



Xi'an Jiaotong-Liverpool University

西交利物浦大学



STUDENT DEVELOPMENT
ADVISOR-UNDERGRADUATE

本科生成长顾问

2022-2023



C O N T

E N T S

01

校长寄语
President's Message

27

人武工作
The People's Armed Forces Work

- 27 军训
- 28 征兵
- 27 Military Training
- 28 Conscription Work

05

成长顾问中心
Student Development
Advice Centre

- 05 育人理念
- 06 学生成长顾问中心
- 06 成长顾问团队
- 05 Education Ideology
- 06 Student Development Advice Centre
- 06 Student Development Advisor Team

29

成长顾问发展提升
Enhancement and Promotion of
Student Development Advisors

- 29 培训体系
- 32 中心团队建设
- 30 Training System
- 32 Team Building

09

支持与提升项目 —WINGPLUS
Support and Enhancement
Programme- WINGPLUS

- 09 入学教育项目
- 12 习惯养成
- 14 团体咨询
- 14 有效学习
- 16 校园播客
- 17 家庭咨询
- 18 正念中心系列课程
- 09 Induction Programme
- 12 Self-management Programme
- 14 Group Counselling
- 14 Effective Learning
- 16 iLogue
- 17 Family Counselling
- 18 W.E.leader Mindfulness Centre Courses

33

专业团队
A Professional Team

19

学生互助
Student Mutual Support

- 19 学友计划
- 20 学友活动
- 23 学友故事
- 26 伴学社
- 19 Buddy Programme
- 20 Buddy Programme Activities
- 23 Buddy Stories
- 26 Peer tutoring club

42

相关资源
Relevant Resources

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，即从孩子到年轻成人再到世界公民，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. 为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 WINGPLUS 系列服务平台；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 constitute an important team to promote student development, and their main responsibilities include but not limited to knowledge of students, a close relationship with students, and care for students. They will also pay attention to their campus life, physical health, and emotional development. They will help them to establish correct outlook on life and values and assist them to handle the relations between study and life, hobbies and academic requirements, ability and career planning etc. They will support them to promote self-development ability and then can realize the Three Transformations, i.e. from children, to young adults, then to global citizen; from passive learning, to active learning, then to research-led learning; and from blind learning, to interest oriented, then to life planning.

Student development advisors shall provide support to students mainly in the following three aspects: 1. Help students integrate into XJTU'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 WINGPLUS 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.

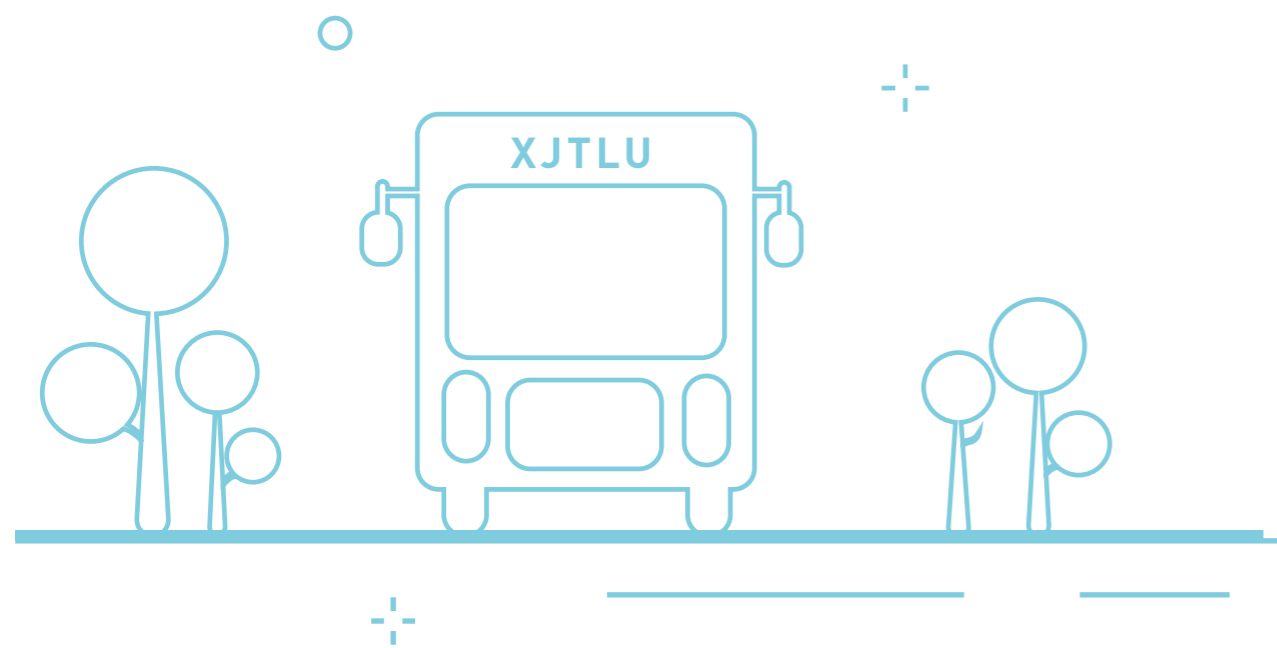
After getting along with student development advisors for a long time, students shall be unconsciously influenced by their language, behaviours, attitudes, and even values, so they always become models for students. Therefore, we have relatively high requirements on student development advisors' individual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

- A clear identity recognition and stable values;
- Good health, decent exercises and balanced diet;
- Love students, be patient listeners to student experiences and feelings, give students sincere cares;
- Love reading, expand knowledge continuously, keep pace with the times;
- Love to make acquaintance with young people, have favourable interpersonal and social communication skills;
- Be able to integrate individual experiences, feelings and behaviours;
- Be able to think from different perspectives;
- Know about some psychology theories and flexible consulting techniques;
- Respect and admire themselves and others;
- Be open to changes;
- Be able to engage themselves in work and find its significances.

Student development advisors are the channel bonding among the university, family and society. They stand still at the frontline of student services. They are enthusiastic towards humanistic work. They emphasize individual qualification development, recognize our university ideology, and are willing to help the development of students' cognition, academic achievement, social skills, moral cultivation, aesthetic and professional values. Student development advisors love to accompany our students to grow up.

Student development advisors are the essential power at XJTLU to promote student development. They have contributed themselves to student work with the greatest generosity and dedication. Hereby I present my sincere respect and gratitude to all of them.

Professor Chao Qiuling
Xi'an Jiaotong-Liverpool University



成长顾问中心

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

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。

DEVELOPMENT ADVICE CENTRE

EDUCATION IDEOLOGY

Xi'an Jiaotong-Liverpool University (hereinafter referred to as XJTLU) inherits the quintessence of education in China and the UK. XJTLU aims to help students become real global citizens, and help them obtain necessary knowledge, skills, abilities, quality and toughness required in the increasingly fierce competition and rapidly changing environment. After an innovative exploration, XJTLU has initially established a 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 students' undergraduate years, XJTLU focuses on the development of their critical thinking and life-long learning ability of interdisciplinary creative solution to problems. 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 opportunities for students to freely change their major in the first year, with the Four-Tutor system (including academic advisor, buddy, development advisor, and external advisor) as supplementary support, to guide them to realize the objective of "happy life and career success".

中心介绍

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。

2022年6月，成长顾问中心依据院系将团队按院系、专业及学年等进行工作组的划分，为学生提供专业化支持和服务。九大工作组详细划分如下：基础学年工作组、商学院工作组、数学物理学院工作组、自然科学学院及药学院工作组、智能工程学院工作组、设计学院工作组、人文社科工作组（含影视与创意科技学院、未来教育学院）、创业家学院（太仓）工作组，以及西交大访学项目工作组。

ABOUT DEVELOPMENT ADVICE CENTRE

By integrating eastern and western culture and coordinating global resources, XJTLU maintains a campus culture of Diversity, Regulation, 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.

