

導師經驗分享

+ Design your life
-- 人生真的可以設計嗎？

朱士維

臺大物理系教授兼任學務長

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個人簡歷

- 1999 台大電機系學士（主修嚕啦啦社）
- 2004 台大光電所博士
- 2006 台大物理系助理教授
- 2010 台大物理系副教授
- 2014 台大物理系教授
 - 最開心的事：學生獲得超過60個國內外獎項～
- 2012-2021 台大教學發展中心組長、副主任
- 2018-2022 台大 D.school 組長、副院長
 - 「創·新領域學士學位學程」第一屆主任
- 2023 台大學務長

Science 382, p.353 (27 Oct. 2023)

First things first

Although trustees and administrators at universities in the United States are acutely aware of the mental health crisis on their campuses and consistently rate it as one of the most pressing challenges, it usually only gets attention when a tragedy strikes a member of the student body. Those moments illuminate the lack of adequate mental health care for undergraduate and graduate students, but are hastily followed up with meetings admonishing administrators to hire more counselors. Despite the constant drumbeat of these episodes, hardly any universities have prioritized mental health in a comprehensive and proactive way. The newly appointed president of Dartmouth College, Sian Beilock, has taken a refreshing approach in naming campus mental health as the first priority in her inaugural address. It's long past time.

I caught up with Beilock for a wide-ranging conversation about this issue. Our meeting occurred at a time when campuses are strained by the unfolding war in Israel, and that made our discussion all the more poignant. Beilock is a psychologist who has studied the physiological effects of anxiety and stress, and that has informed her priorities. "I've seen people with so much potential not be able to reach it because of stress or anxiety," she said. "And I know the power of equipping students and faculty and communities to deal with these issues"

Beilock pushed through some common impediments to getting this done. She was quick to point out that the effort had to touch the whole campus. Mental health services are often viewed as a resource for undergraduates and not graduate students, but she has been careful to set it up for all students. It's also common to view the hiring of more counselors as the sole solution, but she sees involvement of the whole campus as equally important. She will have to work hard to get faculty and students to realize that this is something that has to be owned by everyone. Former AAAS (American Association for the Advancement of Science, the publisher of *Science*) leader Alan Leshner has written about this problem and agrees. "Faculty fear dealing with any kind of psychological problems in their students, and generally turn away from the issues out of fear that they'll do the wrong thing,"

Leshner told me. "So it's important to both train and reassure faculty that they can do this, as long as they don't try to be substitutes for professionals and recognize that their job includes recognizing, sympathizing, and referring students to professionals in this domain."

I asked Beilock what principal investigators or lab members should do when worried about a student co-worker. "First, I would understand what resources are available on cam-



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**"...hardly any
universities
have prioritized
mental health..."**

今日主題

“hardly any
universities
have prioritized
mental health...”

1. 導生互動的經驗，希望學生能「好好生活」
2. 設計人生的體驗，邀請學生來「感恩助人」

1. 導生互動的經驗，
希望學生能「好好生活」

物理系的大學部導生制度



猜猜看大學生
有哪些困擾？

沒有自信 沒有目標
 愛情 存款不夠 思考存在的目的 憂鬱
 不夠帥 (美) 課業 健康
 人際互動 擔心學非所用
 社團 找不到熱情
 今天午餐吃什麼? 家庭
 變成系邊

我們能幫上什麼忙？

老師，我也不知道
為什麼要念大學
（研究所）...

請參考大學法第一條

我的做法

三到四人一小組
期中考後約吃飯
協助學生找方向
一起建立成就感

感謝莊榮輝
前教務長



第一次碰面

- 三個問題
 - 自我介紹
 - 進台大以來，在生活上有什麼衝擊？
 - 有什麼想在大學階段完成的事情？
 - 例如想做研究，想當youtuber，想創作音樂，想去流浪...
 - （觀察：真的只想到自己...）
 - 不要否認學生想法，但幫忙設定具體可檢核的目標

第二次碰面

- 三個問題：
 - 這半年有什麼印象深刻的事？
 - 上次的目標，現在進行的如何？
 - 這個目標能幫助到其他人或這個地球嗎？
 - 有什麼需要物理系協助的地方？

我常跟導生
聊的幾句話

生命是長期而持續地累積

一萬小時理論

The book cover features a photograph of Peng Minghui in a library setting, with the word 'life' written in a stylized font above him. The title '生命是長期而持續的累積' and subtitle '彭明輝 談困境與抉擇' are at the top. The bottom section contains several text blocks in Chinese.

