall help students to adjust their life and learning state, the regular working time shall help them to improve their work-rest schedule, and the students can improve their self-efficiency by completing work tasks, and gradually strengthen their learning motivation and self-management ability during the enhancement of self-value.

For detailed information, please consult by [careers@xjtlu.edu.cn](mailto:careers@xjtlu.edu.cn)



## 家庭咨询

大学生群体在离家后,与原生家庭的关系似“远”又“近”。特别在面对冲突时,关于家庭的种种“旧账”又跑到前头,变成了亟待解决的内容。如果不去挑战家庭那种熟悉的确定性,不去探索其他能够变好的可能性,冲突就慢慢演变成僵局。

家庭咨询,正是这样的一种能够扩展家庭成员之间的理解与改变的可能性的选择。

### 项目目标

- 更好地培养心理界限意识、良性的互动模式
- 增强家庭成员的沟通
- 提高解决问题的能力
- 共情他人和情绪管理的能力;

家庭咨询以整个家庭作为单位来规划和进行咨询,通常邀请家庭内的全部成员(一般是父母和孩子)共同参加咨询,每次咨询时间一般为90分钟,咨询周期通常3-5次或更多。

该项目由西交利物浦大学学生心理咨询中心与上海同济健康咨询中心、苏州市未成年人健康成长指导中心(“苏老师”项目)合作,面向所有大陆学生开放。

\* 家庭咨询是收费项目,费用由供应商收取,西交利物浦大学负责场地提供及质量监督。

详情可咨询邮箱 [WingPlus.FC@xjtlu.edu.cn](mailto:WingPlus.FC@xjtlu.edu.cn) 或电话 0512-88161815。

## FAMILY COUNSELLING

After leaving home, the university students are so “far”, yet “so close” to their original family, especially when they are in face of conflicts, all kinds of “old debts” from the original family pop out, and become problems urgently needing to be solved. If they don’t challenge such familiar certainty in the family, and don’t explore the possibility of getting better, such conflicts shall gradually enter a deadlock.

Family Counselling is an option to extend mutual understanding among family members and realize the possibility of change.

### PROGRAMME OBJECTIVES

- Better develop awareness of psychological boundaries, as well as benign interaction modes.
- Strengthen communication among family members
- Improve their problem-solving ability
- The ability of empathizing others and emotion management.

Family counselling shall be planned and implemented with a whole family as a unit, and typically, we will invite family members (generally, parents and children) to participate in the counselling together. Generally, the time for each counselling is 90 minutes, and it shall be carried out for 3-5 times or more.

This Programme is cooperated by the Student Psychological Counselling Centre of Xi’an Jiaotong-Liverpool University, Shanghai Tongxin Jici Health Counselling Centre, and Suzhou Minor Healthy Growth Guidance Centre (“Teacher Su” Programme), and is geared to all students from mainland China.

\* Family Counselling is charging item. The fee shall be charged by the supplier, and XJTLU shall be responsible for site preparation and quality supervision.

For detailed information, please consult by email ([WingPlus.FC@xjtlu.edu.cn](mailto:WingPlus.FC@xjtlu.edu.cn)) or phone (0512-88161815).

## 学友计划

学友计划始于2009年8月,是西浦四大育人体系之一。通过优秀朋辈学长的交流和指导,为低年级国内、海外学生提供引导,帮助其切实有效地解决生活学习上的困难,适应熟悉大学生活,实现自我发展。学生之间没有年纪隔阂,彼此间可以畅所欲言,新生更容易接受。

学友的文化“泛爱众”三个字,出自《论语·学而》——“弟子入则孝,出则悌,谨而信,泛爱众,而亲仁,行有余力,则以学文”,体现了学友博爱、无私的文化。

学友计划目前包含四大体系:生源地、行政班、海外生和校友学友。

**生源地学友:**准大一学生入学前,生源地学友作为当地的学长、学姐,在官方生源地QQ群解答新生们在入校前的各种疑问;

**行政班学友:**大一新生入学后,行政班学友将会带领新生们熟悉校园,适应西浦,解答新生们入校后的各种问题;

**海外生学友:**海外生学友项目帮助中外学生加强文化交流,适应西浦环境;

**校友学友:**校友学友是指已经毕业的学友,毕业后积极向西浦在校学生分享自己的经验,帮助在校生长成。

## BUDDY PROGRAMME

Starting from August, 2009, the Buddy Programme is one of four educational systems in XJTLU.