In June 2022, SDAC has divided the team into groups responsible for different schools, disciplines and academic years in order to provide specialized support to students. The team is now divided into 9 groups: School of Foundation Year, International Business School, School of Science, School of Advanced Technology, Design School, School of Humanities and Social Sciences (including Academy of Film and Creative Technology, and Academy of Future Education), and Entrepreneur College (Taicang), Xi'an Jiaotong University Visiting Program.



成长顾问团队

学生成长顾问作为“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。

目前，学生成长顾问为西浦大陆籍本科生提供以下支持：

STUDENT DEVELOPMENT ADVISOR TEAM

As one of the Four-Tutor System, student development advisors will, from the perspective of an advisor, guide students to experience the Three Transformations process, integrate multiple resources as coordinators and provide specialized supports as experts.

At present, the Student Development Advisor Team will provide the following support to undergraduates of mainland students:

• 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。

• 群体支持

定期走访学生宿舍，关注学生们生活情况，倾听学生诉求，拉近与学生的距离；为新生安排军事训练以增强学生的国防意识和组织纪律性，养成良好的学风和生活作风。

• 个体关注

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、疫情防控等。

• 思政教育

以“立德树人”为根本目标，注重学生的理想信念建设，培养学生的家国情怀，致力于将学生培养成德智体美劳全面发展的社会主义合格建设者和可靠接班人。

• 党建工作

支持并指导学生基层党组织的建设，把控党员发展体系，关注学生党员（含入党积极分子）的思想建设，组织党建活动、培训等。

• 项目支持

WINGPLUS 平台整合校内各部门资源，通过项目支持学生成长。学生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及高年级学生划分行政班级，针对性地开展各类教育、教学实践活动。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与合作互助的能力。

• 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、学校针对不同学生人群推送的利于学生自身发展的优质资源、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，并引导和培养学生独立解决问题的能力。

• 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 freshmen. For departmental integration, SDAC cooperates with schools and departments to organize Orientation for students.

• Group Support

SDAC will take regular visits to student dormitories. Pay attention to student life circumstances, listen to students' needs and set up a close relationship with students. They will also arrange the military trainings for freshmen to strengthen their national defense sense and organization discipline, and develop favorable study and life habits.

• Individual-Specific Attention

Student development advisors pay close attention to general performance of students at university and provide daily support. They also offer specific support to students with difficulties or risks in life and study such as academic risks (including module failure and repeat, exam absence), adaptation difficulties and interpersonal relationship problems.

• Moral and Political Education

With the fundamental goal of "cultivating individual with morality", SDAC pays attention to the construction of students' ideals and beliefs, cultivation of students' senses of family and country, and is committed to cultivating students into socialist qualified builders and reliable successors with all-round development of morality, intelligence, physique, beauty and labor.

• Party Membership Work

SDAC supports and guides the construction of basic student party organizations, supervises the party member development system, pays attentions to the ideological construction of student party members (including party activists), and organizes party building activities and training, etc.

• Programme Support

WINGPLUS is a platform which coordinates resources from different offices at XJTLU to support student development. Students could participate in various support and enhancement programmes on the platform.

• Class Management

SDAC divides administrative classes for students and carries out various educational and teaching practices. The selection and training of class leaders is also a part of class management that conducive to improving students' ability of self-management and peer assistance.

• 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, resources of high quality beneficial to different targeted students and suggestions at different learning stages. In addition, student development advisors help with the daily inquiries of students according to university policies, regulations and general knowledge, and development of students' independence of finding solutions to various problems.

• Emergency Management

Student development advisors respond to emergency cases according to emergency procedures of the university.



支持与提升项目 —WINGPLUS

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 WINGPLUS 平台，通过不同的项目支持学生成长。平台运营团队会不断识别学生需求，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 2022 年 5 月，WINGPLUS 平台主要开设了六个学生支持项目，包括入学教育项目、习惯养成、团体咨询、有效学习、家庭咨询、正念中心系列课程。除此之外，SDAC 团队的社会实践项目、学友计划、校园播客三个项目也搭建在 WINGPLUS 平台上，借助 Learning Mall 的强大功能，为学生活动提供支持。

学生可通过 Learning Mall 查询各项目开放时间，报名参加。

任何咨询、建议，可联系 WINGPLUS 运营团队：
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，大一新生刚步入大学，在适应新环境上会遇到一定的挑战。入学教育项目正是在西浦多元、创新、自由、规则、信任的独特文化下应运而生——引导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）。

SUPPORT AND ENHANCEMENT PROGRAMME - WINGPLUS

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

By May 2022, WINGPLUS platform has established six student support programmes, i.e. Induction Programme, Self management, Group Counselling, Effective Learning, Family Counselling, W.E.leader Mindfulness Centre Courses. In addition, SDAC team's projects of Social Practice, Buddy Programme and Campus Podcast are also built on the WINGPLUS platform, with the help of the powerful functions of the Learning Mall to provide support for student activities.

Students can check the opening hours of each project through the Learning Mall and sign up to participate.

* If you have any consultation or suggestion, please contact WINGPLUS operation team: WingPlus@xjtlu.edu.cn

INDUCTION PROGRAMME

High schools and universities have big differences in environment and culture. Freshmen may encounter challenges in a new environment, especially at XJTLU with a unique culture of diversification, innovation, freedom, disciplines, and trust. Under this context, the Induction Programme is set up to guide freshmen to understand XJTLU before entrance and adapt to XJTLU as soon as possible after entrance.

From the receipt of admission offer until the 1st semester end, the Induction Programme will help freshmen quickly get familiar with campus environment, improve their self-management and interpersonal skills, and encourage them to take full advantage of university resources through online and offline activities in different phases of their 1st semester.

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

- **Pre-Arrival**
Freshmen will receive Induction Programme relevant materials, and get to know the university in advance.
- **Induction Week**
Freshmen need to participate in the opening ceremony, all kinds of themed lectures (including XJTLU culture and support, academic standards etc.), and fellowship exchange, and departmental orientation welcome event.
- **Post-Induction**
Freshmen need to complete relevant tasks according to the requirements in the Undergraduate Student Guidebook, and participate in the themed activities of your interest.



新生校长下午茶

“校长下午茶”活动是在2017-2020年期间《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。该活动迄今已成功举办五期，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。



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 of 2017-2020. 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 an essay about learning perceptions etc. After completing those tasks, students may have the opportunity to have afternoon tea with the presidents, communicate with the president face to face, and share learning and life experiences. This activity has been successfully held for five sessions. Its participants were only students from Mainland China at the beginning, and now are students from China and foreign countries. They discuss on various topics irrespective of different culture backgrounds. The activity receives a warm response among students.



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学困生，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2021年12月，回归项目已经成功举办9期，为2250多名学生提供支持。

SELF-MANAGEMENT PROGRAMME

Student Development Advice Centre launched the Self-management Programme in September 2016, which was designed for students with relatively weak self-management ability. It aims to improve student self-efficacy, and help them develop good living and learning habits by accompanying them and giving positive regard. By December 2021, the self-management Programme had been successfully held for nine sessions, and provided support to over 2,250 students.

项目目标

- 与他人形成更好的人际互动；
- 走出舒适圈，不断挑战自我；
- 更便捷地获取校内资源；
- 养成良好的学习和生活习惯。

PROGRAMME CORE OBJECTIVES

- To establish better interpersonal interaction with others;
- To step out of comfort zone and challenge oneself;
- To get the campus resources in an easy way;
- To develop good living and learning habits.



