

A. 學校簡介

Portland State University (PSU) 是一所位於美國奧勒岡州波特蘭市中心，重視實務應用與社區參與的公立大學。其校園與城市緊密結合，平時可以利用大眾運輸前往各個地方，也有許多企業及機構提供實習與學習機會。PSU 擁有多元文化的校園環境，來自世界各地的學生共同學習，使學生有機會接觸不同文化背景的人，也更能了解美國的大學教育模式。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我總共修習了六門課程，其中包括 Perspectives on Terrorism、Advertising、Introduction to Psychology I、Principles of Macroeconomics、Weather 以及 Introduction to Sociology 等課程。其中，我最喜歡且收穫最多的課程是 Advertising。這門課不僅單單介紹廣告與行銷的基本概念，也透過許多知名品牌的實際案例，像是 Nike 和 Audi 等知名品牌，更有趣的是本堂的授課老師就曾在 Nike 任職過，所以能更深入的去分析企業如何建立品牌形象、制定行銷策略，以及運用不同媒體接觸目標消費者。在課堂中往往透過小組討論及案例分析，鼓勵學生分享自己的想法，讓我更了解廣告對企業經營的重要性，也學習到如何從消費者的角度思考問題。

C. 國外研修之生活學習（課外）

除了課堂學習之外，我也利用假日到不同城市旅行，體驗美國各地的文化與自然景觀。平時則透過學校 Rec center 和一些學校的活動認識更多朋友，並與當地學生和其他國際生交流，更深入了解不同的文化。

D. 交換/研修之具體效益（請條列式列舉）

1. 提升英文聽說讀寫能力
2. 增強跨文化溝通能力
3. 學習美國大學互動式教學方式
4. 培養獨立生活及解決問題能力
5. 增進各學科的相關知識
6. 擴展國際視野與人際關係

- E. 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，我曾遇到航班延誤的突發狀況，需要自行與航空公司及客服聯繫。由於一開始不熟悉流程，感到十分緊張，但透過主動查詢資料、詢問工作人員及耐心溝通，最後順利完成改票及後續安排。這次經驗讓我了解到遇到問題時保持冷靜並積極尋找解決方法，比慌張不作為更重要，也讓我在第二次遇到相同的狀況時能更輕鬆的解決。

- F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

剛到美國時，我最大的文化衝擊是課堂上非常鼓勵學生主動發言及討論，而不是單純聽老師上課。經過一段時間後，我開始主動參與課堂中的小組討論，也慢慢適應不同的文化及溝通方式。

- G. 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？

我認為這次交換最大的收穫是變得更加獨立、自信，也更願意主動與陌生人交流。從剛開始害怕使用英文，到後來能夠獨自完成旅行、處理生活大小事，我發現自己的適應能力及解決問題能力都有明顯進步，也更有勇氣接受新的挑戰。

- H. 感想與建議

我非常珍惜這次到 Portland State University 交換的機會，不僅認識到許多平時生活中不易碰觸的人事物，累積了許多寶貴的人生經驗。這次交換的生活讓我體驗到跳脫舒適圈，學會獨立思考與面對困難。我建議未來想參加交換的同學勇於開口說英文、多參與課堂討論及校內活動，並利用機會探索不同城市與文化，相信一定會有豐富且難忘的收穫。

- I. 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)

I studied at Portland State University during the Winter 2025 and Spring 2026 terms as an exchange student. PSU is located in downtown Portland, Oregon, and offers a diverse learning environment with students from many different countries. The university emphasizes practical learning, teamwork, and community engagement, which created an active and interactive classroom atmosphere.

During my exchange program, I took Perspectives on Terrorism, Advertising, Introduction to Psychology I, Principles of Macroeconomics, Weather, and Introduction to Sociology. These courses allowed me to learn subjects from different fields and broaden my academic knowledge. Among all the courses, Advertising was my favorite. The class introduced the fundamentals of advertising and marketing while using real life examples from well-known companies to explain branding, marketing strategies, and consumer behavior. We often participated in group discussions and analyzed advertising campaigns, which encouraged us to think critically and express our opinions.

Outside the classroom, I learned a great deal through daily life. I traveled to several cities in the United States, experienced different cultures, used public transportation and planned trips independently. These experiences taught me how to solve problems, manage my time, and become more responsible. I also met many local and international students and learned to appreciate and respect different cultures and perspectives.

One of the biggest challenges was handling unexpected situations, such as flight delays and communicating with customer service in English. At first, I felt nervous because I was unfamiliar with the process. However, by asking questions, searching for information, and communicating patiently, I successfully solved these problems. This experience taught me to stay calm and think logically when facing difficulties.

Another challenge was adapting to American classroom culture. Students were expected to participate actively, express their opinions, and ask questions. Although I was shy at the beginning, I gradually became more confident and started to contribute to discussions. This greatly improved my English speaking ability and

confidence.

Overall, this exchange program was one of the most meaningful experiences in my life. It strengthened my English skills, broadened my international perspective, and improved my independence and problem solving abilities. More importantly, it encouraged me to step outside my comfort zone and embrace new challenges. I believe the knowledge, friendships, and experiences I gained at Portland State University will continue to benefit my future studies and career. I highly recommend participating in an exchange program because it is a valuable opportunity for both academic and personal growth.