

臺北市立大學

學生出國研修心得報告

獲補助年度：110

研修領域：特殊教育

系所、年級：特教系二年級

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研修國家：美國

研修學校(中英文)：Indiana University of Pennsylvania 賓
州印第安那大學

研修時間：中華民國 112 年 1 月 9 日至 112 年 5 月 5 日

國外研修成績：GPA: 3.69

短片時間及標題：IUP 第一個 Vlog 禮拜 3:51

中華民國 112 年 5 月 12 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

行前準備(100 字)

Clothes

When I exchanged to IUP it was winter and I thought it would be very cold. Therefore, I brought many winter clothes. However, all rooms have heating and local people didn't wear a lot. Personally, you don't need to bring too many clothes and you can go to TJMAX or buy clothes online.

VISA

Remember to check the information of your DS-2019! That is very important since the university might get the wrong data. I didn't check carefully when I got my document because I trust them so much. However, when I applied to my VISA, they told me IUP gave me the wrong information of nationality, and that made me write the email to the school and submit my passport again.

貳、研修學校簡介

學校介紹(100 字)

IUP has a beautiful campus, and the local people are friendly. My favorite place is Oak Grove, sometimes you can see students sit on the grass and enjoy sunbathing.

If you like to live in the city, then you might think it is boring here. Additionally, the transportation from the airport to IUP is not convenient, and they only have one bus a day from school to airport (you can book it online). However, if you want to experience the American party culture, I strongly recommend here since IUP is a party school. They have the frat party almost every week and girls can enter the party for free and get free drinks (boys might need to pay 5 dollars).

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

This semester, I took four classes in total:

- Fundamentals of Theatrical Des
- Elementary Spanish
- Global Media & Communication
- Str Assess & Instr/Expos Tests

In the theatrical design class, we read scripts and learned the costume, scenic, light and sound design. Sometimes, we had to draw in our sketchbook. It was really fun, and I enjoyed it a lot.

For Spanish class, I would say it was really hard since the professor spoke too fast and he explained the Spanish grammar from an English perspective. During the class, most of the time we need to work with the partner and then he would call the roll and ask students questions. To be honest, I felt upset in the beginning because it was difficult. However, I am glad I took this class because I found I can understand 60% Spanish articles after this semester.

For Global Media & Communication class, the professor is from Nigeria, and she is so kind that always respects students' opinions and she had brought her country's food and let us try once. Most of the time, she would use the slides and talk about global media. Sometimes, she would ask students' ideas and thoughts.

For the special education class, it was a night class, from 5 to 7 p.m. During the class, we learned how to write the IEP. I would say I was struggling with the IEP project because our education system is different and for example in Pennsylvania they have to follow the rules (like pacc standards). However, the professor would teach you step by step and he would give the rubric to check your assignment.

肆、 國外研修之生活學習(課外)

交換學校住宿、當地／該校學生活動、費用 (保險費／生活費／特殊支出)、或是在當地遇到的特殊經歷(200 字)

This semester I lived in the Wallwork Hall where is close to dining hall. In my room, I had a private bathroom and two beds, and the space was pretty big. Besides, I had an American roommate who shared the living room and kitchen area with me. I really appreciate her let me know her friends and took me to the party in the first week.

In IUP, there have many activities that you can join. Most of the

events you can get the free refreshments and sometimes you can get the free t-shir! My favorite activity is called Chalk the Walk that the school would provide the chalk, and you can draw whatever you want on the walk. Additionally, they have some cool events, such as free tarot reading, late night pancakes and baby goats yoga. If you would like to know what will happen this week, don't forget to check out IUP's Instagram!

Although I only exchanged for one semester, I met many good friends! One of my friends who work in the IUP's theater, and he showed me around the whole theater! Besides, he took me to the place where Amish people live. We saw many horse carriages and went to some shops that they usually sell their products. I bought an apple jam for the souvenir, and I like it a lot. It was an amazing experience and that was one of my favorite memories.

伍、 研修之具體效益

(請條列式列舉 150 字)

- **Leaning English:** The English environment let me have more chance to speak English. After this semester, I feel I have more confidence when I speak English. Additionally, by using the writing center in IUP, I can practice my writing skill and correct the grammar mistakes.
- **Experience America Culture:** I experienced the American students' daily life and the tipping culture. I realized there were many cultures difference between Taiwan and America, and I had some culture shocks as well. These experiences expand my horizons and let me have more thoughts to think about my future.
- **Being Independent:** I went to the airport by myself. To be honest, it was really scary since I had never travel alone. During this semester, I became more independent that I could handle many things by myself. Besides, after finishing this semester, I went to Seattle alone. I planned everything by myself, and I had a great time there!

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(350字)

I would say I really proud of myself that I had the courage to exchange to America, and I met many great friends from different countries.

Compared to Taiwan's university, I think America's study environment is more relaxing and students would be more willing to stand for themselves. Besides, the professors care about students a lot, and they are really close to students. For example, they would ask students about their life and their summer plan. Most of my middle and final exams were on-line tests, and you can open book during the tests if you want. I enjoy taking classes here because I can have more interaction with my classmates and professors, and they were not that difficult than I thought.

Because of the location of IUP, many international students went to New York City during the spring break. Going to NYC was one of my dreams and it finally came true! We went to many tourist spots, and had some delicious local food there. Additionally, we went to Washington DC with OIE. We saw the beautiful cherry blossom, and went to the National Museum of Natural History.