习惯养成的组成

习惯养成由趣味社群、小组例会、自我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周期（一般为 8 周），以促进学生们养成积极的行为习惯。

关于习惯养成，详情可咨询
BBP.selfmanagement@xjtlu.edu.cn

PROGRAMME COMPONENTS

The self-management Programme is composed of daily entertaining group, weekly meeting, weekly self-challenge, and optional activities. The participants will be divided into different groups, 10-15 students per group, and in each group one teacher leader will accompany them through the whole program period (generally, 8 weeks), thus to help students develop positive behavioral habits.

For detailed information, please consult
BBP.selfmanagement@xjtlu.edu.cn



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，WINGPLUS 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，提升人际交流能力与技巧，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 2022 年 6 月，团体咨询历时 10 期，已经形成了较为完善的支持性心理团体，学生可自由报名参加感兴趣的课题。主题包含：自我探索——你所不知道的你自己、爱情关系的修炼——爱是一门艺术、六周正念·冥想之旅——提升专注力、亚隆式人际关系成长团体、觉察当下——探索人类共通的情绪、积极心理学团体、表达性艺术心理成长团体——超越言语的交流。

关于回归项目，详情可咨询
BBP.groupcounselling@xjtlu.edu.cn

有效学习

有效学习项目（Effective Learning）是由未来学习中心、语言中心与学生成长顾问中心合作推出的项目，以教育学相关专业的研究生团队作为导师主体，在专业学术顾问的支持下，以学生个性化小组为运营模式，系统性的学习困难分析 - 学习方法调整 - 学习过程监控等环节实现全方位的学习进步。

2021-2022 学年，有效学习项目已经成功开展 2 期，第 1 期线下举行，旨在提升学生英语整体听说读写能力，经过优化，第 2 期由于疫情采取线上形式，更加有针对性地提升学生 EAP 课程的听说读写能力，共为 100 名学生提供英语监督和指导支持，广受学生好评。

GROUP COUNSELLING

Group counselling is a form of psychological guidance provided in a group situation, and the Group Counselling Programme of WINGPLUS platform is geared to all repeat students. A professional psychological counsellor will 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 June 2022, the Group Counselling had been held for ten sessions, and had formed several relatively complete supportive psychological groups. Students are free to sign up for the themes they are interested in. Group Counselling themes include Self-exploration – the Self That You Don't Know, Practice of Love Relationship – Love Is an Art, Six-Week Journey of Mindfulness and Meditation – Improve Concentration, Yalom-style Interpersonal Development Groups, Be Aware of the Present Moment and Have a Dialogue with Emotions - To Explore the Common Emotions of Human Beings, Positive Psychology Group, Expressive Arts Psychological Development Group - Communication beyond Words.

For detailed information, please contact
BBP.groupcounselling@xjtlu.edu.cn

EFFECTIVE LEARNING

Effective Learning is one project launched by the Future Learning Centre, Language Centre and Student Development Advice Centre. The project takes the postgraduate team of pedagogy-related majors as the main body of the tutor, with the support of professional academic consultants and under the operation mode of individualized group of students, to realize academic progress through systematic learning analysis, approach adjustment and supervision.

In the 2021-2022 school year, the effective learning project has been successfully carried out for two phases. The first phase was held offline, aiming to improve students' overall English listening, speaking, reading, and writing skills. After optimization, the second phase was online due to the pandemic, which further targeted to improve students' listening, speaking, reading, and writing skills in EAP courses, providing English supervision and guidance support for a total of 100 students. Favorable responses and feedback have been received from students.

项目目标

通过“学术学习顾问+ 硕士生导师+ 学习小组”合作的方式，有针对性地、系统地帮助在学术学习方面有困难的同学更好的理解和掌握以学生为中心的学习方法、提高学习效率、实现学习进步。

- 专业学术顾问：由各系科的专业教师构成，从专业度角度制定有效学习的整体方案，并为硕士生导师团队提供建议；
- 硕士生导师：由国际教育、儿童发展与家庭教育、英语教育等专业的优秀硕士研究生构成，作为小组导师帮助参与项目的本科生分析自身的学习问题、制定提高学习效率的方案，并监督方案的实行；
- 有效学习小组：学生自由报名参与项目后，组成学习小组，在硕士生导师和学术顾问的指导下相互合作，提高学习效率。

详情可咨询邮箱 WINGPLUS
WINGPLUS@xjtlu.edu.cn

PROGRAMME OBJECTIVES

The programme aims at the cooperation of academic learning consultant + master student tutor + study group, targeted and systematic help for students who have difficulties in academic learning, to better understand and master the student-centered learning method, improve learning efficiency, and achieve learning progress.

- Professional academic advisor: composed of professional teachers from various departments, formulate an overall plan for effective learning from a professional perspective, and provide advice to the master student tutor team;
- Master student tutors: composed of outstanding master students from the disciplines of international education, child development and family education, English education, etc., as group tutors to help undergraduate students participating in the project to analyze their own learning problems, formulate plans to improve learning efficiency, and supervise the implementation of the plans;
- Effective study group: after students freely sign up to participate in the project, they form study groups and cooperate with each other under the guidance of master student tutors and academic advisors to improve study efficiency.

For details, please contact
WINGPLUS@xjtlu.edu.cn

校园播客

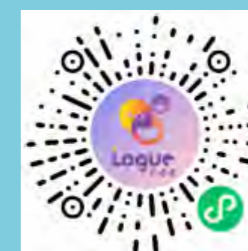
iLogue (爱唠嗑) 是一档属于西浦人的校园播客，由成长顾问团队出品，秉持官方不严肃的风格，专注于收集上不了官网的真实故事。节目以音频播客为主要呈现形式，以讲述者分享个人故事、嘉宾采访、对话会谈为主要内容，面向所有西浦人开放，包括学生、教职工、校友、家长、校外导师等全体泛西浦社群。

收听方式：西浦学生服务公众号、Learningmall 的 WINGPLUS 模块、Apple Podcast、Spotify、网易云音乐、喜马拉雅、小宇宙 app、轻芒杂志、荔枝全平台上线，可搜索“西浦 iLogue”订阅。我们也有自己专属的小程序“西浦 iLogue”啦！扫码可收听往期节目喔~

iLogue Podcast

iLogue is a podcast programme issued by SDAC (Student Development Advice Centre), reaching to all XJTUers including all students, faculty, alumni, etc. On iLogue, guests share their true stories and experiences in the form of storytelling, interviewing and conversation.

iLogue is available via following platforms: XJTU Student Service WeChat official account, WINGPLUS on Learningmall, Apple Podcast, Spotify, NetEase Cloud Music, Himalaya, Xiaoyuzhou App, Qingmang, Lizhi,, etc. You can also scan the mini app code to listen to previous episodes.



扫“我”听往期内容
Scan it and listen to previous stories



扫“我”分享你的故事
Scan it and share your stories

家庭咨询

家庭咨询，是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。其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）通过面对面或线上的方式共同参加咨询，每次咨询时间一般为 90 分钟，咨询周期通常 3-5 次或更多。

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
- 提高共情他人和情绪管理的能力

该项目由西交利物浦大学学生心理咨询中心与上海同馨济健康咨询中心、苏州市未成年人健康成长指导中心（“苏老师”项目）合作，面向本校学生开放（限中文）。

* 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 或电话 0512-88161815。

FAMILY COUNSELLING

Family Counselling is an option to extend mutual understanding among family members and realize the possibility of change. It 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 session is 90 minutes, and it shall be carried out for 3-5 times or more.