Communication and guidance through excellent peers, the Buddy Programme provides guidance for domestic and foreign students in the freshman year, and help them to effectively solve difficulties in life and study, adapt to university life, and realize self-development. There is no age gap among students, so they can talk freely with each other, which is more acceptable for freshmen.

The buddy culture – overflow in love to all – is originated from the Analects of Confucius • Xue Er, “A youth, when at home, should be filial and, abroad, respectful to his elders. He should be earnest and truthful. He should overflow in love to all and cultivate the friendship of the good. When he has time and opportunity, after the performance of these things, he should employ them in polite studies.” It shows the philanthropic and selfless culture among buddies.

At present, the Buddy Programme includes four systems: Local Buddy, Class Buddy, Overseas Buddy, and Alumni Buddy.

**Local Buddy:** before the freshmen arrive at the university, as their local upperclassmen, the local buddies can answer the freshmen’s all kinds of questions through the official Local Buddy QQ Group.

**Class Buddy:** after the freshmen arrive at the university, the class buddies shall lead them to get familiar with the campus, adapt to XJTLU, and answer all kinds of questions.

**Overseas Buddy:** the overseas buddy programme provides mutual benefits for local and international students to enhance cultural understanding.

**Alumni Buddy:** the alumni buddies refer to schoolmates who have graduated, but actively share their experience to students in XJTLU, and help with their development.



## 学友活动

### 游园会

为了让新生尽快融入西浦生态，每学年的新学期，学友计划都会组织全体新生的游园会活动。具体形式为学友带领新生认识和熟悉校园环境、教学楼等。

### 海外生迎新派对

国际化的环境是西浦的一大特色，海外生也是西浦学生群体的重要组成部分。为了帮助海外生能够在异国他乡融入苏州文化，大一上学期初，学友计划都会组织海外生迎新派对，以帮助海外生融入西浦。

### 感恩节活动

学友计划的核心文化是“泛爱众，家文化”。每年感恩节，学友计划都会通过“一封酥信”、“寄情于物”等活动，让大家更加深刻地了解和体会学友的文化，学会感恩。

### 大小 Buddy 躁起来

忙碌的学习生活也需要放松一下。在大一上学期末，学友计划会组织一系列娱乐活动，以期学友们和新生们在娱乐活动中放松心情、增进感情。

### 学友计划年度典礼

学友的任期是 1 年。为了感谢学友在这一年为新生提供的各种帮助和支持，每年 4 月，学友计划都会举行年度颁奖典礼，感谢学友们的付出，同时也为学友们一年的奉献画上圆满的句号。



## BUDDY PROGRAMME ACTIVITIES

### CAMPUS TOUR

To make sure that new students can integrate into XJTU's ecology as soon as possible, the Buddy Programme organizes a garden party for all new students in the new semester of every academic year, in which, the buddies shall lead new students to know and get familiar with campus environment, teaching buildings etc.

### OVERSEAS WELCOME PARTY

International environmental is one of major characteristics of XJTU, and overseas students are also a significant part of XJTU students. To help overseas students to integrate into Suzhou culture in such a foreign land, the Buddy Programme always organizes a welcoming party for overseas students at the beginning of the first semester of freshman year, to help overseas students integrate into XJTU.

### THANKSGIVING ACTIVITY

The core culture of Buddy Programme is “universal love and family culture”. On the Thanksgiving Day every year, the Buddy Programme organizes the activities such as “A Letter to Jesus”, “Express Love through Objects” etc., so that people can have a deeper understanding and experience on the buddy culture, and learn to be grateful.

### EVERY BUDDY HANDS UP

Busy school life also needs some relaxation. At the end of the first semester of freshman year, the Buddy Programme organizes a series of entertainment in which buddies and new students can relax their minds and promote their relationship.

### ANNUAL CEREMONY OF BUDDY PROGRAMME

The term of a buddy is 1 year. To express our gratitude to buddies who provide all kinds of help and support to new students, in every April, the Buddy Programme holds an annual award ceremony to express thanks to buddies' contributions, and draw a full stop for their dedications in the year.

