

臺北市立大學

學生出國研修心得報告

獲補助年度：113

研修領域：政治

系所、年級：社會暨公共事務學系 五年級

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研修國家：美國

研修學校(中英文)：伊利諾州立大學/Illinois State University

研修時間：中華民國 114 年 01 月 06 日至 114 年 12 月 12 日

國外研修成績：GPA 4.00

短片時間及標題：04:09 / ILLINOIS STATE UNIVERSITY EXCHANGE PROGRAM <https://youtu.be/o5l3m8cybXI>

中華民國 115 年 01 月 05 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

Studying abroad is a major dream that many people pursue, and the United States is one of the most popular destinations. However, before going to the U.S., there are many preparations to complete.

First, you need to decide which school you want to attend and meet the English proficiency requirements requested by the institution. Second, after receiving an acceptance letter, you must apply for a J-1 visa and attend an interview at the AIT. Third, you are required to complete vaccinations and health checks as mandated by the school. Finally, maintain a relaxed mindset and be open to embracing cultural differences.

貳、研修學校簡介

Illinois State University was founded in 1857 and is located in Normal, a small town near Chicago. Therefore, it is very convenient to visit the city on weekends. Illinois State University is well known for its College of Education and is the largest normal university in the United States. The university has approximately 21,000 students and six colleges.

Life at ISU is very enjoyable. There is an e-sports center where students can play computer games, Nintendo Switch, and other games. The fitness center is equipped with a wide range of exercise equipment and massage chairs, providing a relaxing space for students. Additionally, there are several bars around the campus where students can hang out and unwind.

參、國外研修之課程學習(課內)

Through this exchange program, I took a variety of courses. In total, I completed eight classes: Introduction to Criminal Justice Science, Introduction to Mass Media, Human Geography, Introduction to International Relations, First-Year German Part I, First-Year Japanese Part I, Citizens and Governance, and Fundamentals of Psychology.

In each course, I learned a great deal and broadened my horizons. I learned how to approach issues from different perspectives. More importantly, I gained the courage to ask questions and realized that making mistakes is not something to be ashamed of.

In addition, academic advisors were available to help students select courses that suited their academic goals. Furthermore, if students encountered any issues related to credits, they could consult the advisors for guidance and support.

肆、國外研修之生活學習(課外)

If students choose to live on campus, they may be assigned to Manchester Hall or a campus apartment. In most cases, they will need to share a room with other students. While living on campus is convenient, sharing a space can sometimes be challenging. If a student happens to live with a selfish or incompatible roommate, the overall experience may become unpleasant. Therefore, for those who prefer more privacy and lower living costs, renting an off-campus apartment can be a good alternative. However, students choosing off-campus housing usually need to find roommates on their own and take greater responsibility for daily life.

During the semester, the university offers a wide variety of activities and events, such as movie nights, homecoming celebrations, Halloween parties, and other campus events. In addition, there are many student clubs covering different interests, allowing students to explore new hobbies and expand their social circles. Through participating in these activities, students can not only enrich their campus life but also make friends from diverse backgrounds.

For students who purchase a meal plan, daily life becomes much more convenient. With a meal plan, students do not need to worry about grocery shopping or cooking for themselves. Each meal plan includes

a certain amount of flexible dollars, which can be used at on-campus dining halls and restaurants, making campus life more comfortable and efficient.

伍、 研修之具體效益

- Improve language skills: Living in the United States required me to use English in daily life. In order to communicate with others, I had to push myself to speak English to express my thoughts and ideas. Through constant practice in real-life situations, my speaking ability became much more fluent and confident than before.
- Learning how to deal with problems: During the exchange program, I needed to handle problems on my own because there was often no one who would take the initiative to help me. As a result, I learned how to solve issues independently and became more responsible and self-reliant.
- Making international friends: There were many international students on campus, which provided a great opportunity to make friends from different countries. By interacting with them, I was able to learn about diverse cultures and broaden my global perspective

陸、 感想與建議(含 3 分鐘短片連結)

Stepping Out of the Comfort Zone: Looking back on the worries I had before departure, I realize now how quickly time flew. I am sincerely grateful to my school and family for this precious opportunity to fulfill a major item on my life's dream list. Before leaving, I was anxious about living independently in a foreign environment. However, I learned that stepping out of my comfort zone was the only way to achieve true personal progress.

The Experience: A Movie Come to Life Arriving in the United States felt like watching a TV show come true. From the broad, green campuses to iconic landmarks like the Statue of

Liberty and 66 route sign, the scenery was breathtaking. The free and open atmosphere of the American campus encouraged everyone to express themselves confidently.

However, the journey was not without challenges. I initially struggled with the language barrier, particularly when professors spoke fast. Yet, these difficulties forced me to grow. In an internet generation where face-to-face connection is fading, I found immense value in directly talking to people. My friends helped me navigate schoolwork and introduced me to local history, sports, and food, which no textbook could offer. Despite the unexpected troubles, the friendships and broadened vision made this the best decision I have ever made.