PROGRAMME OBJECTIVES

- Better development of awareness of psychological boundaries, as well as benign interaction modes;
- Enhancement of communication among family members;
- Improvement of problem-solving ability;
- Improvement of the ability of empathizing others and emotion management.

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 open to all students. (in Chinese language only)

* Family Counselling is a 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 or phone (0512-88161815).

正念中心系列课程

正念中心系列课程 (W.E.leader Mindfulness Centre Courses) 是由西浦正念中心师资引进、开发并基于西浦学生现状进行微调、完善后，在西浦校内开展的系列课程，由多个主题组成，分别开班。项目课程均由认证师资带领。

与传统的课程不同，正念系列课程开展的形式更注重学员体验性，以学生的感觉为出发点，培养并提高学生的觉知力。另外，中心开发的课程已将诸如创业创新、领导力等元素融入正念专业课程体系，可在正念培训的基础上多层次地提高学生的课外能力。

截至到 2022 年 5 月，正念中心系列课程已成功举办两期课程。包含生活中的正念认知疗法、正念创新与创业、正念领导力及正念减压四个主题。其中，每一期的系列课程还会举办一次大型的“一日止语”活动，课程成员反馈良好。

关于正念课程，详情可咨询 Mindfulness.IBSS@xjtlu.edu.cn

W.E.LEADER MINDFULNESS CENTRE COURSES

The W.E.leader Mindfulness Centre Courses are a series of courses carried out in the XJTLU campus. They are introduced, developed, fine-tuned and improved based on the current situation of XJTLU students by the XJTLU Mindfulness Center. The courses are led by certified teachers in different sessions of various topics.

Different from traditional courses, the form of mindfulness series courses pays more attention to students' experience, and takes students' feelings as the starting point to cultivate and improve their awareness. In addition, the courses developed by the center have integrated elements such as entrepreneurship and innovation, leadership and other elements into the mindfulness professional curriculum system, which can improve students' extracurricular abilities at multiple levels on the basis of mindfulness training.

As of May 2022, the Mindfulness Centre series of courses has been successfully held two sessions. The courses include four themes: "Mindfulness and Cognitive Therapy in Life", "Mindful Innovation and Entrepreneurship", "Mindful Leadership" and "Mindfulness for Stress Reduction". Among them, each series of courses will also hold a large-scale "one-day speech" activity, and the course members have given positive feedback.

For details, please contact Mindfulness.IBSS@xjtlu.edu.cn



学生互助

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。学友计划以朋辈互助的形式，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。同时提高学生的交流能力与责任意识，增进学生之间的互助关系，完善西浦的育人模式。

学友计划目前包含四大体系：生源地学友、行政班学友、海外生学友和校友学友。

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。

STUDENT MUTUAL SUPPORT

BUDDY PROGRAMME

Starting from August 2009, the Buddy Programme is one of four educational systems in XJTLU. Through communication with upperclassmen, the Buddy Programme provides guidance for domestic and foreign students in the freshman year, and helps them to effectively solve difficulties in life and study, adapt to university life, and realize self-development. At the same time, it will improve students' communication ability and sense of responsibility, enhance mutual assistance between students, and improve XJTLU's education model.

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

Local Buddy: before freshmen arrive at the university, as their local upperclassmen, the local buddies will answer their questions in the official Local Buddy QQ Group;

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

Overseas Buddy: the overseas buddies provide mutual benefits for local and international students to enhance cultural understanding and adapt to XJTLU;

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

迎新周期间，Class Buddy（高年级同学）带领新生们以小队的形式游览西浦校园。游览时 Class Buddy 会向新生们介绍校园标志性的建筑。过程中，学友执委会在校内设有多个打卡点。每个小队集齐所有打卡点印章后，可去终点领取丰厚的奖品。

BUDDY PROGRAMME ACTIVITIES

Campus Tour

During the Induction Week, the class buddies will take freshmen to walk around the campus in different teams and introduce symbolic buildings. In the campus tour, BPEC will set up check-in locations. Freshmen can get a big reward after they complete all check-in tasks.



海外生迎新派对

国际化的环境是西浦的特色，海外生是西浦学生群体的重要组成部分。每年上学期开学初，学友执委会举办一场海外生迎新派对，旨在给海内外学生提供一个交流平台，令其了解不同国度的文化。海外生在此不仅能感受到学友“泛爱众”的文化，也能结识中国同学，更好更快地融入西浦生活。



OVERSEAS WELCOME PARTY

International environmental is one of the major features of XJTLU, and overseas students are also a significant part of XJTLU students. To offer them an exchange platform and help them understand different cultures, BPEC will organize a welcome party for overseas students at the beginning of the first semester of freshman year when they are able to feel the overflow in love to all culture, and get acquaintances with Chinese students and adapt to XJTLU life in a better way.



成长顾问座谈会

成长顾问座谈会是为加强成长顾问与学友之间的沟通而组织的交流会。在座谈会中，学友分享自己的经历，包括新生沟通交流时遇到的趣事、个人的想法与意见。同时，学友可以向成长顾问提出各类疑问，和成长顾问共同探讨生活、学习、情感上的问题，增加了解、共同成长。



感恩节系列活动

感恩节活动以感恩节为契机，让学生们通过书写明信片、祝福书签、录制小视频的方式来表达对身边人的感谢，让大家发现生活中的善意，学会感恩。

感恩节当天，学友执委会在校内标志性建筑内设有感恩点，同学们用一句感谢换取玫瑰花、小蛋糕，体会感恩及美好，浸润于学友“泛爱众”的情怀。



THANKSGIVING ACTIVITY

The Thanksgiving activity takes Thanksgiving Day as an opportunity for students to express gratitude to others by postcards, best wish cards, videos, etc. It helps to discover kindness and gratitude in life.

On Thanksgiving Day, BPEC will set up “giving thanks” locations at campus, and students will get a bundle of rose or a piece of cake with a thanksgiving sentence, when students may feel the beauty of gratitude and overflow in love to all culture.



BUDDY AND DA FORUM

Buddy and DA Forum is organized for the further communication between DAs and buddies. During the forum, buddies will share their experiences of such as interesting talks with freshmen, individual opinions or ideas. Meanwhile, they could raise questions and discuss with DAs about life, study and emotional issues for a better mutual understanding and development.



学友故事

行政班学友：温暖善良的榜样力量

西交利物浦大学经济与金融专业大二学生缪玥，刚入校时曾得到大 buddy 的帮助。“我的大 buddy 是个超级美丽温柔的姐姐，我也想像她一样，帮助更多的学弟学妹。同学们口中的“buddy”或曰“大巴”、“小巴”，来自西浦的学友计划（Buddy Programme），学友计划以朋辈互助的形式，通过“大巴”——优秀的朋辈学长的引导，为“小巴”——低年级学生和海外生提供支持。学友和成长顾问、学术导师、校外导师一起，共同构建了西浦的四大育人体系。”对缪玥来说，小 buddy 不仅是一群可爱的弟弟妹妹，也是她的一份责任。她说：“希望我的‘小巴’们快快长大，在学习和校园生活各方面都能尽快融入、游刃有余，那样我才算完成了我的职责！”



BUDDY STORIES

CLASS BUDDY: A MODEL POWER OF WARM AND KINDNESS

Miao Yue, a sophomore majoring in Economics and Finance at Xi'an Jiaotong-Liverpool University, received help from the buddy when she first entered the university. "My buddy is a super beautiful and gentle sister, and I also want to help more juniors like her. The buddy or 'DA BA' or 'XIAO BA' called among students comes from the XJTLU Buddy Programme. This programme provides support for 'XIAO BA'- lower grade students and overseas students through the guidance of 'DA BA' - excellent peers and seniors in the form of peer assistance. Buddy, DA, AA and external mentors, XJTLU's four educational systems have been built together." For Miao Yue, "XIAO BA" is not only a group of lovely brothers and sisters, but also her responsibility. She said: "I hope my 'XIAO BA' will grow up quickly, and they will be able to integrate into all aspects of study and campus life as soon as possible. Only then will I be considered to have completed my duties!"



