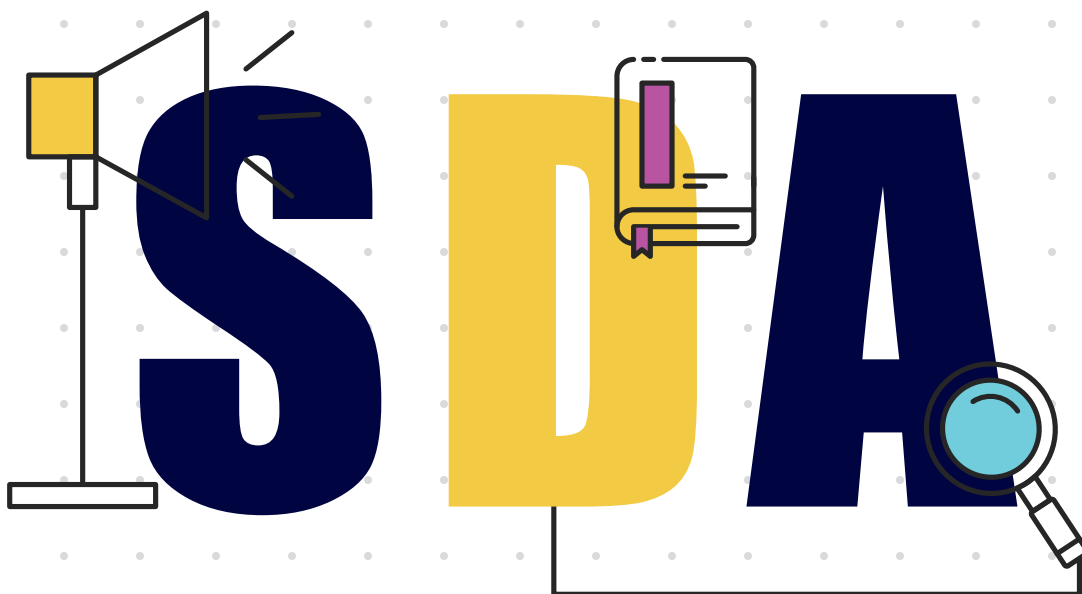




Xi'an Jiaotong-Liverpool University

西交利物浦大學



**STUDENT
DEVELOPMENT
ADVISOR-
UNDERGRADUATE**

2021-2022

**本科生
成长顾问**

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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 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 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.

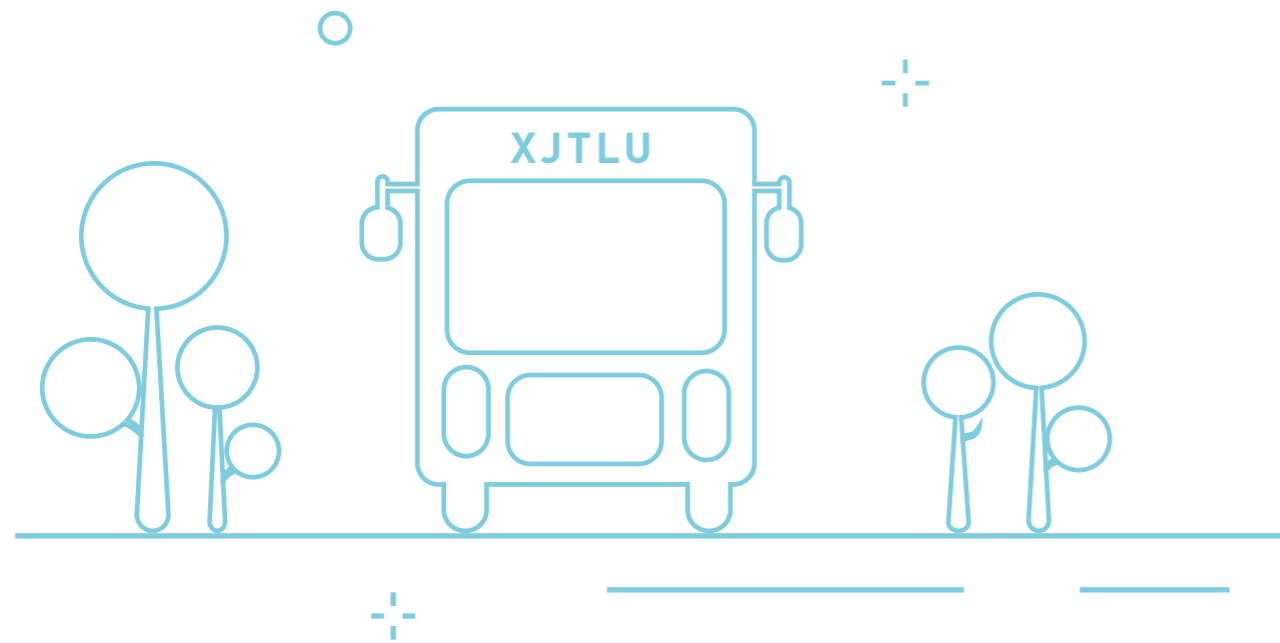
After getting along with student development advisors for a long time, students shall be unconsciously influenced by their language, behaviours, attitudes, and even values, so they always become models for students. Therefore, we have relatively high requirements on student development advisors' individual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

- 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”.

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, 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.