## 学友故事

### 行政班学友：高年级学长向新生传递自己的经验

应用数学专业的一年级学生陈伟业，在入学之初曾对新接触的微积分和线性代数感到困惑，很多内容都听不懂。“我就一直‘骚扰’大 buddy，经常在她玩的时候给她发微信问题目，而她都会给我耐心解答”。陈伟业在大 buddy 面前特别“皮”。陈伟业的大 buddy，是位高个子的帅气女生——高雅雯。这位大二的学姐不仅给陈伟业讲解做题的思路，还会多给他一些同类型的题目做练习。开学后的短短一个月，在学姐的帮助下，陈伟业的学习越来越上手了。“现在我会自己找题做，不断归纳总结”。

而担任大 buddy 的经历，让高雅雯收获的则是一群学弟的满满的友情。

“我们的大 buddy 习惯熬夜，早上起不来、不吃早餐，这是很不健康的生活方式”。大一生物科学专业的殷子涵说，“所以我们就每天叫她起来，带她吃早餐”。整整一个月，高雅雯的小 buddy 们每天轮流带她吃早饭，帮她把作息习惯调整过来。想起那一个月的“痛苦”经历，高雅雯非常感动：“虽然每天早起真的太痛苦了，但是也多亏了他们，让我过得很养生”。



## BUDDY STORY

### CLASS BUDDY: A SENIOR SHARES HER EXPERIENCE WITH FRESHMEN

Weiye Chen, a freshmen in the major of Applied Mathematics, once felt confused about the calculus and linear algebra which was new to him in his first-year study, and he couldn't understand many contents. “I ‘harassed’ my big buddy repeatedly, and often text her when she is having fun, but she always patiently explained to me; Weiye is very “naughty” in front of his big buddy. Weiye's big buddy is called Yawen Gao, a tall and cool girl. The sophomore buddy not only explained the thought of solving problems, but also gave him exercises of the same type to practise. After a month, Weiye's learning is getting better and better, “now I will find exercise by myself and keep summing up.”

Yawen also obtained precious friendship from such a group of juniors while being a big buddy.

“Our big buddy got used to staying up late, so she couldn't get up in the morning and didn't eat breakfast. Such lifestyle was really unhealthy”, said by Zihan Yin, a freshman in the major of Biological Science, “so we asked her to get up every day, and brought her for breakfast.” During a month, Yawen Gao's little buddies took her for breakfast every day, and helped her adjust her daily schedule. Thinking of that one-month “miserable” experience, Yawen was very touched, “getting up early was really painful, but thanks to them, now I have a healthy life.”

## 海外生学友：跨文化交流，为彼此带来成长契机

当英国利物浦大学的交换生 Alice Averley 第一天踏上苏州土地，她感觉自己就像一个“初生的婴儿”。“怎么上网？怎么打车？如何办理银行卡？去哪里购物？我完全手足无措”。Alice 说，“事实上这是我第一次来到亚洲，语言的限制让很多日常的事情对我来说都变得很困难”。幸运的是，学校为她提供了学友的支持——来自建筑学专业的大二学生李禹锐成为 Alice 的大 buddy。李禹锐带着初到苏州的 Alice 去狮子林、苏州博物馆参观游览，充当起了“小导游”的角色，目的就是让这位外国朋友尽快熟悉这座城市。而 Alice 也连声赞叹“这对我来说是完全新奇的体验”。

不仅如此，相同的专业背景，使得李禹锐和 Alice 在学业上也能深入交流。利物浦大学的学生擅长手绘图，而西浦的建筑课程对电脑软件的运用技巧要求很高，Alice 在这方面获得了李禹锐的不少帮助。而对李禹锐来说，英语毕竟是他的第二语言，“在平时的论文写作上，Alice 会给我很多建议，让我的语言更专业、更地道、更接近母语”。平日，李禹锐对英音很着迷，在与 Alice 相处的耳濡目染中，他也在不断模仿和学习英式发音。“学语言最快最有效的方式就是与真实的人交流”。