海外生学友：体验不同文化的交流和碰撞

海外生 buddy 白策(下图左)还记得第一次见到来自韩国的小 buddy Ryu Heesang(下图右)的情景。他说：“Heesang 留着长发，气质非常与众不同，但是和他聊天的时候，又能感受到他的温柔和内敛。” Heesang 是西浦国际事务与国际关系专业的交换生。通过与 Heesang 的交流，白策感受到不同文化之间的交流与碰撞是非常奇妙的事情。他带着小 buddy 一起参加社团的各种活动，去奥体游泳，欣赏苏州的美景……大家相处得非常融洽。

在小 buddy 刚到苏州时，白策还充当起“翻译”。有一次他带 Heesang 去理发，由于理发店有些吵，他误以为 Heesang 想让理发师给他打薄，结果中途 Heesang 发现了不对劲，焦急地对他连说了好几个 no，这下白策才明白 Heesang 是想把头发留厚一点。

于是理发师提出，不如直接按照自己平时理的韩国风发型来剪，最后歪打正着，Heesang 对他的新发型非常满意。

在 Heesang 回国前，特意请大 buddy 白策吃了一顿正宗的韩国烤肉，还教白策最“韩国”的烤肉吃法。分别时两人都很不舍，期待着下一次见面。直到现在，他们一直保持着联系，经常在微信上聊天，分享自己的生活。

对于其他没能来到中国的国际生小 buddy，白策和他们进行线上交流，耐心解答小 buddy 们关于学业和学校资源的问题。



OVERSEAS BUDDY: TO EXPERIENCE DIFFERENT CULTURE COMMUNICATION AND COLLISION

Overseas student buddy Bai Ce (left in the photo below) still remembers the first time he met "XIAO BA" Ryu Heesang from South Korea (right in the photo below). He said: "Heesang has long hair and a very different temperament, but when I chat with him, I can feel his gentleness and restraint." Heesang is an exchange student majoring in international affairs and international relations at XJTLU. Through the communication with Heesang, Bai Ce felt that the communication and collision between different cultures is a very wonderful thing. He took the "XIAO BA" to participate in various activities of the club, went swimming in the Olympics, and enjoyed the beauty of Suzhou... Everyone got along very well.

When "XIAO BA" first arrived in Suzhou, Bai Ce also acted as an "interpreter". Once he took Heesang to get a haircut. Because the barber shop was noisy, he mistakenly thought that Heesang wanted the barber to thin his hair. As a result, Heesang found something wrong and anxiously said no to him for several times. Only then did Bai Ce understand Heesang. He wanted to keep his hair thicker.

So the barber suggested that it was better to cut it directly according to his usual Korean style hairstyle, and finally hit it straight. Heesang was very satisfied with his new hairstyle.

Before Heesang returned to Korea, he specially invited buddy Bai Ce to eat authentic Korean barbecue, and also taught Bai Ce the most "Korean" barbecue method. They felt a great pity when they parted and looked forward to the next meeting. Until now, they have kept in touch, often chatting on WeChat and sharing their lives.

For other overseas students who failed to come to China, Bai Ce communicated with them online, and patiently answered their questions about academics and campus resources.



联系我们 CONTACT US

学友计划官方邮箱:

Buddy Programme Official email:
Buddy@xjtlu.edu.cn



伴学社

伴学社, 英文全称为 "Peer Tutoring Club", 为西交利物浦大学学术性组织社团。伴学社始终秉持着伴学精神, 聚集起一批优秀的学生, 发挥同年级、同专业学生之间互相督促, 互相学习的特点, 努力、严谨、认真的专注于为西浦学生创造更好的学术环境, 提高学生的学术水平, 实现同辈学生之间的共同进步。伴学社不定期开展大一期末讲座、学习资料发放和知识竞赛等活动, 为学生提供学术支持。

此外, 伴学社积极拓展与各院系的合作渠道, 积极举办各类学术活动, 如 SAT 专业辅导会、IBSS Intellectual Exchange Talk, 为同学们提供更加丰富的学术资源。



PEER TUTORING CLUB

PTC, the full English name of "Peer Tutoring Club", is the academic organization of Xi'an Jiaotong-Liverpool University. PTC adheres to the spirit of companionship, gathered a group of outstanding students, plays the characteristics of mutual supervision and learning among students of the same grade and the same major, and works hard, rigorously and seriously, focuses on creating better academic environment for XJTLU and realizes common progress among students of the same generation. PTC organizes activities such as lectures at the end of the freshman term, distribution of learning materials and knowledge contests from time to time to provide students with academic support.

In addition, PTC proactively expands the channels of cooperation with various departments, and organizes various academic activities, such as SAT professional tutoring sessions, IBSS Intellectual Exchange Talk, for the purposes of provision of more abundant academic resources to students.

联系我们

官方邮箱: PTC2@xjtlu.edu.cn

公众号: xjtuptc

Contact us

Official email: PTC2@xjtlu.edu.cn

Public Account: xjtuptc

人武工作

学生成长顾问中心人武工作主要包括本科生军事技能训练和军事理论课教学工作、全校师生员工的国防教育工作、预备役登记和征兵工作、拥军优属工作、政审等。

详情请咨询 military@xjtlu.edu.cn。

军训

西交利物浦大学全面贯彻党的教育方针，积极推进素质教育的客观要求，通过军训为国防和军队建设培养高素质后备兵员。军训包括军事理论学习和军事技能训练两部分，一般于每年的12月中下旬举行。具体工作包括军训前期准备、承训部队沟通、校内工作协调、理论课程安排、学生管理、评选考核等。



The People's Armed Forces Work

The People's Armed Forces work under the Student Development Advice Centre, mainly includes undergraduate military skills training and military theory courses teaching, national defense education for the entire university's staff and students, reserve service registration and recruitment, military support, and political review.

For details, please contact military@xjtlu.edu.cn

MILITARY TRAINING

Xi'an Jiaotong-Liverpool University thoroughly executes the Party's education principles, actively the objective requirement of quality education and train a group of high-quality reserve soldiers for the national defense and army development through military training. The military training includes the theory learning and military skill practice part. Normally, it will be held in the late December each year. Its detailed works includes pre-training preparations, communication with the trainer troop, in-campus communication, theory learning session arrangement, student management, assessment, etc.

征兵

西交利物浦大学人民武装部制定了《西交利物浦大学征兵工作实施细则》等相关规章制度，在校内大力宣传大学生参军入伍政策和法规，全心全意为有应征入伍意向的学生做好服务工作。学校每年开展两次征兵工作。年满17-22岁（毕业生放宽到24岁）、身体条件符合征兵标准的在校生，可根据人民武装部每年发布的校内通知提交入伍申请，人民武装部审核后 will 通知学生参加体检、进行政审、办理休学、实地应征等一系列手续。

MILITARY SERVICE RECRUITMENT

The People's Armed Force Department of Xi'an Jiaotong-Liverpool University has set up relevant rules of Xi'an Jiaotong-Liverpool University Implementation of Military Service Recruitment. At XJTLU campus, the undergraduate recruitment for military service rules are extensively publicized and full efforts are given to the service work for students with recruitment intentions. There will be two recruitment sessions each year. Students aged 17-22 years old (24 years old for graduates) with satisfied physical qualifications are able to submit recruitment application according to the university notice from the Armed Force Department each year. After a review by the Armed Force Department, students will be notified to attend the physical examination, political review, suspension application, filed application, etc.