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 you 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、人际交往等。

- **思政教育**

以“立德树人”为教育实践的抓手，致力于将学生培养成德智体美全面发展的世界公民，包括党员发展、政审、配合学校健康安全相关工作。

- **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，成长顾问以院系为单位对学生提供支持。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人助互助的能力。

- **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，并引导和培养独立解决问题的能力。

- **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**

SDAC has held morality as the root of education practices, with a dedication to cultivation of students to global citizens of comprehensive competences. They are also responsible for such as party member enrollment, political review, and campus safety relevant work.

- **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 freshmen and carries out various educational and teaching practices. The administrative class will be disbanded when students choose majors, and student development advisors still support the students based on the department. 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.



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 2021 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、回归项目 - 习惯养成、回归项目 - 团体咨询、家庭咨询、职业生涯助推器、社会实践项目。除此之外，SDAC 团队的校友计划、校园播客两个项目也搭建在 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，报名参与。

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，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)。

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, 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 2021, WINGPLUS platform has established six student support programmes, i.e. Induction Programme, Bounce Back Programme - Self management, Bounce Back Programme - Group Counselling, Family Counselling, Career Embarking, and Social Practice Programme. In addition, SDAC team's two projects of 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。

《梦想捕手 - 新生入学攻略》

新生入学攻略，不是枯燥的说明，而是一个任务清单式的使用攻略，有趣生动。帮助学生逐步探索西浦，主动进行师生互动，了解西浦的育人理念。

- **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.

Chase the Dream- Undergraduate Student Guide

This guide is not a boring instruction book, but a task-type user manual, interesting and vivid. It will help students explore XJTLU, interact with teachers and understand XJTLU's educational ideology.

- **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。



对话西浦

对话西浦是针对全校学生的大型学校管理层与学生之间的直接对话活动。目的在于让管理层们听见更多学生的声音，使得学校能够根据学生的真实需要不断发展与提升。第一期的成功举办，让更多声音被听见，被重视；也让更多学生相信西浦是一个积极向上，创新包容的优秀大学。

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.

DIALOGUE WITH XJTLU

Dialogue with XJTLU is a direct dialogue activity between the university management group and the students. The purpose is to let the management team hear more students' voices, so that the university can continue to develop and improve according to the real needs of students. Its 1st session allowed more voices to be heard and valued; it also convinced more students that XJTLU is an excellent university that is positive, innovative and inclusive.

回归项目

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2019年12月，回归项目已经成功举办8期，为2100多名学生提供支持。

BOUNCE BACK PROGRAMME

Student Development Advice Centre launched the Bounce Back 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 2019, the Bounce Back Programme had been successfully held for eight sessions, and provided support to over 2,100 students.

项目核心目标

- 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.

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周期（一般为 8 周），以促进学生们养成积极的行为习惯。

- **趣味打卡**——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。
- **小组例会**——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。
- **自我挑战**——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、英语工作坊、联谊会等活动，增加团队凝聚力。

PROGRAMME COMPONENTS

The Bounce Back Program is composed of daily clocking in, weekly meeting, weekly 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.

- **Daily entertaining clocking-in** – get up early, attend classes, review lessons, and do exercises, and the teacher leader will supervise students to complete their clocking-in objectives, while the group members will supervise mutually as well.
- **Weekly meeting** – the teacher leader and group members will review the life and study 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. Challenges may include academic challenge, interpersonal challenge etc.
- **Optional activities** – art salon, English workshops, social gatherings, etc. to increase team cohesion.



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！”

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

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."

"I have truly experienced 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!"

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，WINPLUS 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 2021 年 6 月，回归项目 - 团体咨询历时 8 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专题。

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。

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 2021, the Bounce Back Programme - Group Counselling had been held for eight sessions, 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 - 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 develop 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.

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分享、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，成员就敢于坦诚的分享，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。”

关于团体咨询，详情可咨询

BBP.groupcounselling@xjtlu.edu.cn

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. A 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 loneliness brought by some external realities. During the process of such increase and reduction, the team members will gain a lot in the aspects of self-awareness, self-acceptance, interpersonal initiative, expression of love etc.”

For detailed information, please consult
BBP.groupcounselling@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
- 提高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（一般是父母亲和孩子）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。

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

After leaving home, undergraduates are so “far”, yet “so close” to their original families, 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 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.

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 session 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 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).

职业生涯助推器

为了更好地支持毕业年学生的职业发展，西浦就业发展中心联合 WINGPLUS 平台推出了职业生涯助推器计划。就业中心为升学、就业遇到挑战的学生进行诊断，并给予精准的资源推送、职业咨询等综合支持。

目前，该项目处于试点阶段，主要服务群体为设计学院大四应届毕业生，采取邀请加入制，后续会逐渐对更多院系的同学开放。

详情请咨询 careers@xjtlu.edu.cn 或咨询你的成长顾问。

CAREER BOOSTER PROGRAMME

In order to better support the career development of students in the graduation year, XJTLU Career Center and WINGPLUS platform has launched a career booster program. The Career Center provides diagnostics for students who have encountered challenges in their studies and employment, and provides comprehensive support such as resource promotion and career consultations.

At present, the project is in the pilot stage, and the main service group is the senior graduates of the School of Design. The invitation system is adopted, and the follow-up will gradually be open to students from more departments.

For details, please contact careers@xjtlu.edu.cn or consult your Development Advisor.