Speaking of culture shocks, the first thing come up to my mind is that the dormitory in America is very different from Taiwan's. In IUP, students can choose male or female to be their roommates. Besides, the best thing is that people can have their pets in their dorm. For example, my friends she has tow rabbits and a cat in her room. Second, I found they always hold the door for people who stand behind them, which is really polite and nice. Third, I realized some people would say 'uh-huh' instead of saying thank you. I thought it was not polite in the first place. However, I have got used to it.

For people who want to exchange to different country, please don't be afraid! Although sometimes you might feel upset and lonely, you will get through it! Additionally, you will learn how to face difficulties and challenges and become more independent and stronger. I really glad I had this experience, and it was an amazing trip. Just do it, don't let yourself regret!

具代表性出國交換照片說明(4張)



圖 1

圖 1 說明(20 字)

After shopping in Walmart, I saw the beautiful campus. The building in this picture is Wallwork Hall, and the dining hall is on the left side.

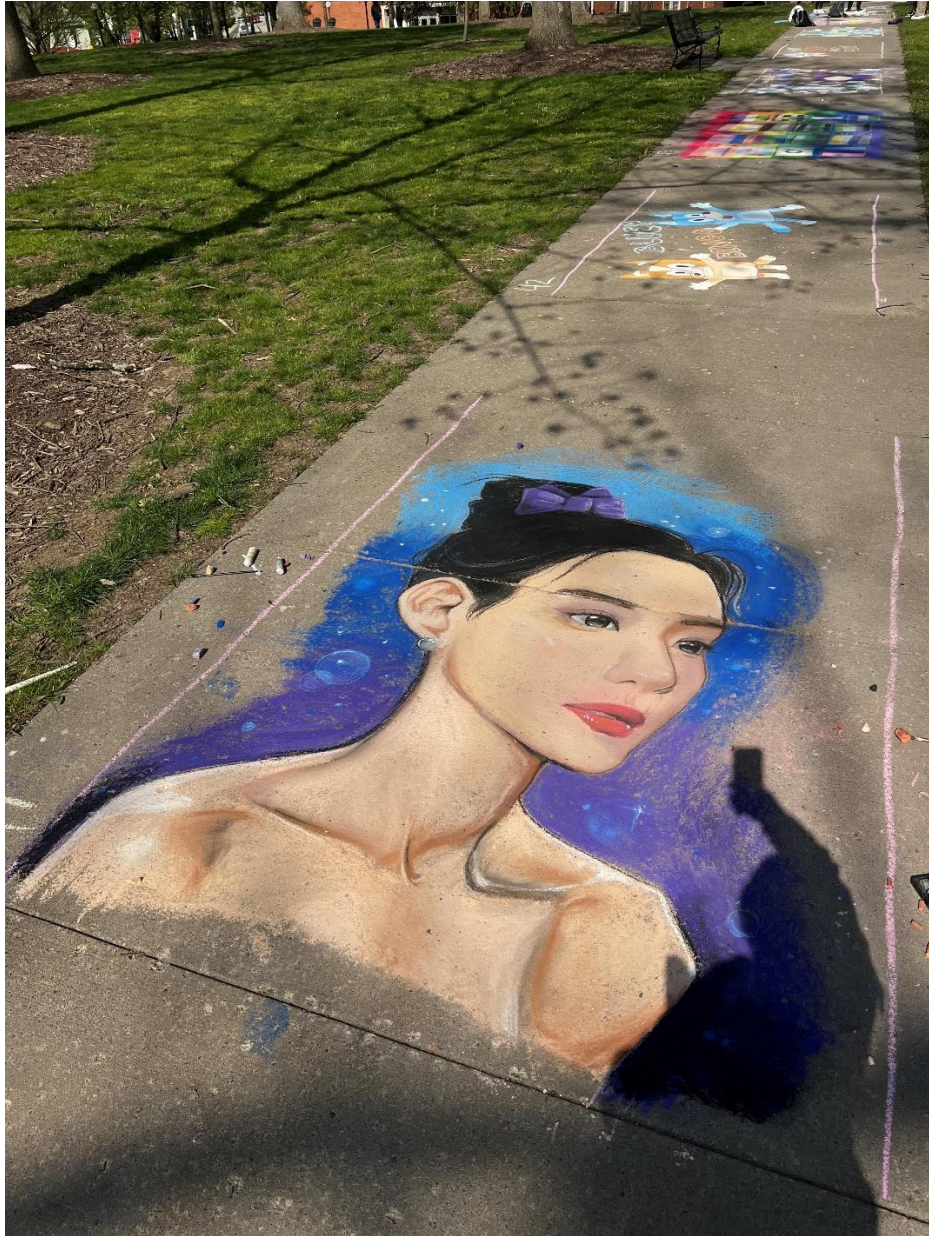


圖 2

圖 2 說明(20 字)

This is Chalk the Walk. The student who studies art, drew this picture and he won the big prize (100 dollars) in the competition.



圖 3

圖 3 說明(20 字)

My favorite place Oak Grove. When the weather getting better, the students will sit on the grass and enjoy the sunshine.



圖 4

圖 4 說明(20 字)

We threw the birthday party for our friend. We decorated our living room, and she invited some friends to join this celebration.

影片連結

<https://youtu.be/q3cQSnaaXHI>

*格式依需求可自行調整