

心得報告

School Introduction

Sungkyunkwan University (SKKU), located in Seoul, South Korea, is a prestigious institution with a long history. Established in 1398, SKKU has been a pioneer in higher education in Korea. The university offers a diverse range of academic programs covering humanities, social sciences, natural sciences, and engineering, aiming to cultivate global leaders. The campus is beautiful, well-equipped, and rich in cultural resources, providing students with an excellent learning and living environment.

Academic Learning

During my exchange period at SKKU, I took several courses, among which "Abnormal Psychology" was the most beneficial and my favorite. This course delved into the causes, diagnosis, and treatment of psychological disorders, providing a deeper understanding of psychology through case studies and field investigations. The professors encouraged students to share their views and engaged us in group discussions and presentations, enhancing my communication skills and critical thinking.

Specific Benefits of the Exchange Program

1. **Global Perspective:** Interacting with students from different countries broadened my horizons and improved my cross-cultural communication skills.
2. **Culinary Experience:** Tasting a variety of Korean foods enhanced my understanding of Korean culinary culture.
3. **Cultural Experience:** Participating in various cultural activities provided an in-depth understanding of Korean history and traditions.

Encountered Difficulties and Solutions

During my stay abroad, I encountered language barriers. Although many Koreans speak English, Korean remains the primary language in daily life. To overcome this issue, I started learning basic Korean and used mobile translation apps to aid communication. This not only improved my language skills but also boosted my confidence in interacting with locals.

Cultural Shock and Adaptation

Cultural differences posed a significant challenge during my stay in Korea. For instance, Koreans rarely say "excuse me" in crowded places like subways or buses and tend to push directly. Initially, I found this hard to adapt to, but I soon realized it was part of the local culture. I tried to adapt by keeping an open mind and understanding and accepting different cultural practices.

Changes and Personal Growth

This exchange experience had a profound impact on my life. It enriched my life experiences and transformed my personal traits. I became more independent, confident, and resilient in

facing challenges. The most significant growth was learning how to survive and thrive in an unfamiliar environment, which will positively influence my future life and career.

Reflections and Suggestions

Overall, my exchange study at SKKU was an unforgettable and enriching experience. Both academic learning and life experiences brought me immense benefits. I recommend future exchange students actively participate in on- and off-campus activities and fully utilize this valuable opportunity to enhance themselves and broaden their horizons.