社会实践项目

社会实践是大学生锻炼社会实践能力、提高自身素质和社会责任感的必修课，旨在鼓励学生将理论与实践相结合，由学生根据自身情况，结合专业特点，自愿参加，自选研究主题并在中国大陆范围内开展的社会活动或研究。

参与社会实践的学生可以独立或组队参加社会实践活动，每个团队人数为 1-8 人。根据自己的时间安排，学生可在不同时间段参与多项社会实践。学生可跨年级、跨专业、跨系、跨国籍自由组队。

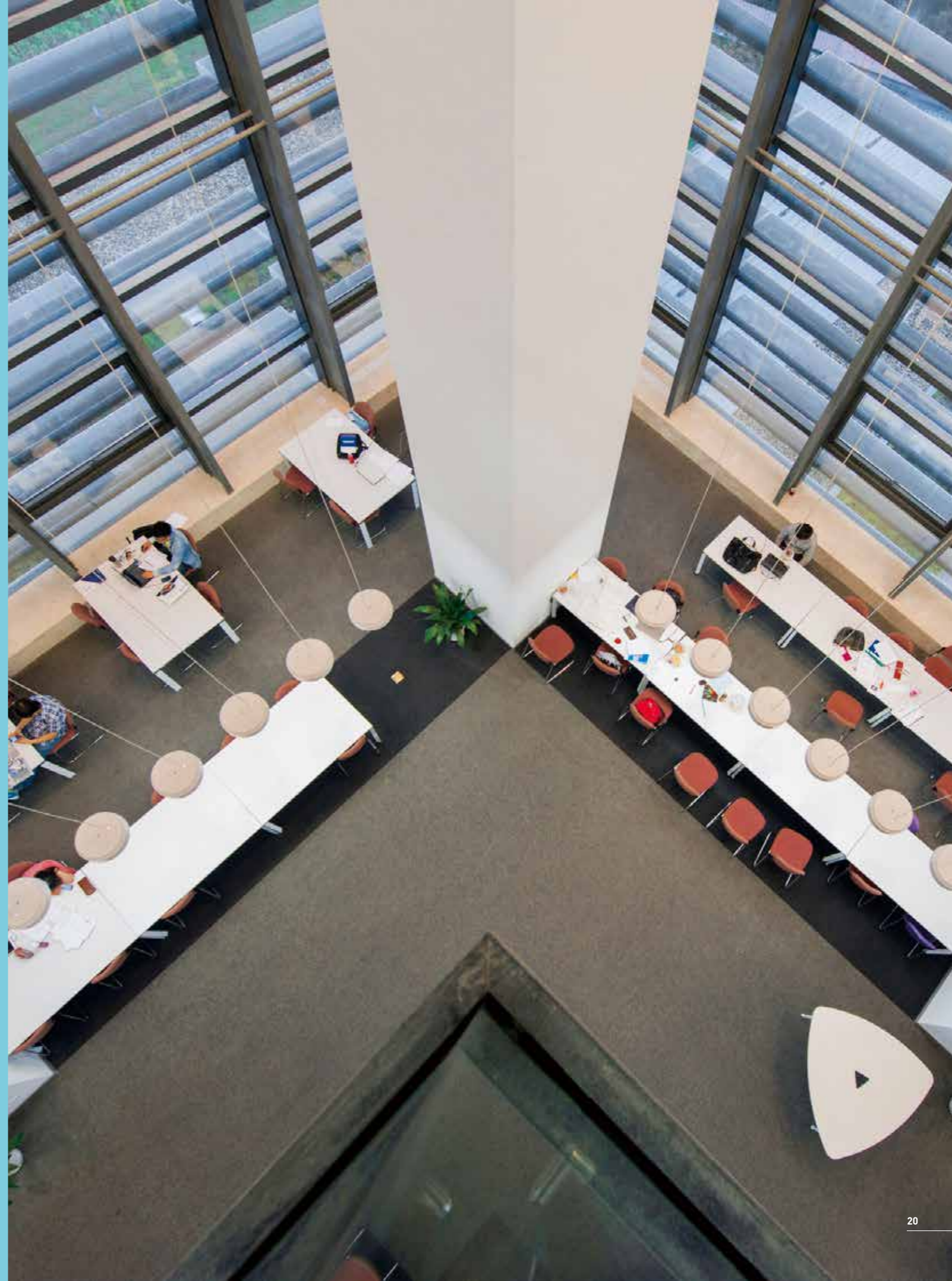
详情请咨询 Social.Practice@xjtlu.edu.cn。

SOCIAL PRACTICE PROGRAMME

Social practice is a compulsory course for college students to exercise social practice ability, improve self-quality and sense of social responsibility. It aims to encourage students to combine theory with practice. Students can participate voluntarily according to their own situation and professional characteristics. They can choose their own research topics. Social activities or research can be carried out within the scope in mainland China.

Students participating in social practice can participate independently or in teams, with 1-8 people in each team. According to their own schedule, students can participate in a number of social practices at different time periods. Students can freely form teams across grades, majors, departments, and nationalities.

For details, please contact Social.Practice@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，也能结识大陆同学，更好地融入西浦生活。



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。



OVERSEAS WELCOME PARTY

International environment is one of the major features of XJTU, and overseas students are also a significant part of XJTU 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 mainland Chinese students and adapt to XJTU life in a better way.



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.