全国征兵网
National Military Service Recruitment Website

成长顾问发展提升

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快更好地胜任自己的工作，最大化发挥自身的优势，为学生提供及时、高效的支持，成长顾问中心根据岗位职责的需要制定了系统和完善的培训与发展体系，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，形成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，多层次多角度系统地提升每一个成长顾问对工作的胜任能力。

培训体系

成长顾问中心提供以下三种支持：

- 新成长顾问成长计划，主要内容包括新人 Mentor 机制、新人入职培训、新人进阶任务。

新人 Mentor 机制主要是设置优秀成长顾问与新成长顾问一对一结对，为新人提供针对性的支持和关注，帮助新人尽快适应工作氛围。

新人入职培训主要向新成长顾问介绍包括学校文化、学校愿景、育人理念等；成长顾问中心团队功能及成员介绍、成长顾问的工作规范等；办公系统使用说明等内容，帮助成长顾问尽快了解西浦架构、融入西浦文化、熟悉成长顾问的工作内容。

新人进阶任务包括熟悉学生手册、学习学生工作经典案例、熟练人事财务系统的使用等，通过任务和考核的方式保证新人能在短期内达到开展工作的基本要求。
- 成长顾问胜任能力培训，是结合成长顾问的日常工作，通过建立成长顾问能力素质模型，从知识、能力、特质、自我概念、动机等五个方面帮助成员提升工作胜任力，增强成长顾问的专业性和职业化，使整个团队更顺利高效地开展各项工作。主要开展形式有工作坊、讲座、团体辅导等。
- 同行交流，通过与其他高校的学生工作同行交流，帮助成长顾问拓宽工作思路、提高工作实战技能、促进工作反思，更好地提升专业技能，提供优质的服务与引导。

ENHANCEMENT AND PROMOTION OF STUDENT DEVELOPMENT ADVISORS

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 timely and highly-effective professional support to students, the Student Development Advice Centre has established and improved the training and development system in accordance with the position requires. 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 of multi-levels and perspectives from the five modules including "knowledge, skill, self-concept, individual trait, and motivation".

TRAINING SYSTEM

The Student Development Advice Centre provides the following support:

- New development advisor enhancement plan: mainly includes the new staff-mentor system, induction training and new staff progression tasks.

The new staff-mentor system refers to one-to-one pair of excellent development advisors and new ones. It aims to provide corresponding support and help the new advisors be familiar with the working environment as soon as possible.

The induction training refers to introduction of the university culture, vision and ideology, the functions, components and rules of the Student Development Advice Centre, and office system instruction to the new advisors. It aims to help new staff to understand XJTU framework, adapt to XJTU culture and development advisor responsibility as soon as possible.

The new staff progression tasks includes a good understanding of student handbook, student life cases, and of HR and finance system application. It ensures that the new staff are able to reach the basic work requirement within a short period through tasks completion and assessment.
- The development advisor qualification training combines the daily work, improves their qualifications based on a competence quality model and from five modules of knowledge, skill, self-concept, individual trait, and motivation, and strengthens their profession for a higher efficiency of the whole team work. The training will be held in the form of workshop, lectures, group counselling, etc.
- Counterpart communication enables the development advisors to exchange ideas with fellows from other universities. It helps to expand their work ideas, improve practical skills, promote reflections, and then upgrade professions for better service and guide.

督导体系

成长顾问中心提供的督导形式为：

- 成长小组督导。主要针对新入职成长顾问，通过邀请一个专家督导师与三到四个新成员形成小组，采用半结构化的方式，鼓励成员自我表达，在专家督导师的指导和成员间的人际互动中帮助新成员发现自我，探索自我，尽快地转换自身角色，适应新环境、新工作。
- 专业案例督导。针对全体 DA，以学院分组，在学院内部开展案例督导和学习。邀请具有丰富学生工作经验的督导师与学生成长顾问共同参与，针对学院内部的疑难和经典学生案例进行分析和讨论，使成长顾问学习到督导师和同辈的经验，推动成长顾问工作方法的内省和完善，总结具有学院特色的学生工作开展方法，加深成长顾问对学生的理解，提升成长顾问的问题应对和解决能力。

SUPERVISING SYSTEM

The Student Development Advice Centre provides the following supervisions:

- **Group Supervision:** it is mainly held for the new development advisors. One expert supervisor and three-four new members form a group in a half-structure form. In the group, all members are encouraged to express their ideas. It aims to help new members to discover and explore themselves, realize role transfer and adapt to this new environment and work through interpersonal interaction with the expert supervisor and other members.
- **Case Supervision:** for all DAs, case supervision and study are carried out within the academy in groups of schools. Supervisors and DAs with rich student work experience are invited to participate in the analysis and discussion of difficult and typical student cases within the school, so that DAs can learn from the experience of supervisors and peers, and also for the purposes of promoting the introspection of DAs' working approaches, summarizing the methods of student work development with the characteristics of different schools, deepening DAs' understanding of students, and improving DAs' ability to solve problems.

中心团队建设

作为一支迅速发展壮大的队伍，建立良好的团队文化，保持积极的团队氛围至关重要。中心通过读书会、院系交流会、知识竞赛、竞赛素拓、外部培训等形式，促进成长顾问形成持续学习的习惯，增进团队内部有效的交流互动。

TEAM BUILDING

It is essential for a rapidly growing team to build up favorable team culture. The Student Development Advice Centre has promoted the advisors continuous leaning habit and strengthened inner efficient communication flow through online learning platforms, reading clubs, knowledge competitions, quality activities and external training, etc.



专业团队

基础学年成长顾问

基础学年学院设有工商管理类、外国语言文学类、建筑类、金融学类、政治学类、土木类、数学类、化学类、生物科学类、电子信息类 10 个专业大类。成长顾问联合学术导师、校外导师、学友共同支持大一新生在入学前和入学后积极主动在西浦校园内探索与互动，也为新生的转变与适应提供多方位的指导。我们希望新生经过一年的成长，能调整身体和心理状态，整合学习方法，适应大学生活，提高个体责任感。目前基础学年成长顾问团队共 20 人。

杨骅琳 武汉大学 - 社会工作硕士

8 年高校学生工作经验，国家二级心理咨询师。

于天娇 会计学硕士

12 级西浦校友。咖啡爱好者、业余心理咨询师。

王亚男 应用心理学硕士

5 年高等教育工作经验。喜美食，乐瑜伽，爱生活。

戴晗璐 华东师范大学 - 工商管理学硕士

10 年高等教育工作经验。

陈霁 利兹大学 - 理学硕士

4 年 500 强国企和外企工作经验。

李沁璇 香港教育大学 - 教育硕士

2 年外语教学工作经验，游历近 20 个国家。

龚晓虹 金融数学专业硕士

西浦首届学生，7 年国有银行工作经验。

计晨 美国密苏里州立大学 - 工商管理硕士

6 年留学咨询申请经验，2 年海外学习工作经验。

周心雨 伦敦大学学院 - 教育学硕士

5 年伦敦生活学习经历，伦敦美食购物小能手。

朱彦霖 金融与会计硕士

国际注册会计师。2 年海外生活学习经历，游历近 20 个国家。

周九月 比较教育学硕士

3 年高等教育及教育公益基金项目工作经验。

陈慧 心理学学士

国家二级心理咨询师，3 年心理咨询从业经验，5 年高等教育工作经验。

王铭禧 爱丁堡大学 - 教育学硕士

2 年海外留学经验，2 年高等教育工作经验。

周慧敏 社会学学士 儿童与青少年发展学士

6 年海外生活经历，1 年海外助教经验。

马逸群 香港理工大学 - 硕士

4 年教育行业工作经验。爱好羽毛球、狼人杀。

何启豪 香港大学 - 理学士 香港中文大学 - 社会工作社会科学硕士

10 年公益组织工作经验，3 年英语教育工作经验，国家中级社会工作者。

梁嘉倪 伦敦大学学院 - 教育学硕士

西浦校友。游泳爱好者。

黎青华 苏州大学 - 艺术学学士

5 年高等教育工作经验，平面设计工作者，国家三级心理咨询师。

金鑫 英语专业学士

专业英语八级，12 年跨地产、机械制造、教务行业工作经验。

朱伶俐 教育学硕士

6 年高等教育工作经验。

院系成长顾问

院系成长顾问以学院为单位，结合本院学生特点，与各学院及校内其他职能部门开展深入合作，从班级建设、学生成长、升学就业以及学术支持等各个方面针对性地为高年级本科生及研究生提供帮助。他们中的大多数有海外留学背景或多年丰富的工作经验，以积极的工作态度、饱满的工作热情、专业的工作能力为在校学生提供支持。