## Overseas Buddy: Cross-cultural Communication Brings Growth Opportunity for Each Other

On the first day when Alice Averley, an exchange student of Liverpool University, set foot on Suzhou, she felt like a “newborn baby”. “How to surf the Internet, how to take a taxi, how to get a bank card, and where can I go shopping? I totally lost my mind,” Alice Said, “actually, this was my first time to Asia, and due to the language limitation, the daily things became very difficult to me.” Fortunately, the university provided her the buddy support. A sophomore in the major of Architecture, Yurui Li became Alice’s big buddy. As her ‘little tour guide’, Yurui took Alice to visit Lion Grove and Suzhou Museum, helped the foreign friend get familiar with this city. Alice highly praised, “That was completely novel experience for me.”

Furthermore, due to the same professional background, Yurui Li and Alice could also make deep academic communications. Students from University of Liverpool are good at freehand sketching, well, the architecture courses in XJTLU require skills in computer software. Yurui helped Alice a lot on computer software. For Yurui, English is his second language. “Alice gives me a lot of suggestion about academic writing so that my language expression can be more professional, authentic, and closer to the native language.” Yurui is obsessed with British English. He keeps imitating and learning British pronunciation while getting along.



每年的4月中旬，学友计划将通过ICE进行新一轮的学友报名招募，包括生源地学友、班级学友和海外生学友，欢迎大家加入我们！

官方邮箱：[Buddy@xjtlu.edu.cn](mailto:Buddy@xjtlu.edu.cn)

Mid-April every year, the Buddy Programme recruits new buddies through ICE, including local buddies, class buddies, and overseas buddies. Welcome to join us! Official email: [Buddy@xjtlu.edu.cn](mailto:Buddy@xjtlu.edu.cn).





## 成长顾问发展与培训

学生成长顾问队伍的职业化建设是发挥成长顾问角色作用和意义的关键。为了帮助成长顾问更好地胜任工作，最大化发挥自身的优势，为学生提供专业的支持，成长顾问中心不断完善培训与发展体系。从团队建设方面，打造积极的团队文化氛围，保持成长顾问的工作热情，培养持续学习的工作习惯；从个体能力方面，从胜任力素质的五个模块“知识、技能、自我概念、特质、动机”出发，系统地提高每一位成长顾问对工作的胜任力。

### 培训与发展的内容

- **能力素质工作坊**：采用团体辅导和训练的形式，以体验和感受为中心，采用“教练式”的培训模式，帮助成长顾问掌握实用的工作实务和技能。
- **同辈督导**：借助同辈间的交流和讨论，使成长顾问能够将工作中的优秀经验进行分享，并能够在团队中学习到更好的处理疑难和特殊案例的方法。
- **个人督导**：邀请有心理学和教育学等知识储备，有丰富学生管理经验的老师担任督导师，采用半结构式的方式围绕工作认同、团队融入、学生管理方法、人际互动模式等主题，帮助成长顾问适应工作环境，更好地去理解学生管理工作。
- **其他**：除此之外，成长顾问中心不定期地组织读书会、知识竞赛、辩论赛等有趣且丰富的形式，寓教于乐。在陪伴学生成长的过程中，保持自己的持续成长和发展。

## DEVELOPMENT ADVISORS' TRAINING AND DEVELOPMENT

The professionalism construction is the key to bring the effect and significance of student development advisors into play. To help every development advisor to be more competent at their jobs, give full play to their advantages, and provide professional support for students, the Development Advice Centre has continuously improved the training and development system. In the aspect of team construction, they create positive team culture, maintain work enthusiasm as development advisors, and develop the work habit of continuous learning; and in the aspect of personal abilities, they systematically improve every development advisor's competence from the five modules including "knowledge, skill, self-concept, individual trait, and motivation".

### Training and development contents

- **Ability and quality workshop**: In the form of group guidance and training, centered on experience and feelings, using a "coaching" training model to help development advisors master practical work practice and skills.
- **Peer supervisor**: relying on communication and discussion among peers, the development advisors can share excellent experience during the work, and learn better methods to solve difficult problems and special cases from the team.
- **Individual supervisor**: invite the teacher having a good knowledge of psychology, pedagogy as well as abundant student management experience to be the supervisor, centered on the themes such as work identification, team integration, student management, interpersonal interaction mode to help the development advisors adapt to working environment and better understand student management work in a semi-structured form.
- **Furthermore**: the Development Advice Centre organizes interesting activities in various forms such as reading clubs, knowledge contest, debates from time to time for edutainment. While accompanying students to grow up, the development advisors keep their own growth and development as well.