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。



大小 Buddy 躁起来

忙碌的学习生活需要放松，上学期中后，学友执委会组织系列娱乐活动，要求大小 buddy 组队挑战，共同合作打怪，赢取奖品。以期学友们能在团队合作式的娱乐中增进感情、放松身心。

学友计划年度典礼

每一位学友的任期是 1 年，为了感谢每一位学友在这一年为新生的付出，每年 4 月，学友计划将举行年度典礼，感恩所有学友的支持，同时为一年的学友工作画上圆满的句号。



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.



EVERY BUDDY HANDS UP

Relax is also needed in a busy school life. After the mid-exam in the first semester of freshman year, BPEC will organize a series of entertainment activities when buddies and freshmen are required to attend in teams, overcome challenges and then win the prizes. Buddies and freshmen 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 for their great efforts to freshmen, the Buddy Programme holds an annual award ceremony every April 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：温暖善良的榜样力量

还未与小 buddy 见面前，大 buddy 钱奕涵组了一个微信群，每天在里面分享各种消息，比如学校周边以及刚来学校的注意事项。得知小 buddy 们的宿舍被分配在文荟人才公寓，他提前去文荟帮忙打探各种消息。“我希望尽可能多地把自己的经验分享给小 buddy 们。”

在小 buddy 王雅眼中，钱奕涵是一个很温暖善良的人。“他在各个方面都能帮助我们。平时也会鼓励我们，祝福我们。有一次我的 ID 卡丢了，我就发朋友圈说这件事情。学长正好跟我在同一栋楼，看到后就帮我一起去找。之后也是他陪我去补办的。”

另一位小 buddy 杨茗则认为大 buddy 给自己树立了一个很好的榜样。“他是一个非常擅长交流的人。第一次见面时大家都是刚认识，不是很熟悉。多亏他一直跟我们交流，照顾我们每一个人，不让气氛冷下来，之后我们的关系就变得越来越紧密。从他身上，我学会了如何与人交流与相处。”

在钱奕涵看来，他在帮助小 buddy 的同时，她们也感受到了他的用心，并用自己的方式表达着感谢。“我记得是军训的时候，她们一天送一次奶茶，我当时觉得挺意外。天气很冷，但我的心特别暖。虽然长胖了不少。”他笑着说。

BUDDY STORIES

CLASS BUDDY: A MODEL POWER OF WARM AND KINDNESS

Before meeting with the new student, Buddy Qian Yihan formed a WeChat group to share various news in it every day, such as the school surroundings and the precautions for just coming to school. Knowing that the new student's dormitory was assigned to Wenhui Talent Apartment, he went to Wenhui in advance to help inquire about various news. "I hope to share my experience with the new students as much as possible."

In the eyes of the new student Wang Ya, Qian Yihan is a very warm and kind person. "He can help us in all aspects. He will always encourage us and bless us. Once I lost my ID card, I posted this to the Moments. The senior was just in the same building. He looked for it for me and accompanied me to make up for it."

Another new student, Yang Ming, thinks that the Buddy has set a good example for himself. "He is a person who is very good at communication. When we first met, everyone just met and was not very familiar. Thanks to him always communicating with us, taking care of each of us, and keeping the atmosphere from cooling down, then our relationship will change. Get closer and closer. From him, I learned how to communicate and get along with others."

In Qian Yihan's view, while he helped the new student, they also felt his intentions and expressed their gratitude in their own way. "I remember during military training, they gave milk tea once a day. I was surprised at the time. The weather was very cold, but my heart was very warm. Although I gained a lot of weight." He said with a smile.

海外生学友：跨文化交流，为彼此带来成长契机

国际商务英语专业大二学生陈婉舒（下图）担任海外 buddy，负责为来自埃及和美国的新生答疑解惑。

“我以为我的小 buddy 们都比我小，结果我的埃及小 buddy 是研究生，比我年龄更大、更成熟。”陈婉舒哭笑不得，“我的小 buddy 像是我的大 buddy，非常照顾我的感受。他每次回复消息都很热情，说我发的信息对他帮助很大，让我觉得我的付出是值得的。”

由于疫情，她的海外 buddy 一直无缘置身校园。受时差影响，他们的沟通也并不是很顺畅及时，但陈婉舒还是想办法尽量弥补他们的遗憾。

陈婉舒的小 buddy Mohammad 提到，“虽然很可惜彼此不能在线下见面，但我能感受到她是一个热心友好的女孩子。从和她的交流中我了解到了许多关于学校的信息。她还做了一个有关于校园的 PPT，让我对校园有了多一点的了解，真的很棒。”

陈婉舒说，虽未谋面，小 buddy 和她的互动依然十分频繁。“我的小 buddy 对苏州很感兴趣，想去打卡苏州的景点。我在春节期间还教会他用中文说‘新年快乐’，而他给我分享在沙漠里骑骆驼的照片，让我了解到了和在苏州水乡完全不一样的异域生活。”

“对双方来说，彼此的文化都是很新奇的，这种跨文化的交流非常吸引我。”

“等疫情有所缓解，我很期待和他见面，带他过中国年，包饺子、贴春联。”陈婉舒说。



OVERSEAS BUDDY: CROSS-CULTURAL COMMUNICATION BRINGS GROWTH OPPORTUNITY FOR EACH OTHER

Chen Wanshu (pictured below), a sophomore majoring in International Business English, serves as an overseas buddy responsible for answering questions for freshmen from Egypt and the United States.

