

學校簡介

Temple University是一所位於費城的大學，我個人覺得學校主要區域的面積相對其他美式校園來說並不大，草地也只有兩三片。但是校園內的建築風格多樣，面向著N Broad St的幾棟建築風格偏復古，內部也是深棕色實木地板和高穹頂的天花板，配上耀眼的大水晶吊燈和多扇彩色玻璃窗戶，很有歐式風情；而分佈在校園中間的主教學樓偏向現代風，內部教學設施和教室設計也都很美觀實用；圖書館大部分區域都是可以交談的，只有頂樓的最內側才是安靜區；個人不喜歡在安靜區學習（因為太容易睡著了哈哈）；日常學習如果需要用到電腦，而自己的筆記本又運轉慢到令人窒息時，Tech Center不計其數的Dell, Mac任君挑選。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

在Temple交換一學期，我修了四門課，分別是French II，Introduction to Marketing，Problem Solving in Science，Intro to Digital Design Tools。這四門課的共同特徵是教授都十分親和，課堂氛圍偏向輕鬆活躍，學生的數量基本在二十到三十個，教授的知識並不難（當然，也跟我選的課有關係）。感受到美國和台灣的大學教育最大的區別就是課程評分，在美國，評分均勻分布在一個學期的各個作業、小考、期中期末考以及報告；而在台灣恰巧相反，儘管評分機制包含了一些平日練習、小考，期中期末考通常占最大比重，這就造成了平時下課基本沒有任務，而期中期末考前時間卻不夠用的情況。於我而言，雖然在美國的這個學期幾乎每天下課都開始寫練習了，不僅有當天作業，也有一禮拜的小project，相對在台灣的非期中期末確實比較繁忙。但正是因為及時配上練習的複習鞏固，我覺得學習到的知識更加牢固。在台灣學習的前三年我雖然取得了很不錯的GPA，但是因為只有考前才會完整複習並且平日缺乏練習的緣故，坦白地說每次考完試留在腦海中的知識所剩無幾。

國外研修之生活學習（課外）

除了在校的學習，Temple的國際處也有組織一些活動，比如每週例行的以各個國家為主題的International Coffee Hour，有輕鬆氛圍的介紹，免費buffet提供當週主題國家的經典美食，讓學生瞭解該國文化。另外，學期初最開始的野餐和學期中Six Flag遊樂園之旅也能讓大家更認識彼此，學期末國際處舉辦了簡單的Departure Party為大家送行。另外，在春假時我也和一群台灣同學去洛杉磯和舊金山旅行，領略東西海岸的文化差異。我至今還記得在Laguna Beach的那個下午，一望無際的海洋旁邊就是廣袤的綠地，海灘上一眾人打著沙灘排球，在夕陽的映照下有一些父母陪著小朋友在一旁盪鞦韆。光是坐在草地上發呆就覺得很舒服。

交換/研修之具體效益（請條列式列舉）

1. 讓我對自己的英文口說更加有自信。從前總是覺得自己的發音不好，不敢接下英文口說要求高的一些任務，但在交換過程中我的口說收到許多人甚至是教授的誇讚，讓我對自己更加有信心。
2. 這次交換讓我第一次真正獨居。因為外食貴的原因經常需要自己煮飯，也就迫使我管理好自己的金錢和時間。
3. 一開始就有出國讀研究所的打算，這次出國交換讓我知道我喜歡美國文化以及教學模式，並且在學業上沒有問題，對研究所去美國留學更加確定。此外，我所修課程中其中一個教授願意幫忙寫推薦信，真的非常感恩。

海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請

說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

發現學習與交朋友比較兩難。為了得到更好的學業成績，沒有參加朋友們的一些聚會後，可能後來聚會就比較少得到邀約。我認為之後遇到這種問題自己可以更主動去解決，比如需要學習的時候就拒絕邀約，而有空的時候可以自己主動邀請朋友，組織一些活動。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

無

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

在美國生活期間，因為大家習慣於稱讚對方、和陌生人搭話的氛圍，讓我也變得更加自信，在與陌生人交談的時候更加從容自然。在美國因為課程比較少的原因，我也養成了健身的習慣，也更加注重自己的作息健康。

您認為獎學金對您海外研修最大的幫助是什麼? 有無獎學金是否會改變您的出國計畫?

