HyLoveClub

2026 Ministry of Education Program for Social and Emotional Learning and Campus Mental Health Promotion (ROC Year 115)

AI-Mind Care

Mind-Body Awareness & Emotional Resilience University Collaboration Proposal

Brainwave Awareness × Mindful Breathing × AI Brainwave Music × I Ching Scenario Games

Scan to learn more

For universities funded under the 2026 MOE program: activities, courses, and faculty/staff development within approved plans

COLLABORATION FOCUS | Turning five SEL competencies into reflective, hands-on learning

Combining emotional self-assessment, optional EEG experiences, mindfulness, optional aromatherapy, AI brainwave music and I Ching scenario games, participants practice awareness → regulation → empathy → communication → decisions. Activities can be tailored to existing courses and campus events.

LEARNING OBJECTIVES | Five SEL competencies

Recognize feelings and mind-body states; practice coping with stress, empathetic communication and responsible decisions for campus life.

FORMAT | Mini-lectures, practice & reflection

Guided discussion, optional EEG, breathing, AI music, I Ching games, small groups and personal self-care action cards.

EXPECTED OUTCOME | Identify an emotion, practice a regulation technique, and propose one empathetic or self-care action.

01 ALIGNMENT WITH MOE PROGRAM ACTIVITIES

CURRICULUM | Activity 1

General education, life education, emotional education and SEL-related courses.

STUDENT ENGAGEMENT | Activity 2

Orientation, departments, dormitories, campus mental health and SEL-themed activities.

STAFF DEVELOPMENT | Activity 4

SEL training for teachers, mentors, counselors and administrative staff.

FIVE CORE SEL COMPETENCIES

Self-awareness | **Self-management** | **Social awareness** | **Relationship skills** | **Responsible decision-making**

02 SAMPLE 2-HOUR WORKSHOP (adjustable for group size and equipment)

00–15 min Orientation & consent

Explain goals and data use; EEG participation is optional.

15–30 min Baseline awareness

Self-rate emotions and mind-body state; optional EEG observation.

30–50 min Mindfulness & regulation

Breathing, relaxation and body awareness; optional aromas, with sensitivity precautions.

50–70 min AI brainwave music

Explore listening and sound; express feelings and practice active listening.

70–105 min I Ching scenario game

Practice empathy, teamwork, communication and responsible choices.

105–120 min Reflection & action

Post-assessment and optional EEG; write a personal self-care action card.

IMPLEMENTATION NOTE | Small groups of up to 16 participants are recommended. Larger groups may rotate through stations or join a series of sessions.

03 DELIVERABLES & BUDGET PLANNING

OUTCOME SUMMARY | Supporting reporting

- **Quantitative:** sessions, participants, training hours and optional SEL feedback/self-assessments.
- **Qualitative:** de-identified reflection and learning records.
- **Documentation:** agenda, consolidated summaries and consented photographs for reporting (Appendices 3–4).

BUDGET | Subject to approved categories

- Possible costs: external lecturer fees, materials, equipment/software use and transportation.
- Grant funds are not used to purchase equipment or cover ineligible personnel or administrative costs.
- Scope, pricing and spending require university approval under its funded plan and accounting rules.

We welcome details on your audience, participant numbers and approved activities to discuss customized sessions and pricing.

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