"I thought my little buddy was younger than me, but my Egyptian little buddy is a graduate student, older and more mature than me." Chen Wanshu said happily. "My little buddy is like my big buddy, and takes care of me very much. He is very enthusiastic every time he responds to messages, saying that the messages I send are very helpful to him and make me feel that my efforts are worthwhile."

Due to the epidemic, her overseas buddy has never been on campus. Affected by the time difference, their communication was not very smooth and timely, but Chen Wanshu still tried to make up for their regrets as much as possible.

Chen Wanshu's little buddy Mohammad mentioned, "Although it's a pity that we can't meet each other offline, I can feel that she is a warm and friendly girl. I learned a lot about the school from the communication with her. She also does a PPT about the campus which gave me a better understanding of the campus. It's really great."

Chen Wanshu said that although she had never met her little buddy but they interacted very frequently. "My little buddy is very interested in Suzhou and wants to check in to the scenic spots in Suzhou. During the Spring Festival, I also taught him to say 'Happy New Year' in Chinese, and he shared with me pictures of riding a camel in the desert, and let me know Living in a foreign land is completely different from that in the water village of Suzhou."

"For both sides, each other's culture is very novel, and this kind of cross-cultural exchange is very attractive to me."

"When the epidemic has eased, I am looking forward to meeting him, taking him to celebrate the Chinese New Year, making dumplings and sticking Spring Festival couplets." Chen Wanshu said.



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。



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.

联系我们 CONTACT US

学友计划官方邮箱：
Buddy Programme Official email:
Buddy@xjtlu.edu.cn.



联系我们

官方邮箱: PTC2@xjtlu.edu.cn
公众号: xjtluptc

Contact us

Official email: PTC2@xjtlu.edu.cn
Public Account: xjtluptc

政务工作

学生成长顾问中心下设人民武装部，主要负责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。



Political Affairs

The People's Armed Forces Department is set up under the Student Development Advice Center, which is mainly responsible for undergraduate military skills training and military theory courses teaching, national defense education for the entire university's staff and students, reserve service registration and conscription, 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。

CONSCRIPTION WORK

The Armed Force Department of Xi'an Jiaotong-Liverpool University has set up relevant rules of Xi'an Jiaotong-Liverpool University Implementation of Military Service Enrollment. At XJTLU campus, the undergraduate enrollment for military service rules are extensively publicized and full efforts are given to the service work for students with enrollment intentions. There will be two enrollment sessions each year. Students aged 17-22 years old (24 years old for graduates) with satisfied physical qualifications are able to submit enrollment 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.



扫描查看征兵政策

For the detailed policy information, please scan this code

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 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 Center 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 Center, 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，采用半结构式的方式，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。
- 同辈督导。邀请专业督导师及心理咨询中心的同事共同参与，对工作中遇到的各类学生疑难案例进行沟通交流，达到情绪的处理和疏解，知识的分享和传递，问题的应对和解决等目的。案例类型主要包含回归项目督导、学生日常管理、紧急学生案例等。
- 院系 DA 交流会。将成长顾问按照学院划分成组。同一个学院的成长顾问定期相聚在一起，选择经典的和学生工作相关的议题进行内部讨论和学习，加强学院内部的信息分享。同时利用团体的互动体验，增进成员间的积极互助关系，促进整体团队建设。

SUPERVISING SYSTEM

The Student Development Advice Center 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.
- Peer Supervisor: professional supervisors and colleagues from the psychological counseling center are invited to participate in communication and exchanges on various difficult student cases encountered in the work. They could discuss and communicate about student cases of difficulties encountered at work, express their feelings and confusions, share knowledge, solutions to problem, etc. The cases mainly come from Bounce Back Programme, daily student management, emergent cases, etc.
- Senior DA Communication Meeting: divide DAs into groups according to colleges. DA of the same college gather regularly to select classic and student work-related topics for internal discussion and learning, and to strengthen information sharing within the college. At the same time, the interactive experience of the group is used to enhance the active mutual assistance relationship between members and promote the overall team building.

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至关重要。中心通过线上学习平台、读书会、知识竞赛、素质拓展等形式，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 Center has promoted the advisors continuous leaning habit and strengthened inner efficient communication flow through online learning platforms, reading clubs, knowledge competitions, and quality activities, etc.



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，3年高等教育工作经验，国家二级心理咨询师。
爱好美食与旅游。