生命是長期而持續的累積
彭明輝 談困境與抉擇

「這本書，它十年來一直被大書局在書架上擺在最顯眼的地方。這幾年，想買人轉眼時沒有買者，有人用「生命是長期而持續的累積」這句話來形容你，這真是一句極佳的話。這本書，它十年來一直被大書局在書架上擺在最顯眼的地方。這幾年，想買人轉眼時沒有買者，有人用「生命是長期而持續的累積」這句話來形容你，這真是一句極佳的話。」

我沒有過困境，因為我從不在乎外世的得失，也不試圖地和別人比高下，而只在乎自己內在真實的累積。

我沒有過困境，因為我確實瞭解到：生命是一種長期而持續的累積過程，絕不會因為單一的事件而有劇烈的起伏。同時我也相信：屬於我們的，就一定會得到；我們不該得的，那就一身也不可能長久持有。

熱烈推薦
「這是一本值得讀的書。」
—— 傅斯年大學校長 吳思賢

郭敬明 郭敬明 郭敬明 郭敬明
張新穎 張新穎 張新穎 張新穎
徐茂雄 徐茂雄 徐茂雄 徐茂雄
孫效智 孫效智 孫效智 孫效智

葛明輝 葛明輝 葛明輝 葛明輝

昨天晚上幾點睡？

菩薩畏因
眾生畏果

導生故事

「人與人爭」 VS

「人與事爭」 ?

格局與視野

有哪些待解決的「事情」？



THE LARGEST
CLEANUP IN
HISTORY

OVER 5 TRILLION PIECES
OF PLASTIC CURRENTLY
LITTER THE OCEAN

(讀者文摘2017.8)

要是有人能清理海洋，那也很好，是不是我們做的不重要，只要有人做就好。如果真有別人去做這件事，我就可以去交女朋友，讀更多的書…再去尋覓另一個新問題。

「人與事爭」 特色



用以致學

Nature 426, p. 389 (2003)

concepts

Four golden lessons

Steven Weinberg

When I received my undergraduate degree — about a hundred years ago — the physics literature seemed to me a vast, unexplored ocean, every part of which I had to chart before beginning any research of my own. How could I do anything without knowing everything that had already been done? Fortunately, in my first year of graduate school, I had the good luck to fall into the hands of senior physicists who insisted, over my anxious objections, that I must start doing research, and pick up what I needed to know as I went along. It was sink or

work of many theoretical and experimental physicists has been able to sort it out, and put everything (well, almost everything) together in a beautiful theory known as the standard model. My advice is to go for the messes — that's where the action is.

My third piece of advice is probably the hardest to take. It is to forgive yourself for wasting time. Students are only asked to solve problems that their professors (unless unusually cruel) know to be solvable. In addition, it doesn't matter if the problems are scientifically important — they have to be solved to pass the course. But in the real world, it's very hard to know which problems are important, and you never know whether

Scientist

Advice to students at the start of their scientific careers.

to spending most of your time not being creative, to being becalmed on the ocean of scientific knowledge.

Finally, learn something about the history of science, or at a minimum the history of your own branch of science. The least important reason for this is that the history may actually be of some use to you in your own scientific work. For instance, now and then scientists are hampered by believing one of the over-simplified models of science that have been proposed by philosophers from Francis

回顧一下：

- 第一次見面的三個問題

- 自我介紹 生命是長期而持續地累積

- 進台大以來，在生活上有什麼衝擊？

- 有什麼想在大學階段完成的事情？

人與事爭
用以致學




2. 設計人生的體驗，
邀請學生來「感恩助人」



107-1
設計你的人生
Designing Your Life

- 時間、社群、實作
- 人生真的可以設計嗎？如其所是
- 學生受到**感動**，投入幫助學生

結語：準備完投影片，自己忽然發現～

- 導生聚會三句話：
 - 生命是長期而持續地累積  時間
 - 人與事爭  社群
 - 用以致學  實作
- 設計人生三元素：

Steve Jobs: you can't connect the dots looking forward.
You can only connect them looking backwards