数学物理学院：

数学物理学院设有应用数学、金融数学、精算学三个本科专业，金融数学、精算学两个硕士专业，以及一个数学博士专业。目前学生成长顾问中心数学物理学院团队共 13 人，承担该院本科生及硕士生的日常支持工作。

许甜甜 苏州大学 - 公共管理硕士

4 年人力资源工作经验，4 年高等教育学生工作经验。

徐韵 国际商务专业

5 年公务团组出国访问接待经验，1 年英语教学经验。

赵晨怡 经济学硕士

西浦校友。3 年银行从业经验，4 年高等教育工作经验。

杨代霜 华威商学院 - 商务运营管理硕士

西浦校友。爱好摄影、旅游。

鲁圣迪 苏州大学 - 应用心理学硕士

5 年高等教育工作经验，教育信息化工作背景。

汪玉莲 英国哈德兹菲尔德大学 - 现代英语语言学硕士

7年英语教学工作经历，3年政府外宣工作经历；拥有英语教师资格证、TESOL教学证书。

张巧荻 西交利物浦大学 - 理学硕士

专业英语八级，多年外资银行及高等教育工作经历。

张晨璐 教育学硕士

3年日本留学经历。热爱手工、运动。

刘斯晴 管理学硕士

西浦校友。播客iLogue主播。喜欢艺术与媒体的ESFP。5年高校工作经历。

韩玉兰 伦敦大学学院 - 英语语言学硕士

6年高校工作经历。

闵文 广告学学士

12年高等教育行业工作经历。

杨静怡 企业分析管理硕士

西浦校友。多年银行以及高等教育工作经历。

汤寅 西交利物浦大学 - 国际商务与外语学士

西浦校友。曾在统计局工作。爱好羽毛球、播客。

国际商学院：

西浦国际商学院 (IBSS) 设有会计、战略与组织管理、智能运营管理与市场、经济以及金融5个系。目前学生成长顾问中心国际商学院团队共19人，承担该院本科生及硕士生的日常支持工作。

陈语嫣 光学工程硕士

4年高等教育工作经历。

曹阳 美国伊利诺伊大学香槟分校硕士

10余年美国硅谷软件公司及国际非盈利组织工作经历。

陈梅芬 英语专业学士

10余年高等教育工作经历。

储柳红 英语专业文学学士

国家二级心理咨询师，20年国内重点知名高校教学、行政及学生工作经历。

戴安丽 上海外国语大学 - 法语语言文学硕士

2年国家公派海外学习经历，英语、法语专业八级。

韩玉婕 西交利物浦大学 - 管理学硕士

2年管理学及英语教学经历，2年高等教育工作经历。

胡鑫 国际商务与全球事务硕士

西浦校友。

胡媛媛 心理学硕士

国家二级心理咨询师，5年高等教育工作经历。

胡珍奇 英语专业学士

5年教育行业工作经历。

黄竹平 法学学士

10年国内公务员工作经历，10余年海外生活经历。

刘为国 经济学学士

10年人力资源管理经验，5年高等教育工作经历。

刘雨阳 法学学士

西浦校友。台球爱好者。

孟钰翔 土木工程管理硕士

4年教育工作经历，多年海外生活经历。

穆松雪 英语语言文学学士

拥有项目管理PMP证书、心理咨询师三级证书，14年高等教育工作经历。

潘伟巍 对外英语教育硕士

曾任职于某知名教育集团，12年教育工作经历。

齐珊珊 苏州大学 - 心理学硕士

国家二级心理咨询师，4年高等教育工作经历。

沈依婷 市场营销学士

3年海外学习、生活经验，曾从事金融及教育工作。

魏喜蕾 心理学硕士

国家二级心理咨询师，5年高等教育工作经历。

夏子昱 音乐学硕士

多年旅欧留学工作经历。

夏欣阳 英国华威大学 - 商业运营管理硕士

西浦校友。3年海外生活经历。热爱摄影、旅游、游泳。

设计学院：

设计学院下设有建筑设计、土木工程、工业设计、城市规划与设计四个系。目前学生成长顾问中心设计学院团队共 7 人，承担该院本科生及硕士生的日常支持工作。

梁燕 工科硕士

10 年高校工作经验，曾任某校建筑工程专业系主任、讲师。

周末 西安大略大学 - 教育专业硕士

10 年教育领域工作经验，多年海外学习、工作经历。

秦正 山东大学 - 文学学士

4 年央企工作经验，4 年教师工作经历。爱好马拉松、骑行。

丁越 宾夕法尼亚大学 - 教育硕士

喜欢旅行、摄影。

刁宇庭 南京体育学院 - 体育教育硕士

喜欢运动，9 年工作经验。

董超 心理学学士

7 年高等教育等工作经历。爱好徒步、音乐。

王竹 华中科技大学 - 工商管理学硕士

11 年高校学生管理工作经历，国家三级创业咨询师。

自然科学学院、慧湖药学院：

自然科学学院设有生物科学、生物信息、化学、环境科学四个方向背景的专业，拥有来自世界顶尖高等学府与研究机构的学术人员，本科生、研究生培养项目不断发展成熟，研究设施配备世界一流。