陈梅芬 南京理工大学 - 英语专业学士

10年高等教育工作经验，期间从事学生管理、人事管理、行政助理、留学生管理和涉外事务管理等工作，获中级职业资格证书。

性格开朗，乐观，喜欢用平和的心态对待身边的人和事。

陈潇霄 管理学学士

1年人力资源管理工作经验，4年高等教育工作经验。
爱好单口喜剧及羽毛球。

陈语嫣 陕西师范大学 - 光学工程硕士

2年高等教育工作经验，发表SCI论文数篇，International TRIZ Certificate Level 1。
性格开朗，热爱生活。

陈霁 南京师范大学 - 管理学学士 利兹大学 - 理学硕士

4年500强国企和外企工作经验。

云养狗爱好者，惜命但熬夜十级。

储柳红 英语语言学士

5年高校教学经验，13年高校行政管理经验，英语专业八级证书，高校教师资格证书，国家二级心理咨询师，十年心理咨询行业学习实践经历。

喜欢旅行运动，爱打羽毛球；喜欢读书学习，特别是心理学、社会学类；热爱生活，体验当下。

戴安丽 上海外国语大学 - 法语语言文学硕士

2年国家公派海外交流学习经历，英语专业八级，法语专业八级。

音乐发烧友，爱好烹饪，热爱各国文化，喜欢探索新鲜事物。

刁宇庭 教育学硕士

12年体育教育、学生工作相关工作经验。

喜欢各类运动。

丁雪琼 英国约克大学 - 管理学硕士

2年高等教育工作经验，剑桥商务英语证书

喜欢读书、美食、运动和旅行，学生时代参加美国的短期公费游学，也曾鼓起勇气在埃及的撒哈拉沙漠骑骆驼。

董超 心理学学士

7年教育工作与学生管理相关经验。

喜欢游泳、登山。

龚晓虹 西交利物浦大学 - 金融数学专业学士 英国利物浦大学 - 金融数学专业硕士

7年国有银行工作经验，拥有银行，证券，基金，保险从业资格证。

西浦“长女”，和西浦共成长。

韩玉兰 英国伦敦大学学院 - 英语语言学硕士

4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。

资深奶茶爱好者，贪吃不胖。

韩玉婕 西交利物浦大学 - 管理学硕士

2年英语教学，留学生管理学教学经验。

爱好电影的双鱼座。

何启豪 香港大学 - 理学士（主修数学及经济金融） 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。

Work hard, play hard.