沒有領相關的獎學金。

感言及心得感想

一開始因為疫情的原因糾結了很久要不要去美國交換，但是後來到達費城之後發現，大家對於Covid其實並沒有那麼恐懼，每個人也都還生活的很自在。在輕鬆的氛圍下，我也逐漸退去了對於疫情的擔心。在學期結束的時候，覺得好險當時糾結那麼久之後，最後依舊選擇想要出發交換，才能完成大學的主要規劃之一，並且認識了更多來自世界各地的朋友，讓自己的視野更加國際化。最感恩的是教授承諾幫助我寫推薦信，對我的申請碩士幫助真的很大。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

Located in Philadelphia, although Temple University doesn't have a typical large campus compared to traditional American universities, it has attractively diverse architectural styles. Buildings facing N Broad St are more vintage European style. Inside the buildings are dark-brown solid wood floors and high dome ceilings, with dazzling large crystal chandeliers and stained-glass windows. The main academic building distributed in the middle of the campus is more modern, and the internal teaching facilities and classroom design are also very beautiful and practical; most areas of the library can be chatted, and only the innermost part of the top floor is a quiet area; I like to study in a quiet area (because it is much easier to fall asleep ha-ha); if you need to use a computer for daily study, and your laptop is running too slow to suffocate, Tech Center has countless Dells and Macs to choose from.

During an exchange semester at Temple, I took four courses, namely French II, Introduction to Marketing, Problem Solving in Science, and Intro to Digital Design Tools. The common features of these four courses are that the professors are very friendly, the classroom atmosphere tends to be relaxed and active, the number of students is basically 20 to 30, and the knowledge of the professors is not difficult (of course, it is also related to the courses I choose). I feel that the biggest difference between college education in the United States and Taiwan is the course grading. In the United States, the grading is evenly distributed among the assignments, quizzes, mid-term and final exams, and reports of a semester; in Taiwan, it is the opposite, although the grading mechanism includes some weekdays. Practices, quizzes, mid-term and final exams usually account for the largest proportion, which leads to the situation where there are basically no tasks after class, but there is not enough time before the mid-term and final exams. As far as I am concerned, although I started writing practice almost every day after class this semester in the United States, there are not only homework for the day, but also small projects for a week. Compared with the non-mid-term and end-of-term in Taiwan, it is indeed busy. But it is precisely because of the timely review and consolidation of exercises that I feel that the knowledge I have learned is more solid. In the first three years of studying in Taiwan, I achieved a very good GPA, but because I only reviewed it completely before the test and lacked practice on weekdays, frankly speaking, there was not much knowledge left in my mind after each test.

In addition to on-campus study, the International Office of Temple also organizes some activities, such as the weekly International Coffee Hour with the theme of various countries, with a relaxed atmosphere, and the free buffet provides the classic cuisine of the theme country for the week, allowing students to Learn about the country's culture. In addition, the picnic at the beginning of the semester and the trip to the Six Flag amusement park in the middle of the semester can also help everyone get to know each other better. At the end of the semester, the International Office held a simple Departure Party to see everyone off. In addition, during spring break, I also traveled to Los Angeles and San Francisco with a group of Taiwanese classmates to experience the cultural differences between the east and west coasts. I still remember that afternoon at Laguna Beach. There was a vast green space next to the endless ocean. On the beach, everyone was playing beach volleyball. Under the setting sun, some parents accompanied their children on the swings. Just sitting on the grass in a daze is very comfortable.

I gained a lot from this exchange

1. Makes me more confident in my English speaking. In the past, I always felt that my pronunciation was not good, and I didn't dare to take on some tasks that require high English speaking. However, during the exchange process, my speaking received many praises from people and even professors, which made me more confident in myself.
2. This exchange allowed me to live alone for the first time. Because eating out is expensive, I often have to cook by myself, which forces me to manage my money and time.
3. From the very beginning, I planned to go abroad to study in graduate school. This exchange abroad made me know that I like the American culture and teaching mode, and I have no problem with my studies. I am more certain about the graduate school to study in the United States. Also, one of the professors in my course offered to help with writing letters of recommendation, which is really appreciated.

Thoughts and suggestions:

It is recommended that students who want to go to Temple University for exchange can look for related FB clubs or IG accounts. Perhaps because of the cooperation between the school and Asian schools, there are many students from mainland China and Taiwan in the school. It seems that there is also a student union in Taiwan and a WeChat public account for mainland students. In fact, a lot of information can be obtained through these student organizations, but I didn't think of using these resources at the time. I only had to find rental information on the Internet, which was relatively difficult and unfamiliar.

If you are a student who wants to go to the United States to study in the United States like me, you can take the initiative to interact with the teacher in the classroom, go to the professor's office hours to chat after class, and even if you have determined the direction of the research institute, you can choose the course of the research major. , actively strive to be able to do project research with the teacher, and so on. One of my regrets during the exchange was not striving to work on more academic achievement. If you can successfully make some achievements with the teacher, it will be of great help in terms of personal experience or applying for research institutes.

In addition, in terms of accommodation, although living on campus is much more expensive and there is no personal space, it is possible to make more friends and there is no trouble of lease. I live in Beech International Village. Because of the lease issue, even if I have returned to Taiwan, I still need to pay two more months of rent, which is not far from the price of living on campus.