

學校簡介

波特蘭州立大學（Portland State University，簡稱PSU）成立於1946年，位於美國俄勒岡州的最大城市波特蘭。作為俄勒岡州大學體系中規模最大、文化最豐富、且唯一位於城市中心的大學，PSU擁有約27,000名在校生，其中包括超過2,000名國際學生。

PSU在學術界享有盛譽。根據2020-2021年QS世界大學排名，該校在全美排名第110位；在2015-2016年泰晤士高等教育世界大學排名中位列第501名。曾被《美國新聞與世界報道》（US News）評為美國“值得追尋的大學”第5名，並在2017年“最具創新力大學”排名中與普渡大學和密歇根大學並列第9名。學校的研究生院在西海岸排名第5，尤其是工程學院，其電氣和計算機工程學科備受推崇。

PSU下設9所直屬學院，提供超過150個專業學科。其中，公共事務學院在全美處於領先地位，在2017年US News排名中位居第45名，城市規劃與城市政策專業排名第25名。此外，康復諮詢專業排名全美第18名，社會工作排名第38名，醫療管理排名第47名。

該校還擁有豐富的實習機會，特別是在波特蘭及周邊地區，如英特爾等大型企業合作，共同培養研究生人才。PSU的工程實踐課程在全美排名前十，並因著名圖靈獎獲得者伊凡·蘇澤蘭的多年任教而使該校在計算機和電氣工程領域享有盛譽。學校被《普林斯頓評論》評為“美國最佳的376所大學”和“最佳本科學校”之一，並在韋伯麥特里斯網世界大學排名中位列全球第215名。PSU也被卡內基教育基金會評為第二級別博士研究型大學。

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

研修期間，共修習了「Art as citizen」、「Film introduction」、「Advertising」、「Psychology」四門課。以下根據喜歡程度高到低分別介紹：

1. Artist as citizen：本課程討論以社會議題為創作核心的各種藝術形式，課程中會提出不同的社會議題做討論，並且每個禮拜給予不同議題的素材和靈感讓同學們不限藝術形式創作，老師十分重視討論，也給同學們更寬大的視野去瞭解校園之外、我們生處的社會是什麼樣的狀態，有哪些問題，課程中也邀請了幾位藝術家來課堂上分享、與同學互動，期末作業中，每兩位同學一組，訪談一位藝術家，並將其結果整理、製作成簡報在課堂上分享。非常喜歡這門課的主要原因有三個：第一，有機會與藝術家互動，近距離的了解他們的職涯故事和經驗。第二，老師提供學生自由發揮的舞台，沒有標準答案也沒有太多限制，讓我有機會以攝影為媒介，結合不同議題作思考和創作的練習，我十分享受創作的自由和思路的探索。第三，了解不同的社會議題，這門課將同學的眼界帶出校園，了解並一同討論不同的社會議題，明白這世界有很多不完美且急需被重視的一面，因□平時在本身科系領域中沒有這樣的機會多去了解，所以對我而言算是開了眼界。

2. Film introduction：本課程是開給非此專業科系的學生修習的，由基礎的影片製作知識以及實作兩部分組成。基礎影片製作知識主要環繞電影或紀錄片製作流程、攝影原則、攝影器材、剪輯教學，內容十分扎實且有邏輯，感覺得出來老師的用心和熱忱。實作部分將同學五人分成一組，在期末前完成一部紀錄片、一部電影短片，從選角、訪談、腳本和分鏡表製作、拍攝、剪輯，都有機會一一實作，學校也可以借專業的拍攝器材，非常好玩。

3. Psychology：本課程是線上教學，老師很幽默親切，內容也是最基礎的，對於無相關修課經驗的同學來說難度不會太高。只要每個禮拜的文本有念，考試都不會太難。

4. Advertising：基礎的廣告行銷課程，案例討論的內容豐富，也有邀請很多業師前來授課，甚至提供一些實習機會很資源，不過每個禮拜要自行吸收的文本內容非常多，每個禮拜皆要繳交閱讀心得，是一門不輕鬆但很扎實的課，推薦給真心對廣告行銷有興趣但還沒有基礎的同學。