Advice for Future Exchange Students For those preparing to embark on this journey, I offer the following suggestions:

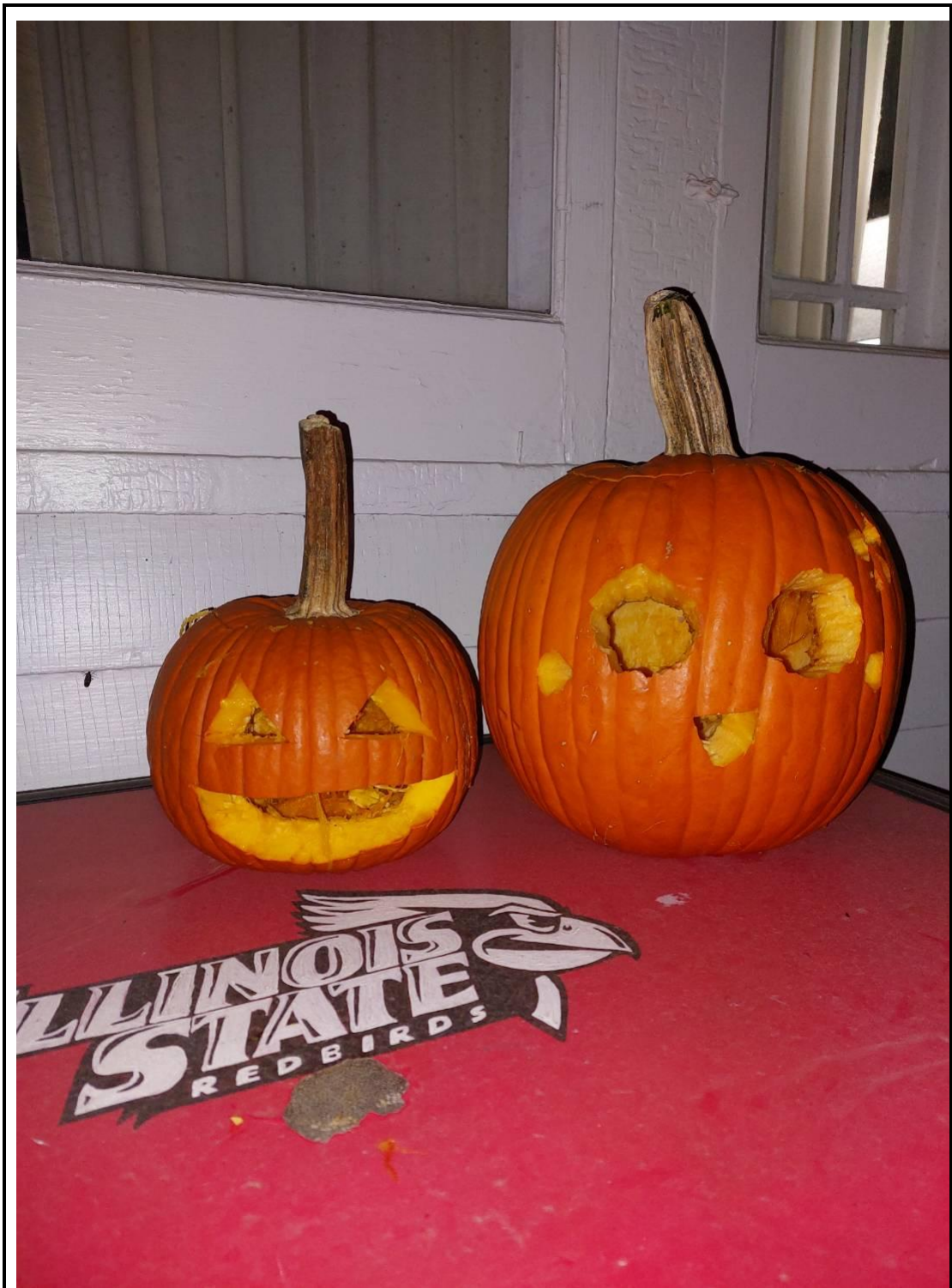
1. **Prioritize English Proficiency:** Language is the key to your experience. Getting ready to use English daily will help you handle academic pressure and build deeper connections with locals.
2. **Be Proud and Open-Minded:** Be brave in showing who you are; people are genuinely interested in learning about your culture. Simultaneously, embrace the diverse perspectives you will encounter. The US is a melting pot of races and thoughts.
3. **Mental and Practical Preparation:** Be prepared (Ex: visa interviews, packing lists) but also learn to manage stress. You may face culture shock or loneliness, but finding outlets like sports or music helps.

To future students: believe in yourself. The effort required to get there is worth it. This program will not only broaden your horizons but also give you unforgettable memories. I wish you all a safe and rewarding journey.

具代表性出國交換照片說明(4張)



It was Homecoming week. This was the first American football game of my life. Thanks to my friends who explained the rules to me!



First Halloween in the USA. Carved a pumpkin with my friend. The pumpkin smelled so awful, but the experience was interesting.



A mystery snowman showed up on campus. I was astonished that someone built such a fabulous snowman in this freezing weather.



International office held a trip to starved rock state park. Beautiful natural scenery and pleasant weather. It is a family-friendly park.

*格式依需求可自行調整