

臺北市立大學

學生出國研修心得報告

獲補助年度：114

研修領域：物理

系所、年級：應用物理暨化學系、四年級

學生姓名：謝至衍

研修國家：美國

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

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exchange student program. (5 分 28 秒)

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壹、緣起

The decision to embark on an exchange program at Illinois State University was born from a desire to bridge the gap between my academic pursuits and my passion for American culture. As a Physics student, I have always been intrigued by the American teaching style, which emphasizes active classroom participation and a dynamic dialogue between students and professors. I sought to move beyond traditional lecture-based learning to experience a more interactive environment that fosters critical thinking and collaborative problem-solving. Beyond the laboratory, I was deeply motivated by a lifelong affinity for American Hip-Hop and Jazz culture. I viewed this exchange as a unique opportunity to immerse myself in the birthplace of these genres, gaining a firsthand understanding of their historical and social roots. Furthermore, I set out with the goal of cultivating independence and honing my intercultural communication skills. Living thousands of miles from home in Taiwan, I aimed to navigate a diverse social landscape and develop the adaptability required for a globalized world. Ultimately, this journey was designed to be a transformative experience—one that would challenge my perspectives, broaden my cultural horizons, and prepare me for the rigors of future international graduate studies.

一開始會選擇去美國交換的動機滿單純的，我們那屆同系的學長剛從美國交換回來，分享一些心得，啟發了我去美國交換的初衷。當然，我本身基本上也是受美式文化薰陶下長大的，對美國這個國家既陌生又熟悉，所以才打算去冒險看看。當然我把這個想法告訴我家人後，他們也很鼓勵支持我出去看看。在我申請交換的時候，那時候我是大三，正處於學業的分岔點。當時，我一方面要準備語言檢定考試，一方面要顧大三的繁重的學業，算是蠟燭兩頭燒。另外，身旁的同學也開始準備研究所的考試和申請，我那時候申請交換真的算是還蠻白目的，我那時候基本上是二、四的晚上要去補語言檢定的考試，一、三、五讀書，假日整理系上的專題報告，基本上沒什麼休息。但現在回頭來看，確實是蠻值得的。

貳、 研修學校簡介

Founded in 1857, Illinois State University (ISU) is the oldest public university in Illinois, located in the safe and welcoming twin cities of Bloomington-Normal. Known for its strong emphasis on high-quality undergraduate teaching, ISU hosts approximately 20,000 students and maintains a 19:1 student-to-faculty ratio. This fosters the highly interactive and participatory classroom environment that defines the American educational experience. Academically, ISU is recognized for its excellence in education, business, and the sciences. Beyond academics, the campus is a vibrant hub of cultural activity, featuring over 300 student organizations and a dedicated International House (I-House). The I-House provides extensive support and organizes trips to major cities like Chicago, allowing exchange students to immerse themselves in Midwestern culture. With its balance of academic rigor and a diverse social atmosphere, ISU offers an ideal setting for international students to pursue both personal and intellectual growth.

伊利諾州立大學，英文名字叫Illinois State University(ISU)，位於距離芝加哥開車2個半小時車程的小鎮—Bloomington-Normal，這個小鎮是分別由較北邊的Normal和南邊的Bloomington組成的。跟很多美國中西部學校一樣，ISU也是基本上被玉米田包圍的大學。

先介紹這個大學城，最早以前，大概美國剛建國時，大量的德國農人移民到美國中西部蓋農場，這個小鎮就是其中之一。當時這個小鎮主要由McLean county所控制，這個小鎮也留下了當時那些有錢人蓋出來的豪宅，只是當時還沒有Normal這個城市，人口主要集中在downtown Bloomington，所以這個小鎮的court才會是在downtown Bloomington



The court in downtown Bloomington

跟很多美國中西的小鎮一樣，隨著農地的擴大，需要更多的人手和技術引

入，這裡的先民在現在Normal的區域創建了一個小型的農業學校，專門教授農業技術，這就是最早的ISU（但ISU隨後轉成師範體系的學校）。

隨後隨著美國橫貫鐵路的通車，芝加哥成為的美國中部最大的交通樞紐，鄰近的小鎮也享受到了時代紅利，逐步興建鐵路，源源不絕地將經濟作物輸出到芝加哥，當時的鐵路建於uptown normal，帶動了uptown normal circle的經濟發展，但也間接造成了downtown Bloomington的衰敗。現今的downtown Bloomington主要由議會改建的博物館區域組成，但是附近的區域除了禮拜六Farmer Market活動，基本上很冷清，也不太安全（ps. 這些歷史都可以在downtown的歷史博物館裡知道，並且持ISU學生證進入是免費。）