國外研修之生活學習（課外）

Outdoor program：學校有一個戶外活動的組織，每個學期會有很多不同的戶外活動可以自己選擇報名繳費參加，例如：爬山、滑雪、SUP等，因為Portland近郊有很多山可以爬，所以爬山的活動偏多，有一日遊的也有三天兩夜的，費用不同且不高，包含交通，非常實惠。此次交換總共報名了五個爬山的活動，每一個都非常值得，美國的大自然很壯闊，看到了很多在台灣看不到的風景，在異鄉的適應壓力也被大自然療癒了不少，此外，參加的交換生沒有幾個，幾乎都是當地學生，是和當地學生互動很好的機會。

交換/研修之具體效益（請條列式列舉）

- 鍛鍊適應能力
- 認識及理解不同文化
- 體驗西方教育方式和氛圍
- 開闊心胸和視野
- 結交不同文化背景的朋友

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？

交換期間遇到最大的挑戰是擴展交友圈。當時一同來交換的同學只有一個、波特蘭州立大學的台灣人也許不多，所以如何用平時並不是那麼熟練的英語，去和與自己來自不同文化背景的同儕相處就成為了交友的第一個挑戰。就個人經驗觀察，會經歷一些階段：

Stage1：大量的獨處時間和慌亂的適應期

一個人到國外意味著到一個地方重新開始，如果一同前來交換的同學不多，一開始會需要面對大量的獨處時間，此時最脆弱也最慌亂，可以多和台灣朋友聯絡，給自己一點時間適應，正視並接納自己的情緒。

Stage2：適應新的語言系統

從中文系統轉成英語也需要一點時間適應，每個人適應時間不同（本人花了三個月適應），一開始講英文可能會因為流利程度和口音有點不自在或不自信，但很正常，語言是拿來溝通的，不是追求一百分，只要對方能理解，彼此能交流，都是好的對話，每一次發言都是最好的練習，可以多觀察母語人士的說話方式。

Stage3：尋找各種交友機會

學校從開學前就有各種參加不完的活動，也有特別辦給國際生的活動，只要鼓起勇氣去參加，主動一點去找人說話，交朋友的機會一直都有。美國人非常活潑，內向的同學可能會比較辛苦，如果覺得不自在也可以從亞洲朋友開始結交，學校很多日本和中國的國際生，文化相近，相處起來的難度也較低。

Stage4：觀察交友的生態

波特蘭大學有很好的體育館和各類設施，就個人經驗觀察，以身邊主流生態來看，頻繁參加體育相關活動有助於交朋友和維繫感情，例如：看球賽、打球、上健身房，體育館就是一個大型的社交場合。不喜歡運動也沒關係，總而言之找到共同興趣相較於修課更容易交到朋友。此外，因為能長時間相處，選擇有室友的住宿也是很好bonding的機會。

Stage5：找到自己的交友模式

對我而言我喜歡親近大自然、美食和旅行，對於校園外的生活比較感興趣，所以就會參加一些相關活動（如前面所述報名outdoor program的活動），在交友場合中找到一樣興趣的朋友hang out，

並且在與人交際和獨處之間找到最適合自己的平衡。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在交換期間遇到最大的文化衝擊是美國人的活力、愛社交、以及small talk的文化。適應一個完全不同的文化環境本來就需要大量的時間，交換的時間相對較短，要在有限的時間內完全適應本身就是極限運動（當然也很看個性）本人屬於i人，所以一開始花了很大的力氣去適應，總結來說，最重要的還是心態。

1. 了解自己想要什麼

了解自己出國的目的至始至終都很重要，時常提醒自己，才不至於在在交換的過程中因為挫折以及和他人比較而迷失。

2. 熟悉自己的狀態、彈性調整

隨著環境的改變自身的狀態也會跟著改變，不逃避、認真傾聽內心的聲音，了解自己的極限、擁抱自己的弱點，並彈性調整自己的目標和步調，都是適應期中好好照顧自己的方式，也是認識自己不同面向難得的機會。

3. 欣然接受不同階段

出國生活本身就是一場大冒險，回顧我自己的經驗，總共經歷了三個階段：適應期->磨合期->熱戀期。在一開始的適應期中，面對文化衝擊比較慌張，但此時也是認識和整理自己的最佳機會。在磨合期中不斷地去調整自己的心態和此行交換的目標，在生活中找到最適合自己的生存模式。舉例：攝影和文字是我探索和認識一個地方的方式，因此常常帶著相機出門晃晃，去咖啡廳寫日記觀察路人，去書店用文字了解一個地方的內在。在建立好健康的心態之後，會生活得比較自在，也更有力氣和心思去享受異國生活，此為熱戀期。

