

臺北市立大學
教育部學海飛颺
學生出國研修心得報告

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系所、年級：心理系、二年級

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研修國家：美國

研修學校(中英文)：西南奧克拉荷馬州立大學(Southwestern Oklahoma State University)

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短片時間及標題：【學海飛颺】What does life in SWOSU look like? (3 分 24 秒)

中華民國 113 年 05 月 25 日

***(非亞洲地區交換同學請以英文撰寫報告)**

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壹、緣起

When I enrolled the University of Taipei (UT), I found out the UT had a dual degree program with the Southwestern Oklahoma State University (SWOSU). In order to join this dual degree program, an offer from SWOSU is needed. So, I started to prepare for TOEFL in the first semester of college and study hard with GPA 4.0 in the first school year. With all efforts, I got an admission from SWOSU.

After having I-20 from SWOSU, I began to apply for US VISA. The progress was rather complicated, but it could be done by following the instructions from SWOSU step by step. In the meantime, it was important to keep in touch with the international officer both from UT and SWOSU. Also, practice the scenarios of going through US Customs before left for the USA was helpful and suggested.

貳、研修學校簡介

SWOSU is located in Oklahoma, where the north of Texas. The closest airport is Will Rogers World Airport (OKC). Our college popular majors are

nursing, kinesiology, and business ... etc. There are four professors from Taiwan. Most of them are in the music-related department. Also, SWOSU has a lake for water activities especially for rowing.

There are plenty of events to have fun with other students. In the fall semester, we have student orientation, sports games, and a homecoming parade. In the spring semester, the biggest event for international students is the SISA banquet. Students from different countries will perform the things that represent their countries or cultures.

參、國外研修之課程學習(課內)

Most courses I took were psychology related. There is a big difference compared to Taiwan. Many papers I wrote required references. Moreover, professors in SWOSU took plagiarism very seriously. It was necessary to cite the references in APA 7th format. In some courses, I worked with my teammates and tried to make a diagnosis or a treatment plan for a fictional character. For example, in the class of abnormal psychology, we diagnosed Elsa from the movie Frozen series had Agoraphobia, PTSD, major depression, and general anxiety disorder. It was really

interesting to analyze the symptoms she had. After this class, I learned more about DSM-5 and maladaptive behaviors.

肆、國外研修之生活學習(課外)

The dorm application usually starts in February. However, the best way to know the resident information is to contact the resident advisors or international officers. The estimated average cost for your study was indicated on the I-20. Besides, the insurance is required for international students. However, the Center for Health and Well-being on campus didn't help a lot when I got a high fever as the medicine can only be prescribed by clinic. Fortunately, I brought some OTC drugs from Taiwan with me.

There are four main breaks during one academic year: fall break, thanksgiving vacation, winter break, and spring break. It will be a good time to travel around during those breaks. In the fall break, me and my friends went to Dallas, Texas. We went to the concert of K-pop idols and saw the cowboy town. I celebrated Thanksgiving with my friend's family. At Thanksgiving dinner, it was the first time I saw and ate the whole turkey. The turkey was

a little dry, but it was a new experience for me. In the winter break, I celebrated Christmas at church and at my friend's home. Me and my friends went to Los Angeles, too. Though it was more convenient and flourishing in big city, it was more dangerous. Especially, there were many gangs in the downtown at night. Last, I went to Atlanta by myself in the spring break. Georgia Aquarium was so beautiful. I spent my whole day there just watching those adorable marine animals.

伍、研修之具體效益

After studying abroad for one year, I found myself have changed a lot in these three aspects.

1. Become more independent. As mentioned above, I was sick for one week with a runny nose and a high fever. I was extremely uncomfortable at that time; however, I found I became more tough. I realized that no one could help to relieve pain from the cold, so all I could do was just take the medicine regularly and hope my immune system could fight the virus.
2. Become more outgoing. Thanks to the small talk culture, I can talk to the people who just meet

easily. Through interacting with different people, my English became more fluent.

3. Become more confident. As a foreigner in the USA, I had more time to explore myself than fit in the mainstream. It was a good experience to just be an outsider no one would try to push you to be an "insider". Escaping from social pressure, it's definitely a gift for introverts.

陸、感想與建議(含3分鐘短片連結)

To sum up, I indeed grow a lot and gain many priceless experiences. My friends in Taiwan said that I look different in a better way. Though I got homesick badly, it's undeniable that I become more confident and reliable. Moreover, I'm more willing to speak out and hold on to every chance. After experiencing an underprivileged situation, I understand that my life in Taiwan is privileged as part of the mainstream. For that reason, I'm not ashamed to ask for help. If you don't try to ask, you will never know there is a better solution. For example, asking questions in class. If you have any questions, just ask the professors in class. Don't

assume your questions are silly. Even though people think it's a stupid question, "So what?"

In addition, I highly recommend traveling during the break. Making a travel plan is a good chance to improve your ability to collate and sort out data. Some areas are life-threatening, so it is better to do some "homework" before going there. When I went to Atlanta, I had to cancel my hotel reservation because I didn't reach the age of check-in, which is 21 years old. In fact, there are many limitations under 21. Such as drinking, check-in, and rental cars. The easiest solution is to travel with a friend who is older than 21. There are three kinds of public transportation: bus, train, and plane.

The bus is called Greyhound. You can get the tickets on the app, and they have a student discount.

Usually, the lower price is before the departure date, around one month. The train is Amtrak. I haven't taken it yet. However, the train spends more time the bus, and the cost of the train is higher.

The plane is the most convenient way to have a trip to other states. As long as use Google flight to search the tickets, Google will help you find the cheapest flights then you can place an order on the

official website. Also, most airlines allow a personal item and a carry-on bag for economy class.

[【學海飛颺】What does life in SWOSU look like?](#)

具代表性出國交換照片說明(4張)



I waved the Taiwanese flag in the homecoming parade 2023. The International Student Association (SISA) provided this opportunity to represent our country in the parade.



During the winter break, my friend invited me to her friend's house to celebrate Christmas. This photo is of making funny faces in pajamas with their kids.



Local people usually go to the church every Sunday.
In this image, I was sitting between Mrs. Claus and Santa Claus.



In this year, I took a lot of Psychology class. This was a project about a discussion of Carl Fredricksen's personality in different theories.