洪叶 西交利物浦大学 - 金融数学学士 英国利物浦大学 - 金融学硕士

3年高等教育经验，职业生涯咨询师，5年金融分析师从业经验。

校园播客 iLogue 主播，记录你的故事。

胡媛媛 苏州大学 - 应用心理学硕士

3年高等教育工作经验，1年心理咨询工作经验，国家二级心理咨询师。

爱好读书与出行。

黄竹平 法学学士

10年国内公务员工作经验，10余年海外生活经历。

健康生活方式支持者，西餐、日餐烹饪爱好者。

计晨 中国农业大学 - 化学学士 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，多年价值投资经验。

耐心负责的新手爸爸。

纪红君 英国诺丁汉大学 - 汉语国际教育文学硕士

7年高等教育工作经验。

爱好民歌、民乐，西方古典音乐的发烧友。

金鑫 长春师范大学 - 英语专业

11 年工作经验

爱好：攀岩 羽毛球 排球 壁球 剧本杀 狼人杀 看书 听音乐 瑜伽……爱好有点多

人生目标：努力工作，快乐生活

李沁璇 香港教育大学 - 教育硕士

6 年全英学习和工作经验，2 年外语教学工作，20 国游历经验。

清醒的梦想家

黎清华 苏州大学 - 艺术学学士

3 年高等教育工作经验，平面设计师，国家三级心理咨询师。

喜食辣条，爱好 ACG。

李晓 工商管理学硕士

10 年高等教育工作经验，WSET 中级品酒师，国家二级礼仪培训师。

雅可云淡风轻，俗可重口无限。

李珍臻 澳大利亚昆士兰大学 - 食品科学与工程硕士

2 年功能性食品研发经验，1 年高等教育工作经验。

热爱旅游的宅家达人，始终对新事物保持好奇。

梁燕 美国克利夫兰州立大学 - 土木工程硕士

2 年工程管理经验，7 年教师工作经历，拥有高校教师资格证。

一本正经的外表，包罗万象的内心，爱跑步，爱打球，爱长胖。

刘安邦 西安交通大学 - 公共管理学硕士

14 年高等教育管理工作，包括学生管理、招生工作、学生安全与学生党务工作。

喜欢打羽毛球、台球、乒乓球等。

刘菲 苏州大学 - 工学硕士

5 年在线旅游业工作经验，2 年保险业工作经验。

热爱旅行、摄影，靠谱青年

刘慧 西交利物浦大学 - 经济学学士
伦敦大学学院 - 社会学硕士

Chartered Financial Analyst Level 1

爱玩，爱睡觉。

刘斯晴 西交利物浦大学 - 管理学硕士

3 年高等教育及新媒体经验，2 年科研、市场相关工作经验。

钢琴及乐理十级，每天忙着打造网红 DA。

刘为国 经济学学士

10 年世界 500 强企业人力资源管理经验，国家二级心理咨询师。

忽胖忽瘦的气球体质。

刘雨阳 法学学士

西浦校友

热心的东北人，非典型国际关系学生

梁嘉倪 西交利物浦大学 - 经济学学士
伦敦大学学院 - 教育学硕士

留学咨询行业工作经验，西浦校友

从未放弃减肥，也从未放弃寻找霍格沃茨录取通知书。

鲁圣迪 苏州大学 - 应用心理学学士
苏州大学 - 应用心理学硕士

4 年高等教育工作经验，教育信息化工作背景。

慢热的急性子，运动废，宅。

马逸群 香港理工大学 - 硕士

2 年香港教育行业工作经验和企业商务管理工作

时尚爱好者，痴迷爵士舞和音乐。

孟钰翔 苏州科技大学 - 土木工程项目管理本科
英国拉夫堡大学 - 建筑项目管理硕士

2 年留学行业工作经验，1 年建筑行业工作经验，2 年高等教育工作经验。

毫无包袱的谐星本人。

糜蒙蔓 苏州大学 - 应用心理学硕士

3 年高等教育工作经验，4 年心理咨询经历，国家二级心理咨询师。

热爱篮球，追求爱与和平。

闵文 广告学学士

12 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。

不喜欢把生活搞得太严肃。

穆松雪 英语语言文学学士

5 年外企项目管理工作经验，7 年高等教育工作经验，国家三级心理咨询师。

追求完美的处女座。

齐珊珊 苏州大学 - 心理学硕士

3 年高等教育工作经验，国家二级心理咨询师，国家教师资格证书。

温柔接纳，值得期待。

邱鑫艳 苏州大学 - 应用心理学学士
苏州大学 - 应用心理学硕士

4年高等教育工作经验，国家二级心理咨询师。

爱发呆，爱学生。现在有四只猫猫啦。

荣化雪 苏州大学 - 公共事业管理学学士
英国布里斯托大学 - 公共政策学硕士

4年高等教育工作经验，1年通信行业工作经验。

20余载练习小提琴，热爱旅游和美食。

邵雪林 美国阿肯色理工大学 - 英语教育硕士
高等教育管理硕士

四年高等教育管理经验，曾在复旦大学及法国 KEDGE 商学院任职。

英语书法爱好者。

汤寅 西交利物浦大学 - 国际商务学士

1年统计工作经验，西语 DELE B1

朋克养生，佛系练琴，终生学习

王潇珏 上海交通大学 - 艺术设计学士
英国伯明翰城市大学 - 艺术设计硕士

5年英国媒体行业视觉设计从业经历，游历世界四大洲 27个国家。

心宽体瘦，可盐可甜。

王亚男 苏州大学 - 应用心理学硕士

3年高等教育工作经验，1年高校心理健康教师经历，国家三级心理咨询师。

乐观，阳光，开朗，爱好旅行。

汪玉莲 英国哈德兹菲尔德大学
现代英语语言学硕士 / 新闻学学士

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

喜爱旅游、阅读、美食。

王铭禧 爱丁堡大学 - 教育学硕士

2年海外生活学习经历，参与组织教育学院研究生晚会；高中语文教师资格证。

爱好旅行、美食，手帐重度爱好者。

万姿 西安交通大学 - 法学学士
香港中文大学 - 社会工作硕士

1年海外学习工作经历，1年高等教育工作经验。

热心公益，爱科幻，爱写作，爱旅行。

魏喜蕾 心理学硕士

3年高等教育工作经验，国家二级心理咨询师。

性格开朗，善于倾听。

吴鑫 建筑学学士学位

4年高等教育工作经验，包括学生管理、招生工作、对外关系等。2年市场管理工作经历。

立志减肥却越减越肥的宅男，热爱看球、历史书籍、主机游戏。

夏子昱 苏州大学 - 音乐教育学士
法国奥奈苏布瓦音乐学院 - 音乐表演硕士

7年欧洲游学经历，多年海内外舞台工作经验。

喜欢读历史，爱钻研身边的新事物。

徐盼 苏州大学 - 电子与通信工程硕士

7年国有银行工作经验

乐观向上，热爱生活，想要环游世界

许甜甜 苏州大学 - 公共管理硕士

4年人力资源工作经验，2年高等教育学生工作经历。

遵从自己的内心，爱生活，爱自己。

徐雅筠 中山大学 - 社会学学士
新加坡管理大学 - 应用金融学硕士

2年银行工作经验，1年教育行业工作经验，多年社会公益项目经验。

爱公益，爱小动物，享受每一天的小确幸。

徐韵

5年公务团组出访安排经验，2年外航乘务经历，1年少 儿英语教学经验。

戏精本精，乐于接受各种角色的挑战。

杨骅琳 生物科学学士
社会工作硕士

7年高等教育工作经验，国家二级心理咨询师。

热爱生活，手风琴八级。

杨静怡 西交利物浦大学 - 金融数学学士
英国拉夫堡大学 - 商业分析和 管理硕士

海外金融行业工作经验，3年银行工作经验。

理智坚韧，热爱分享，永远年轻。

叶冠楠 美国威廉玛丽学院 - 法律硕士

2年高等教育工作经验，1年律师事务所工作经验。

乐观向上，运动健身。

叶沅菲 南京师范大学 - 文学硕士

1年高等教育工作经验，头部互联网公司 S 级项目背景。

爱滑板但止步于 Ollie 的 BXG。

于天娇 悉尼大学 - 会计专业硕士

西浦校友

热爱运动和生活

于晓迪 华中科技大学 - 管理学硕士

四年金融机构，五年高等院校从业经验
人力资源师（二级）、心理健康咨询师
独乐乐不如众乐乐

张冬丽 信息管理与信息系统专业学士

10年国际贸易合作与交流经验，4年高等教育工作经验。
爱好旅行、烹饪和社会志愿活动。

张巧菽 中央财经大学 - 文学学士、管理学学士
西交利物浦大学 - 项目管理硕士

4年外资银行业工作经验，4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。

赵晨怡 西交利物浦大学 - 经济学学士
华威大学 - 经济学硕士

2年高等教育工作经验，多年海外生活学习经历，3年银行业工作经验。

西浦校友，爱刷刷，读万卷书行万里路。

赵丹丹 南京医科大学 - 英语专业本科
香港大学 - 应用语言学硕士

3年翻译行业工作经验，5年留学咨询行业工作经验，升学顾问。

TVB和BBC剧爱好者。

周慧敏 美国圣荷西州立大学 - 社会学学士、
儿童与青少年发展学士

半年多海外助教经验，6年海外生活经验，钢琴10级。
爱吃、爱玩、爱追星。不爱洗碗、但爱做饭。

周九月 浙江师范大学 - 比较教育学硕士
威斯康星麦迪逊大学 - 教育学交换生

1年高等教育工作经验，教育公益基金会工作经验。

爱音乐，爱推理 - Brainy is the new sexy.