慧湖药学院设有应用统计学、药学、药物化学三个方向背景的专业，旨在协同政府、产业、社会多方合力，致力于成为一所促进区域产业生态提升的创新型国际药学院。

目前两所学院拥有 4 名成长顾问，承担两所学院本科生及硕士生的日常支持工作。

刘慧 伦敦大学学院 - 理学硕士

4 年海外学习、生活经验。特许金融分析师一级。

赵丹丹 应用语言学硕士

10 年翻译以及高等教育工作经验。

刘菲 苏州大学 - 工学硕士

8 年在线旅游业工作经验。热爱旅行、摄影。

李亦凡 皇家墨尔本理工大学 - 艺术管理硕士

2 年大型策展项目经验。

人文社科学院、影视与创意科技学院、未来教育家学院：

人文社科学院设有应用语言学、媒体与传播学、中国研究、国际关系、文学、翻译六个系，其研究和教育涵盖人文社科学中的不同学科。

影视与创意科技学院设有广播电视学、数字媒体艺术、影视摄影与制作三个本科专业及文化与创意产业一个硕士专业。

未来教育学院设有国际化教育、儿童发展与家庭教育、数字化教育三个硕士专业。

目前三所学院共拥有 11 名成长顾问，承担三所学院本科生及硕士生的日常支持工作。他们中的大多数拥有人文社科、教育、影视艺术相关背景。

朱磊 心理健康教育硕士

曾在银行、海外教育集团任职，4 年高等教育工作经验。

李章平 苏州大学 - 心理学硕士

国家二级心理咨询师，多年企业人力资源管理经验。

李晓 工商管理学硕士

10 余年高等教育工作经验，WEST 中级品酒师。

杨雪婷 经济与金融硕士

西浦校友。手游、羽毛球、乒乓球初级玩家。

邵雪林 美国阿肯色理工大学 - TESOL 高等教育管理硕士

5 年高校工作经验，英语书法爱好者。

林佳妮 南洋理工大学硕士

12 年商务、教育工作经验，海外工作、生活经历丰富。

徐雅筠 中山大学 - 社会学学士 新加坡管理大学 - 应用金融硕士

4 年高等教育及社会公益项目经验。

洪叶 金融学硕士

西浦校友。前券商金融分析师，2 年心理咨询从业经验。校园播客 iLogue 主播。

周硕 英国谢菲尔德大学 - 全球新闻学硕士

卫视编导工作经验。

周秦 国际化教育硕士

西浦校友。爱好摄影、古筝、羽毛球。

陈潇霄 管理学学士

5 年高等教育工作经验。爱好羽毛球、骑行、单口喜剧。

智能工程学院：

智能工程学院设有计算机系、电气与电子工程系、通信与网络工程系、智能科学系以及智能机电系 5 大系，涵盖 7 个本科专业，9 个硕士专业以及 2 个博士专业。目前学生成长顾问中心智能工程学院团队共 12 人，承担该院本科生及硕士生的日常支持工作。团队积极开展各项学生支持活动，例如 SAT 专业辅导会、SAT 下午茶等，提升学生在校体验。

周晓程 苏州大学 - 工商管理硕士

9 年中英合作高等学校工作经验。

纪红君 英国诺丁汉大学 - 文学硕士

7 年中英合作高校工作经验，爱好民歌民乐、西方古典音乐。

李珍珠 澳大利亚昆士兰大学 - 食品科学与工程硕士

4 年食品研发及教育行业工作经验。

刘霞 理学学士

9 年教育行业从业经验。

黄亚楠 格拉斯哥大学 - 教育研究硕士

多年留学经历，2 年英语教学经验。

廉蒙蔓 苏州大学 - 应用心理学硕士

3 年心理咨询经历，国家二级心理咨询师。

徐盼 苏州大学 - 电子与通信工程硕士

多年银行工作经验，2 年高校工作经验。

黎月华 南京工业大学 - 化学工程硕士

10 余年新媒体工作经验及高等教育工作经验。爱好体育运动。

董子琪 英国伦敦大学学院 - 交通与城市规划硕士

西浦校友。乒乓球国家二级运动员。

姚焯 英语专业毕业

利物浦校友。5 年学生工作经验。

吴鑫 苏州科技大学 - 工学学士

7 年高校工作经验。游戏、足球、中国古代史发烧友。

创业家学院（太仓）：

西浦创业家学院（太仓）是西交利物浦大学为探索工业 4.0 时代如何培养符合未来社会发展需要的人才进行的战略新布局。现有数据科学与大数据技术、智能制造工程、供应链管理、机器人工程、物联网工程、艺术与科技、电子科学与技术七个专业。目前学生成长顾问中心太仓校区团队共 6 人，承担太仓校区学生的日常支持工作。

袁琦惠 英国谢菲尔德大学 - 金融经济硕士

西浦校友。多年金融及高等教育工作背景。

邱鑫艳 苏州大学 - 应用心理学硕士

5 年高等教育工作经验，国家二级心理咨询师。

田璟毅 国际商务学士

西浦校友。多年金融产品交易经验。热爱足球、桌球。

李瀚伟 计算机科学与技术学士

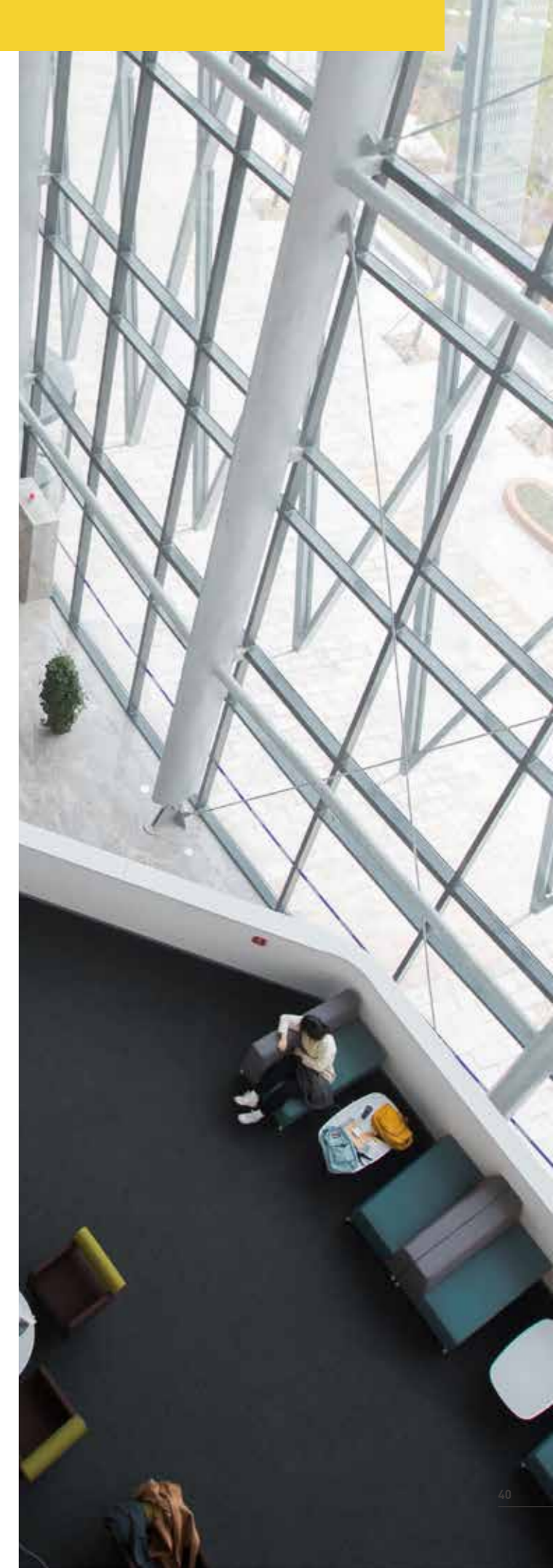
西浦校友。多年留级生工作经验，工作中充满热情。

刘洋 国际化教育硕士

西浦校友。多年教育产品工作经验。爱猫。

杨晗 国际化教育硕士

西浦校友。爱好游泳、摄影。





相关资源

学生一站式服务中心

One-Stop Student Service Centre

0512-8816185

Onestop@xjtlu.edu.cn

Add: CB-115E

学生宿舍服务

Student Accommodation Service

0512-88973000

accommodation@xjtlu.edu.cn

Add: CB-115E

学生心理咨询中心

Student Counselling Centre

0512-88161815

counsellingservice@xjtlu.edu.cn

教务

Registry

0512-88161230

academicservices@xjtlu.edu.cn

Add: CB-8F

图书馆

Library

0512-88161290/1291

Library-service@xjtlu.edu.cn

IT 服务

IT Service

0512-88161250

IT@xjtlu.edu.cn

就业服务与职业规划

Career Service

0512-81888309

careers@xjtlu.edu.cn

西浦社团服务

Student Club Support Centre

0512-81883297

scs@xjtlu.edu.cn

健康与安全事务办公室

Health and Safety Affairs

0512-88161005

校园警务室

Campus Police

0512-81888377