

臺北市立大學
教育部學海飛颺
學生出國研修心得報告

獲補助年度：112 學年度

研修領域：心理學（MSC Psychology）

系所、年級：心理與諮商學系 四年級

學生姓名：劉芷妘

研修國家：英國

研修學校(中英文)：University of Essex/艾塞克斯大學

研修時間：中華民國 112 年 10 月 5 日至 113 年 10 月 31 日

國外研修成績：截至 11/12 尚未公布

短片時間及標題：My Daily Life in the UK

https://youtu.be/2T_X3P0mVsI?si=fljhIM9GvwnBe8JJ

中華民國 113 年 11 月 12 日

目 錄

壹、緣起	1
貳、研修學校簡介	1
參、國外研修之課程學習(課內)	2
肆、國外研修之生活學習(課外)	2
伍、研修之具體效益(請條列式列舉)	3
陸、感想與建議(含 3 分鐘短片連結)	4

壹、緣起

In order to participate in the dual degree programme and pursue a master's degree in the UK, I needed to complete all the requirements of my four-year undergraduate programme within the first three years and meet the graduation criteria before I could study abroad. Additionally, the master's programme in Psychology at the University of Essex requires students to achieve an IELTS score of 7.0 or an equivalent English proficiency. To prepare, I began taking third- and fourth-year courses in my sophomore year and attended IELTS classes three days a week in my junior year, hoping to meet both the credit and language requirements. Beyond academics and language proficiency, I also started the UK Tier 4 student visa application and the application for the master's programme at Essex. Mentally, I prepared myself for independence in an unfamiliar environment, building the confidence to face challenges alone. As I completed each necessary step, I gradually gained a sense of calm and readiness.

貳、研修學校簡介

The University of Essex, established in 1964, is renowned for its commitment to academic excellence and research innovation. Located in Colchester, Essex, the university offers a diverse and inclusive environment, with a strong emphasis on social sciences, arts, and humanities. Known for its global outlook, Essex attracts students from over 140 countries,

fostering a vibrant international community. The university is celebrated for its research impact and interdisciplinary approach, consistently ranking highly in student satisfaction. Essex provides modern facilities, supportive faculty, and a collaborative atmosphere, making it an ideal destination for students seeking a dynamic educational experience.

參、 國外研修之課程學習(課內)

The Psychology MSc programme at the University of Essex offers a comprehensive curriculum that combines theoretical knowledge with practical research skills. Students study core areas such as cognitive and social psychology, research methods, and advanced statistical techniques. The programme emphasises critical thinking and evidence-based approaches, preparing students to conduct independent research projects. Additionally, students engage in hands-on laboratory work, exploring psychological assessment, mental health, and neuropsychology. This rigorous training is designed to equip graduates with the skills needed for careers in psychology, research, and related fields, or further academic pursuits.

肆、 國外研修之生活學習(課外)

During my time in the UK, I had four memorable experiences. First, I made wonderful friends from all over the world. I was fortunate to meet people with whom I connected deeply. Interacting with international friends allowed me to hear diverse life stories and learn about different cultures.

Second, I joined a volunteer group at my university and participated in two projects: an animal rescue initiative and a second-hand clothing sale. This experience not only helped me meet passionate individuals but also raised my awareness of the impact of fast fashion on environmental protection.

Third, I developed a daily exercise habit in the UK and later joined a badminton team. We met every day to play and often shared meals together. This experience improved my fitness and health, and it also boosted my confidence and positivity.

Finally, living in the UK provided numerous opportunities to travel across mainland Europe. I believe that traveling is more enriching than merely reading about places. Visiting these countries broadened my horizons and allowed me to experience the culture and scenery that I had only encountered in textbooks.

伍、 研修之具體效益

- Advanced Knowledge: Gain an in-depth understanding of core psychology topics, including cognitive, social, and developmental psychology, enhancing expertise for research and clinical applications.**
- Research Skills: Develop robust research skills through hands-on lab sessions and independent projects, using advanced statistical methods and psychological assessments.**
- Global Perspective: Learn in a diverse environment, collaborating with students from different cultural**

backgrounds, fostering a global outlook.

- **Professional Network: Build connections with peers, faculty, and industry professionals, which can be valuable for career development and future collaborations.**
- **Extracurricular Opportunities: Participate in psychology-related clubs, seminars, and workshops that expand knowledge beyond the classroom and provide practical insights.**
- **Career Readiness: Receive career support and guidance, preparing for roles in research, mental health, and other psychology-related fields.**

陸、感想與建議(含 3 分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議

Participating in an exchange program has been one of the most enriching experiences of my life. Living and studying abroad not only expanded my academic horizons but also challenged me to adapt to a new culture and environment. Here are some insights and advice for future exchange students.

Firstly, embrace the cultural differences. Every country has its unique customs and traditions, which can be both fascinating and overwhelming. Engage with locals, try new foods, and participate in cultural activities. This will deepen your understanding of the host country and make your

experience more memorable.

Secondly, manage your time effectively. Balancing academic responsibilities with exploring your new surroundings can be challenging. Create a schedule that allows you to focus on your studies while also allocating time for travel and socializing. This balance is crucial for making the most of your time abroad.

Additionally, be proactive in building a network. Join student organizations, attend events, and connect with fellow exchange students and locals. These connections can provide support, friendship, and valuable insights into navigating life in a new country.

Lastly, maintain an open mind and a positive attitude. There will be challenges, such as language barriers and homesickness, but viewing these obstacles as opportunities for growth can enhance your resilience. Remember that every experience, good or bad, contributes to your personal development.

In conclusion, an exchange program is a unique opportunity for academic and personal growth. By embracing cultural differences, managing your time well, networking, and maintaining a positive outlook, you can create unforgettable memories and lasting friendships. Enjoy every moment of this incredible journey!

短片連結： https://youtu.be/2T_X3P0mVsI?si=f1jhIM9GvwnBe8JJ

具代表性出國交換照片說明



When I first arrived in the UK, my friends celebrated my birthday—my first ever abroad.



I joined a volunteer team in the UK, helping with inter-school sports events and taking group photos afterward.



I attended the volunteer team's awards ceremony in the UK, including their royal honours presentation.



At the final thesis guidance session, we took a group photo with my advisor, assistant professor, and team members.