周硕 英国谢菲尔德大学 - 全球新闻学硕士

江苏卫视编导工作经验。

热爱生活，有趣的不是灵魂。

周晓程 经济学学士

7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。

周心雨 英国伦敦大学学院 - 教育学硕士

5年伦敦留学经历，伦敦美食购物小能手
乐观且开朗，爱好阅读和游戏

朱磊 宁波大学 - 教育学硕士

2年高等教育工作经验，1年非洲孔子学院教学经验。

爱好电影、摇滚、吉他，梦想周游列国。

朱伶俐 教育学硕士

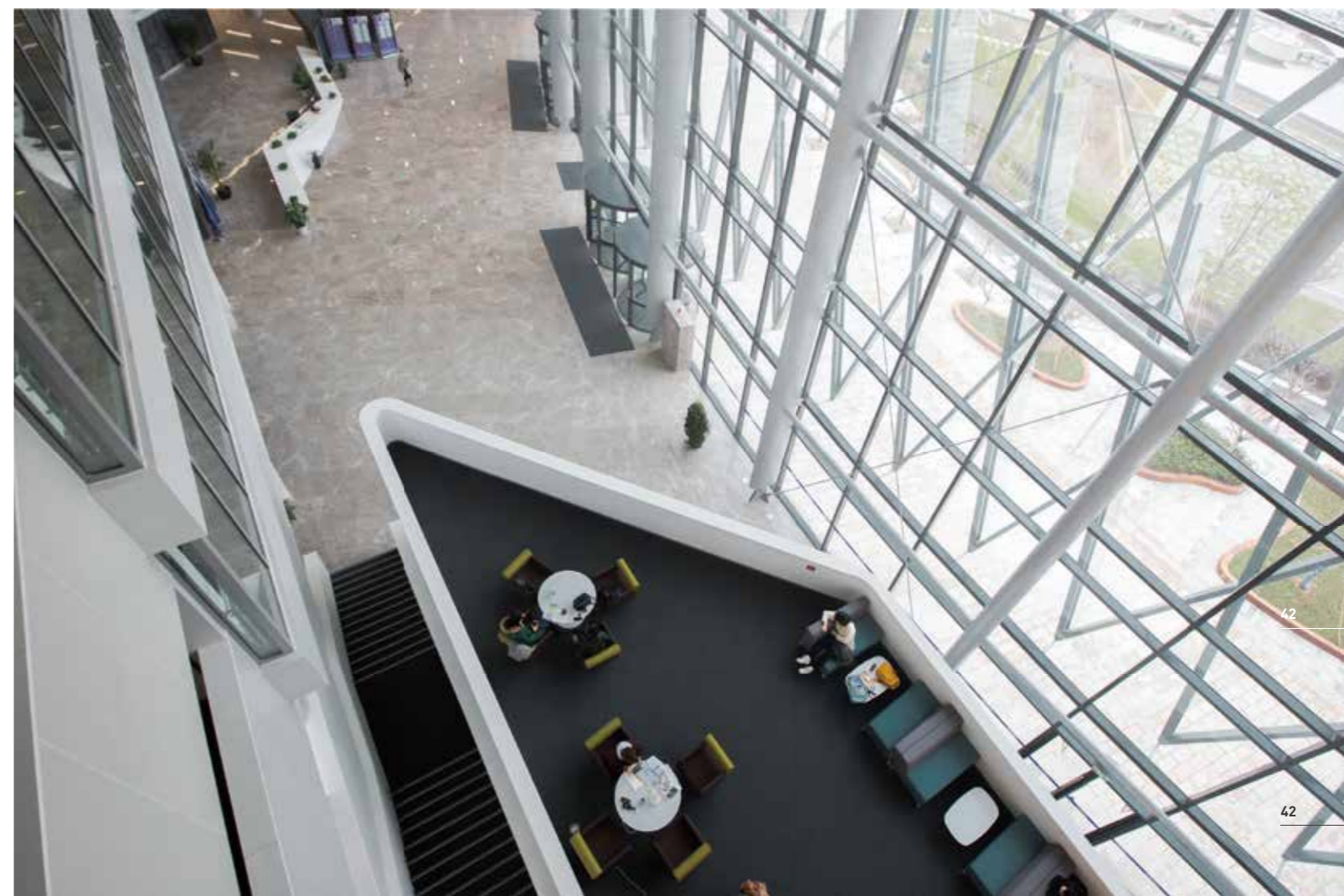
4年高等教育工作经验，运动康复行业背景，国家卫生部健康管理师。

爱做饭爱干净，可浪可学术，爱猫人士。

朱彦霖 英国利物浦大学 - 金融与会计硕士

2年海外生活学习经历；国际注册会计师。

爱好自由，特长自律。





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Student Club Support Centre

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scs@xjtlu.edu.cn

健康与安全事务办公室

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0512-88161005

校园警务室

Campus Police

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