## 相关资源

### 学生一站式服务中心

0512-88161854  
[Onestop@xjtlu.edu.cn](mailto:Onestop@xjtlu.edu.cn)  
Add: CB-115E

### 学生宿舍服务

0512-88161857  
[accommodation@xjtlu.edu.cn](mailto:accommodation@xjtlu.edu.cn)  
Add: CB-115E

### 学生心理咨询中心

0512-88161815  
[counsellingservice@xjtlu.edu.cn](mailto:counsellingservice@xjtlu.edu.cn)

### 教务

0512-88161230  
[academicsservices@xjtlu.edu.cn](mailto:academicsservices@xjtlu.edu.cn)  
(Add: CB-8F)

### IT 服务

0512-88161250  
[It-service@xjtlu.edu.cn](mailto:It-service@xjtlu.edu.cn)

### 就业服务与职业规划

0512-81888307/8308  
[careers@xjtlu.edu.cn](mailto:careers@xjtlu.edu.cn)

### 健康与安全事务办公室

0512-88161005

### 校园警务室

0512-81888377  
地点: 基础楼 FB259  
工作时间: 周一至周五 9:00-17:00

## OTHER SUPPORT

### ONE-STOP STUDENT SERVICE CENTRE

0512-88161854  
[Onestop@xjtlu.edu.cn](mailto:Onestop@xjtlu.edu.cn)  
Add: CB-115E

### STUDENT ACCOMMODATION SERVICE

0512-88161857  
[accommodation@xjtlu.edu.cn](mailto:accommodation@xjtlu.edu.cn)  
Add: CB-115E

### STUDENT COUNSELLING CENTRE

0512-88161815  
[counsellingservice@xjtlu.edu.cn](mailto:counsellingservice@xjtlu.edu.cn)

### REGISTRY

0512-88161230  
[academicsservices@xjtlu.edu.cn](mailto:academicsservices@xjtlu.edu.cn)  
(Add: CB-8F)

### IT SERVICE

0512-88161250  
[It-service@xjtlu.edu.cn](mailto:It-service@xjtlu.edu.cn)

### CAREER SERVICE

0512-81888307/8308  
[careers@xjtlu.edu.cn](mailto:careers@xjtlu.edu.cn)

### HEALTH AND SAFETY AFFAIRS

0512-88161005

### CAMPUS POLICE

0512-81888377  
Place: FB259  
Work Time: Monday-Friday 9:00-17:00



## 专业团队

### 陈慧 应用心理学学士

4年管理咨询公司工作经验，1年专职心理咨询师，2年高等教育工作经验，国家二级心理咨询师。

美食与旅游。

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3年高等教育工作经验，专业英语八级、上海高级口译（英语）证书。

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爱好读书与出行。

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健康生活方式支持者，西餐、日餐烹饪爱好者。

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11年高等教育行业中外合作项目教务及学生管理经验，高等教育管理中级职称。

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英国伯明翰城市大学 - 艺术设计硕士

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心宽体瘦，可盐可甜。

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社会工作硕士

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香港大学 - 应用语言学硕士

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3年外企项目管理经验，2年海外高等教育工作经验，3年国内高等教育工作经验。

发展心理学爱好者。

---

**朱伶俐 教育学硕士**

3年高等教育工作经验，运动康复行业背景，国家卫生部健康管理师。

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**张巧荻 中央财经大学 - 文学学士，管理学学士  
西交利物浦大学 - 在职项目管理硕士**

4年外资银行业工作经验，2年高等教育工作经验，拥有会计、银行从业资格、PMP项目管理证书，专业英语八级。

狂爱羽毛球，健身，户外活动。生命在于运动。

---

**钟帅 苏州大学 - 教育学硕士**

2年高等教育工作经验，涉及行政管理、英语教学、学生工作等领域。

I AM GROOT!

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**周晓程 经济学学士**

6年高等教育工作经验，涉及招生、思政工作等领域。想法超多的处女座。

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