

114-1 學術英語M.A.P系列講座 CAL TALKS

AI時代的心靈韌性： 研究者的啟發與反思

Mental Resilience in the Age of AI:
Insights and Reflections from Researchers



Introduction

當AI逐漸取代人類的部分智力與勞力，研究者容易面臨焦慮與自我懷疑。

本講座將從心理學角度出發，探討人類獨特的意識、感受與連結如何幫助研究者在AI時代保持心靈韌性，並透過健全的心理狀態，持續開展有價值的學術研究。

As AI increasingly takes over human tasks, researchers may face anxiety and self-doubt. This talk explores how human consciousness, emotion, and connection support psychological resilience, helping scholars thrive and create meaningful research in the age of AI.



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 14:20 - 16:00

 校本部勤大樓文學院B1會議室
Main Campus, Qin Building, B1 Conference Room

 講座語言：中文&英文
Conducted in Chinese & English

About the Speaker

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