不逼著自己為了融入一定要改變、明白自己想要什麼、找到自己最舒服的狀態和步調去完成，在保有自己與擁抱挑戰之間取平衡，是此行覺得最重要的生存法則。

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？

1. 視野更寬廣

藉著課堂上的學習，以及平時去旅行的所見所聞，都讓視野變得更寬廣一點。看見更多社會不同的面貌，也明白這個世界不僅有很多美好的事物，也存在很多需要大家一同努力解決的問題和黑暗面。這段旅程給自己最大的啟發就是希望自己未來能嘗試成為那個傳遞美好、為解決社會問題貢獻一己之力的人，找到值得努力的地方和發光的位置，過有意義、沒有遺憾的人生。

2. 想法更開放

受到美國自由開放風氣的影響，在思考方面，對於很多事情能予以更多的可能性，盡可能地跳出傳統東方社會主流框架去思考，給予自己選擇的自由、不活在框架裡的意識，並且對於事物盡可能地抱有批判性思考的態度，不將一切視為理所當然，不把迎合社會期待視為主要目標。

3. 個性變得稍微外向一點點

離開自己原本交友的舒適圈，為了生存下去，在嘗試締結跨文化友誼的過程中，鍛鍊了不少勇氣和交際技巧，從原本較為內向的性格，稍微增添了一點外向的能力。

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？

提供經濟上實質的幫助，若無獎學金可能因為成本過高不考慮出國，因此十分感謝有這個獎學金的幫助。

感言及心得感想

此行要感謝的人很多，首先要謝謝家人們的支持，再來感謝學校和獎學金給我這個機會，最後謝謝旅途上遇到的所有經歷，不管是幫助我的好人、有幸成為好朋友的人，或是那些不好的經歷跟挑戰，都提供我很多溫暖或成長的養分。

除了以上分享的內容之外，另一個印象深刻的成長是「身份認同」：

第一次步入與自身文化完全不同的西方社會生活，從社會上的主宰多數成為少數，第一次如此強烈的感受到自己身為亞洲人的事實，環境的轉換以及大量的獨處時間帶來了適應的陣痛期，經歷了一場identity crisis，因為給自己貼了過多的負面標籤而一度迷失了自己，但在不放棄思考以及探索不同觀點後，明白“I'm bigger than my race, my nationality, my gender, first I'm myself.”除了出生就注定的國籍、文化出身、性別，永遠要記得這些東西不能定義你，那些只是某個切面的你，你是誰由你決定，接受、理解、珍視所有切面的自己，都是最終可以帶來自信的泉源。

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)

□ School introduction

Portland State University (PSU) was founded in 1946 and is located in Portland, the largest city in Oregon, USA. As the largest, most culturally rich, and only university located in a city center in the Oregon university system, PSU has approximately 27,000 enrolled students, including more than 2,000 international students.

PSU has an excellent reputation in academic circles. According to the 2020-2021 QS World University Rankings, the school ranks 110th in the United States; it ranked 501st in the 2015-2016 Times Higher Education World University Rankings. It was ranked 5th among the "Universities Worth Pursuing" in the United States by US News, and tied for 9th with Purdue University and the University of Michigan in the 2017 "Most Innovative Universities" ranking. . The school's graduate school is ranked 5th on the West Coast, especially the School of Engineering, which is highly regarded for its electrical and computer engineering disciplines.

PSU has 9 directly affiliated colleges, offering more than 150 professional disciplines. Among them, the School of Public Affairs is in a leading position in the United States, ranking 45th in the 2017 US News rankings, and the urban planning and urban policy major ranked 25th. In addition, the rehabilitation counseling major ranks 18th in the United States, social work ranks 38th, and medical management ranks 47th.

The school also has abundant internship opportunities, especially in Portland and surrounding areas, and cooperates with large companies such as Intel to jointly cultivate graduate talents. PSU's engineering practice courses are ranked among the top ten in the United States, and the school has a high reputation in the field of computer and electrical engineering due to the many years of teaching by the famous Turing Award winner Ivan Sutherland. The school was rated as one of the "Best 376 Universities in the United States" and "Best Undergraduate Schools" by the "Princeton Review", and ranked 215th in the world in the WebMetrics World University Rankings. PSU is also rated as a second-tier doctoral research university by the Carnegie Foundation for Education.

