

學校簡介

波特蘭州立大學是位於美國奧勒岡州，波特蘭市區的一所大學，由於位於波特蘭市區，在這邊的交通非常方便，即使對交換生來說沒有車也可以搭乘交通運輸走走看看。相對於紐約或洛杉磯來說，這邊是相對沒這麼繁華的城市，但也因為如此，校園裡充滿著大自然綠意盎然的氣氛，有著隨四季變化的景色，是非常值得來探訪的一個大學！

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

在這裡我總共修習了四門課，分別是Introduction to computer science, college writing, modern dance, hip hop dance 相對於國內大學來說，這邊的課程非常豐富多元，我自己上了兩堂舞蹈相關的課程，在課程當中認識了很多朋友，也知道了外人對於舞蹈的想法與認知。對於主修科系裡面我選了一堂學習C++的課程，這堂課教學最令我印象深刻，有非常好的遠距教學系統，以及助教的師資，在平日的下午止只要有問題都會有人來幫忙解答，課程考試有分成選擇簡答題以及線上coding，在考試上我覺得難易度適中，可以學習以及應用上課所學，不會有很大的挫敗感，大概是因為有很多資源可以幫忙的關係。另外還有選修一堂英文寫作課，這堂課比較偏向教我們如何有邏輯思維的去寫出一篇critical essay，這堂課真的是逼迫不愛寫文章的我多練習寫英文跟閱讀，我覺得對於英文有很大的幫助。

國外研修之生活學習（課外）

每隔星期幾乎都會有由校方舉辦的活動，像是一些音樂會、電影聚會、滑雪活動等等。一開始都是藉由參加活動以及上課認識很多朋友。在這些活動當中都可以用很便宜的價格去體驗不同新奇的事物，不僅可以省錢還可以體驗文化！除此之外，由於這所學校的地理位置關係，假日偶爾也會跟平有相約去爬山走走。認識很多朋友之後就會開始相約一起區附近著名的觀光景點走走，還會一起相約在家裡辦party。

交換/研修之具體效益（請條列式列舉）

1. 體驗認識美國文化
2. 提升英文溝通能力
3. 學習獨立處理各種事項
4. 學習與不同文化的人相處與交流

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?

遇到問題的話，不要害怕英文不好不敢溝通，就是要好好的跟講清楚。像是我在剛來學校的時候遇到了行政上的流程問題，用打電話跟email的方式跟他們溝通，基本上他們人都很好，但是有問題就是要自己解決

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

文化衝擊的部分就多待幾個星期就習慣了

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？

解決問題以及英文溝通的能力

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？

有，讓我自己可以壓力少很多並完成出國的夢想

感言及心得感想

非常感謝學校給的機會讓我有能夠出國體驗美國大學生的生活，如果沒有這個機會，我想這輩子都達成不了了吧！這次的交換旅途中學到了很多也打開了我國際的視野，我覺得這會是影響我人生很重要的一個機會！

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)

Portland State University is a university located in downtown Portland, Oregon, USA. Because it is located in downtown Portland, the traffic here is very convenient, even if there is no car for exchange students, you can take Transportation Take a look around. Compared with New York or Los Angeles, this is a relatively less prosperous city, but because of this, the campus is full of nature and a green atmosphere, with scenery that changes with the seasons, it is a university worth visiting.

Here I took a total of four courses, namely Introduction to computer science, college writing, modern dance, and hip hop dance. Compared with domestic universities, the courses here are very rich and diverse. I took two dance-related courses by myself. During the course, I met many friends, and I also learned the ideas and perceptions of outsiders about dance. For my major department, I chose a course to learn C++. The teaching of this class impressed me the most. There is a very good distance teaching system and teaching assistant teachers. As long as there is a problem in the afternoon on weekdays, someone will come. Help to answer, the course test is divided into short answer questions and online coding. In the test, I think the difficulty level is moderate. You can learn and apply what you have learned in class without great frustration, probably because there are many resources to help. In addition, there is an optional English writing class. This class is more inclined to teach us how to write a critical essay logically. This class really forced me to practice writing and reading more in English. I think it is beneficial for English.

Almost every other week, there will be activities organized by the school, such as some concerts, movie parties, skiing activities and so on. In the beginning, I met many friends by participating in activities and taking classes. In these activities, you can experience different novelties at very cheap prices, not only saving money but also experiencing culture! In addition, due to the geographical location of this school, Holidays occasionally makes an appointment with Ping You to go hiking in the mountains. After meeting a lot of friends, I will start to meet together to visit the famous sightseeing spots near the area, and we will also meet together to hold parties at home.

I am very grateful to the school for giving me the opportunity to go abroad to experience the life of an American college student. I learned a lot during this exchange trip and opened my international horizon. I think this will be an important opportunity to affect my life!