Uptown Normal的電影院

現今的Bloomington-Normal，我主要會把他分成三個部份，東北部距離ISU開車10分鐘左右的區域是小鎮最主要的商場和娛樂中心跟餐廳，基本上你可以想到的如：Walmart, Kroger, Sam's club, and etc. 都聚集在此。除此之外，東北部靠近機場附近的區域為此小鎮的富人區，在那很多小區住者美國當地中產階級的家庭，也是我們記憶中最像美國neighborhood的地方。

接著是在學校旁邊的uptown normal，這區主要是由Amtrak火車站組成downtown，是最主要ISU學生會來的區域，這裡有許多餐廳、咖啡廳、服飾店和酒吧。

最後則是downtown Bloomington，此區域最主要是McLean County的歷史博物館，並且也是每週六農夫市集的舉辦地，附近也有許多餐廳和文青小店，但這邊的人流組成比較複雜。

現今的ISU，學生大約2萬人，因為州內學費減免的原因，主要的美國學生來自芝加哥市郊區域（所以如果你在學校問一團where r u from?你會發現大概seven out of ten的人會回答CHI），也有不少的国际學生，但相較於其他更大型的學校相比是比較少的。大部分ISU的學生畢業後並不是要往矽谷或華爾街發展，而是主要於一些芝加哥附近的中小型企業任職，這就是為什麼ISU的商學院和護理系是全美名列前茅的原因。

學校大部分的教學樓基本上環繞著中央廣場（大家都叫它Quad），在Quad的一側由一座橋連接著學生中心(Bone student center，我都叫它bone或骨頭)和圖書館複合棟。學生中心有大概8間餐廳和星巴克，學生中心地下連接著與圖書館的市內通道，在冬天下學的時候特別方便。ISU的圖書館是可以飲食和聊天講話。但老實說，我覺得不如本大學博愛校區新建的圖書館乾淨漂亮。



另外，學校的西南側有這全美數一數二的高級健身房，裡面有攀岩牆、瑜珈舞蹈室、重訓區、美式曲棍球場、羽球場、籃球場和操場，如果你是喜歡運動的人，會很喜歡這個地方。同樣在學校的西北邊有美國大學標配的美式足球場和比賽用的籃球場（ps. 去年ISU在NCAA的T2美式足球比賽拿到全美亞軍，可喜可賀）。



學校的住宿主要分成dorm和apartment，有蠻多差別的。如果住dorm的話，國際學生只會被分配到Hewett-Manchester hall，基本上就是電影裡會看到的美國大學宿舍，你會需要跟人社交而且比較吵，兩人一間但是跟整層的人共用公共衛浴。如果是apartment的話，則比較安靜，適合不喜歡社交的人，並且也有完整的廚房和客廳，同樣是兩人一間但是一間公寓有兩間房，所以你要跟3個人共用衛浴，同時價格也比較低，這邊做個比較表格：

項目	Dorm	Apartment
人數	兩人一間	兩人一間
衛浴	整層共用	與三個人共用
廚房	簡單	完整
公共空間	有	有
適合人類型	喜社交、不怕吵	喜安靜、有獨立空間
綁Meal plan	有	無
價格	高	低

我個人會建議Apartment，因為Apartment的價位其實大約為在外租房的價格，並且這個價位通常可以租到一個獨立套房，所以Apartment的入住率不是很高。例如我這學期一間公寓只有2人入住，所以我和我室友一人一間，這樣挺好的，既保持社交也有自己的獨立空間。

參、 國外研修之課程學習(課內)

My academic journey at Illinois State University was both challenging and enlightening. As a Physics major, I enrolled in advanced courses where the instructional approach differed significantly from my previous experiences. The most striking aspect was the interactive teaching style; professors encouraged constant dialogue, and classes often revolved around peer discussions rather than passive listening. This environment pushed me to articulate complex physical concepts—such as lattice structures and quantum mechanics—in English, which greatly enhanced my professional communication skills. Furthermore, the emphasis on continuous assessment through weekly assignments and collaborative projects kept me consistently engaged. I spent a significant amount of time in the library and physics labs, collaborating with local students on problem sets. This collaborative culture not only deepened my understanding of Solid-State Physics and mathematical applications but also allowed me to observe different logical approaches to problem-solving. This shift from rote memorization to active participation has fundamentally changed how I approach scientific inquiry.