□ Course study

During the exchanging period, I took four courses: "Art as citizen", "Film introduction", "Advertising" and "Psychology". The following are introduced according to the degree of recommendation from high to low:

1. Artist as citizen: This course discusses various art forms with social issues as the core of creation. Different social issues will be raised for discussion in the course, and materials and inspirations for different issues were provided every week, students were not limited to create with any type of art forms. When it comes to creation, the teacher attaches great importance to discussion and gives students a broader perspective to understand what the society we living in outside the campus and what problems are existing. The course also invited several artists to come to the class to share and communicate with students. In the final assignment, two students were paired up to interview an artist, and the results were compiled and made into a presentation to share in class. There are three main reasons why I like this course very much: First, I have the opportunity to interact with artists and understand their career stories and experiences. Second, the teacher provides a stage for students to express themselves freely. There are no standard answers and not too many restrictions. It gives me the opportunity to use photography as a medium to practice thinking and creation based on different topics. I enjoy the freedom of creation and the exploration of ideas. Third, understand different social issues. This course takes students' horizons beyond the campus, understands and discusses different social issues together, and understands that there are many imperfections in the world that urgently need to be paid attention to. I didn't have much opportunity to learn more about those topic in my own major, so it was an eye-opener for me.

2. Film introduction: This course is for students from non-professional departments. It consists of two parts: basic film production knowledge and practice. Basic film production knowledge mainly focuses on film or documentary production processes, photography principles, photography equipment, and editing technique. The content is very solid and logical, and you can feel the teacher's effort and enthusiasm. In the practical part, students will be divided into groups of five to complete a documentary and a short film before the end of the semester. From casting, interviewing, script and storyboard production, shooting, and editing, we all had the opportunity to practice one by one. You can also borrow professional photography equipment from school, which is very fun.

3. Psychology: This course is taught online. The teacher is very humorous and friendly, and the content is the most basic. It will not be too difficult for students who have no relevant course experience. As long as you study the text every week, the exam won't be too difficult.

4. Advertising: A basic advertising and marketing course with rich case discussions. The course also invited many experts to give lectures, and even provide some internship opportunities. However, there is a lot of text content that you have to absorb every week. It is a difficult but solid course, recommended to students who are really interested in advertising and marketing doesn't have a basic foundation yet.

□ Life and learning

Outdoor program: The school has an outdoor activity organization. There are many different outdoor activities every semester. You can choose to sign up and pay to participate, such as hiking, skiing, SUP, etc. There are many mountains to hike in the suburbs of Portland. The fees are usually affordable, and the transportation is included. I signed up for five hiking activities, each one of them were very worthwhile. The nature in the United States is very magnificent. I saw a lot of scenery that I couldn't see in Taiwan. Getting close to nature really help releasing the stress of adapting to a foreign country. Besides, there are not many exchange students participating, most of them are local students, which is a good opportunity to interact with them.

□ Specific benefits

- Train the adaptability
- Learn and understand different cultures
- Experience Western education methods and atmosphere
- Broaden your mind and horizons
- Make friends with people from different cultural backgrounds

□ Reflection

There are many people I want to thank during this wonderful journey. First of all, I want to thank my family for their support. Next, I would like to thank the school and scholarship for giving me this opportunity. Finally, I would like to thank all the experiences I encountered during the journey, whether it was the good people who helped me or the people who become my good friends. Or those bad experiences and challenges that gave me lessons to help me grow.

In addition to the content shared above, another impressive growth is "self-identity":

It was my first time for me to stepped into a Western world and spent time living there for real. It's completely different from my own culture. My place in society was shifted from the dominant majority to the minority. I have never had this strong feeling that I'm an Asian before. The change of environment and the large amount of alone time brought painful period of adaptation time. I went through an identity crisis. I lost myself for a time because I attached too many negative labels to myself. However, after not giving up thinking and exploring different perspectives, I realized that "I'm bigger than my race, my nationality, my gender, first I'm myself." In addition to the nationality, cultural origin, and gender that are destined at birth, you get to always remember that these things cannot define you. They are just a certain aspect of you. Who you are is determined by yourself. Accepting, understanding, and cherishing all aspects of yourself are the sources that can ultimately bring you self-confidence.