

天普大學 (Temple University) 位於費城，是一所校園與城市高度融合的公立研究型大學，學校整體學習資源充足，包含圖書館、工作室與各類教學空間，對國際學生的行政與學習支援也算完善，讓我能
在交換初期較快進入狀況。本次交換期間，我修習了 Introduction to Brand Strategy and Research、Jewelry for Non-Tyler BFA、Philadelphia Sketchbook 以及 Introduction to Global Studies 等課程，整體感受是美國的課程非常重視學生在課堂上的參與程度，學生會頻繁提問、發表意見，甚至直接與教授進行討論或辯論，這樣的教學方式一開始其實讓我有點不適應，也會擔心自己的英文表達是否足夠清楚，但隨著時間推移，我慢慢習慣這種上課節奏，也發現只要願意開口參與，對課程內容的理解其實會更深入。

在所有課程之中，對我來說最具挑戰性的其實是 Introduction to Global Studies。這門課的負擔比我預期中大，每週都要交一篇小短文，回答教授當週課堂提出的問題，不僅需要整理閱讀內容，還要提出自己的觀點。期末還要寫一篇正式的研究論文，上課時教授也常常會突然點名或要求學生提出意見，而班上同學非常踴躍，大家的思辨與表達能力都很強，讓我在前幾週真的壓力不小。這種密集的閱讀、寫作與即時思考的節奏，是我在台灣比較少遇到的模式。一開始我常常很緊張，也擔心自己的英文寫作跟不上進度，但後來逐漸抓到節奏，懂得提前規劃時間、整理資料，也慢慢能以更自然的方式在課堂上提出自己的想法。雖然很累，但回頭看，這門課反而讓我進步最多，英文寫作與分析能力也在這段過程中明顯提升。相比之下，我最喜歡、也覺得最有收穫的是 Jewelry for Non-Tyler BFA。即使我並非設計背景，課程仍透過實作引導我們理解材料、形式與概念之間的關係，從切割、焊接到打磨，都需要親手完成。這門課讓我跳脫原本政治經濟學的思維，從不同角度理解創作與文化之間的連結，也在每次實作中感受到新的成就感。

除了課堂之外，交換生活本身也帶來許多學習，包括獨立安排生活、掌握生活開銷、適應不同的生活節奏，以及與來自各國背景的同學相處，這些經驗讓我對不同文化的差異有更實際而非抽象的理解。在費城生活的這段時間，我也更能觀察美國城市文化的面貌，不論是街區氛圍、治安問題、博物館資源，或是每個城市區域之間的差異，都讓我把課堂上談到的內容與現實社會連起來，而不只停留在書本。這次交換帶來的具體收穫包括英語使用上的進步、對美國大學教學方式的實際理解、生活上的獨立與自我管理能力提升，以及對跨領域學習的更多嘗試與可能性。過程中遇到的困難，一部分來自課堂文化與學習方式不同，一部分則是來自生活上的不確定感，但透過持續調整，我發現自己逐漸適應，也更能冷靜應對各種突發狀況。文化上，美國學生普遍表達直接且自信，與我原本較為保守的溝通方式不同，我也慢慢找到適合自己的節奏，不需要急著完全改變，而是讓自己在舒適與挑戰之間取得平衡。

回顧這段海外生活，我覺得最大的成長在於心態上的成熟與獨立，學會為自己的選擇負責，也更能接受不確定與不完美的狀態。這段交換經驗不僅讓我看到更多可能性，也讓我更清楚自己未來想繼續出國深造的方向。我會很推薦學弟妹，如果有機會，一定要親身體驗不同學習方式與生活環境，過程雖然有挑戰，但收穫會遠比想像中多。

Temple University is a public research university located in Philadelphia, Pennsylvania, where the campus is closely connected to the city, allowing students to experience urban life as part of their daily routine. During my exchange period, I took several courses, including Introduction to Brand Strategy and Research, Jewelry for Non-Tyler BFA, Philadelphia Sketchbook, and Introduction to Global Studies, and one of the most noticeable differences compared to my home university was how much emphasis was placed on student participation. In most classes, students frequently ask questions, share opinions, and even debate with professors, which created a very interactive classroom environment. At the beginning of the semester, I found this style challenging, especially when trying to express my thoughts clearly in English, and I often felt hesitant to speak up. However, over time, I gradually became more comfortable with this learning atmosphere and realized that active participation helped me better understand the course content and sharpen my critical thinking skills.

Among all the courses I took, the most difficult one for me was Introduction to Global Studies. This course required a significant amount of weekly work, as we had to write short essays every week responding to

questions raised by the professor during class, which meant carefully reading the assigned materials and forming clear arguments in a limited amount of time. In addition to the weekly essays, there was also a final research paper, and the professor often asked students questions directly in class, while many classmates were very eager to participate. During the first few weeks, I felt a lot of pressure because the pace of reading, writing, and discussion was much more intense than what I was used to, and I sometimes worried that my English writing skills were not strong enough to keep up. As the semester went on, however, I gradually found my own rhythm by planning my time better and organizing my thoughts more efficiently, and although the workload was heavy, I could clearly feel my writing and analytical skills improving through this process. In contrast, the course I enjoyed the most was Jewelry for Non-Tyler BFA, which focused on hands-on practice and creative exploration rather than traditional exams or lectures. Even though I did not have a design background, the course guided students to think about materials, form, and concepts through making, and this experience allowed me to step outside the framework of political economy and approach learning from a more creative and intuitive perspective.

Beyond academics, living in the United States was an important part of my exchange experience, as managing daily life independently, adjusting to a different pace of living, and interacting with people from diverse cultural backgrounds all helped me become more adaptable and open-minded. Living in Philadelphia also gave me opportunities to observe how history, culture, and social issues are reflected in urban spaces, which often connected naturally with what I learned in class. This exchange experience helped improve my English communication and writing skills, gave me firsthand experience with the American higher education system, strengthened my independence and self-management abilities, and encouraged me to explore learning beyond my original academic field. The biggest challenges I faced mainly came from differences in classroom culture and learning style, but by adjusting my mindset and gradually participating more actively, I was able to turn discomfort into growth.

Looking back, this overseas experience helped me become more mature and comfortable with uncertainty, and the most important thing I gained was learning to take responsibility for my own choices in both academic and personal life. The exchange clarified my interest in pursuing further studies abroad and provided valuable insights that will continue to influence my future academic and personal development.

A. 學校簡介

B. 國外研修之課程學習 (課內) · 推薦受益最多/最喜歡的課程

C. 國外研修之生活學習 (課外)

D. 交換/研修之具體效益 (請條列式列舉)

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？

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？

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？

H. 感想與建議

- 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) 500 字以上
赴中國交換者免填英文心得

學海惜珠暨乘風萬里或者乘風萬里，心得報告內容項目如下

A. 學校簡介
B. 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
C. 國外研修之生活學習 (課外)
D. 交換/研修之具體效益 (請條列式列舉)
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？
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？
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？
H. 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？
I. 給乘風萬里獎勵金捐贈者的感言及心得感想
J. 別具意義的照片