My own life detour



創新領域學士學位學程

Trans-disciplinary Bachelor
Degree Program

- 大學是知識的接收者還是創造者？
- 大學生是知識的接收者還是創造者？
- 建立「以學習者為中心的開放式大學」

2023.1 擔任學務長

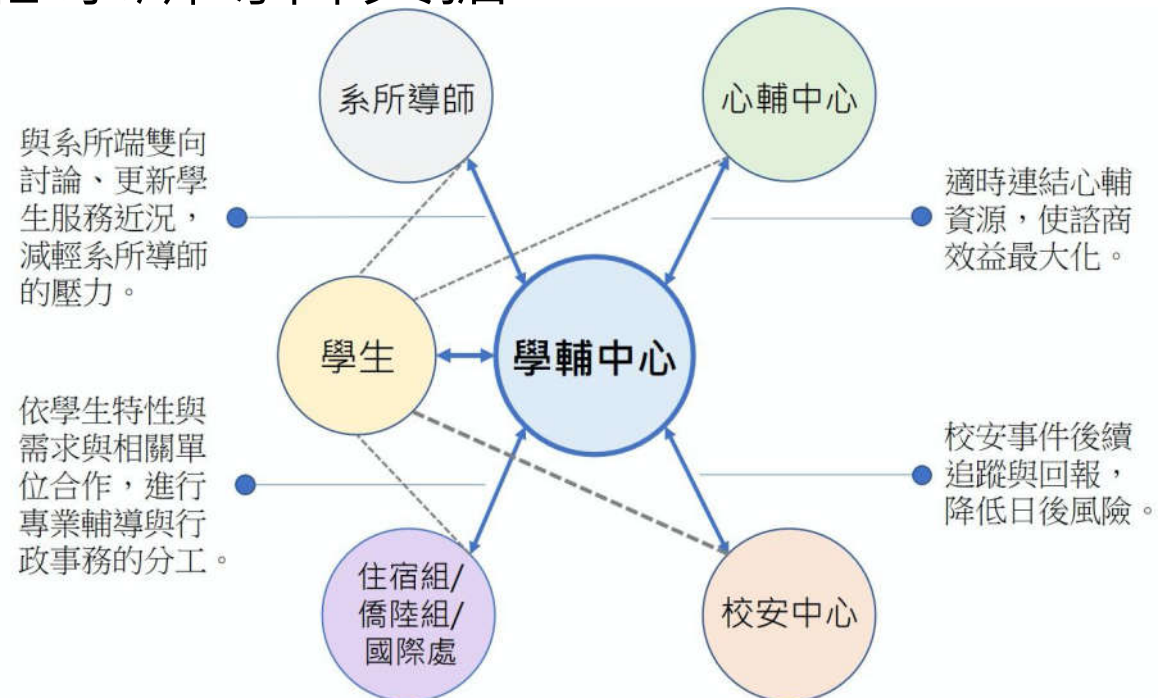
“hardly any
universities
have prioritized
mental health...”

1. 導生互動的經驗，希望學生能「好好生活」
2. 設計人生的體驗，邀請學生來「感恩助人」

身心健康實為第一要務，採多樣化途徑：
身心中軸覺察，靜坐冥想空間，廚房共煮共食，
提升學生互動，補充心輔人力，學輔主動關心...

念茲在茲，降低導師負擔

- 專業輔導人力主動關心高關懷個案，建立關係，減低系所導師負擔。



給親愛的導師們

“hardly any
universities
have prioritized
mental health...”

- 我們的職涯也充滿挑戰...
- 接觸真實的人群，解決真實的問題，看見真實的世界，認識真實的自己。
- 歡迎一起出來擔任行政職務，或是找到自己的Drinking school ~



好好生活，感恩助人
祝福大家～