在交換之前，我其實是對自己蠻有自信的，我認為我至少在聽懂上課在講什麼上沒什麼問題，但實際到美國上課後，我才發現我完全錯了。在美國上課，會有一個固定的上課態度評分，意思就是你可以且必須在課堂上積極的與教授進行互動問答。所以你可能發現，在大多數學生分享的交換心得裡，都會至少提到積極的課堂互動和上課不會玩手機。我還深刻的記得，第一天上課的第一堂課，我就像個木樁一樣靜靜的做筆記聽講，反觀身旁的同學一個比一個積極問問題。但大概過一個月後，我漸漸習慣了環境和時差，我開始分析美國人上課是怎麼問問題，發現他們其實只是將教授講過的話重複一遍但改個方式而已。並且當我開始參與課堂互動後，我也開始交到一些課堂上的朋友，為我的期末分組報告幫忙了不少。後來我才了解到，其實這種強迫互動的教學方式，其實在潛移默化地幫助你理解課程內容。相較於台灣我們從小的填鴨式教育，在課程難度更難的情況下，我反而在美國拿到的成績竟然幾乎滿分，這也側面印證了我的想法。

肆、 國外研修之生活學習(課外)

Outside the classroom, my life in Illinois was a profound journey of cultural immersion and self-discovery. A significant part of my daily routine was spent at the university fitness center, where I experienced firsthand the intense American fitness culture. Engaging in "body recomposition" alongside local students not only improved my physical discipline but also served as a unique social bridge. The gym became a space where I could practice casual English and build confidence in an authentic social setting, far removed from the structure of textbooks. Furthermore, being in the United States allowed me to deeply explore my passion for American Hip-Hop and Jazz. Attending local performances and discussing music with peers provided me with a nuanced understanding of these genres' social significance. These interactions were instrumental in honing my intercultural communication skills; I learned to navigate different social cues and express my perspectives effectively. This newfound independence—from managing daily logistics to building a social circle from scratch—has been transformative. Embracing the Midwestern lifestyle taught me to be more proactive and open-minded, qualities that I know will be invaluable as I prepare for my future international career.

在交換期間，我有幸加入美國大學的兄弟會一探究竟。在我印象中美國大學的兄弟會就是一群非常有錢的學生組成的社交性質社團，而且通常是學校的禍源，但是實際進去之後發現其實也不是個兄弟會都那麼極端，也是有很多會邀請你一起去party，一起出去玩的朋友。然後，因為我的室友是黑人，所以他也有帶我去black student association的party，也交到了很多的朋友。另外，當地的台灣人也有成立台灣同學會，他們人都蠻好的，偶爾會一起聚餐，常常會帶我去超市買生活用品，幫了我很大的忙。

在生活方面，就真的蠻簡單的，基本上就是上課，運動，社交…。但是美國中部的天氣非常的乾，在冬天下雪時室內會開暖氣，會非常乾燥，要準備好乳液或加濕器，不然皮膚很容易乾裂。

食物方面的話基本上還行，雖然鎮上沒有很多亞洲餐廳（而且也不太好吃），但是基本的超市和速食店很多，校內的餐廳選擇也很多種。

伍、 研修之具體效益

The exchange program at Illinois State University has yielded significant benefits that extend far beyond academic credits. These can be categorized into three key areas:

- **Academic and Professional Foundation:** By immersing myself in the American "active learning" environment, I have significantly improved my ability to discuss complex physics concepts in English. This experience has solidified my decision to pursue a Master's degree in North America, as I now possess the academic English proficiency and classroom confidence required for graduate-level research.
- **Intercultural Communication and Independence:** Living independently in the Midwest forced me to navigate diverse social dynamics. I have successfully developed the cultural intelligence needed to collaborate with people from various backgrounds—a skill I refined through daily interactions in the gym, music circles, and group projects.
- **Broadened Global Perspective:** My firsthand experience with American society, from its hip-hop culture to its rigorous fitness standards, has replaced my previous stereotypes with a nuanced global worldview. I am now more adaptable, proactive, and better equipped to thrive in a multicultural professional environment.

陸、感想與建議(含 3 分鐘短片連結)

Reflecting on my semester at Illinois State University, I can confidently say it was the most transformative period of my undergraduate years. Stepping out of my comfort zone in Taiwan allowed me to grow in ways I never imagined. One of my most profound realizations was that cultural immersion is a proactive choice; by actively engaging with local students in the gym and sharing my passion for Hip-Hop, I transformed from a visitor into a member of the community. I also discovered a surprising personal preference for the dry, crisp climate of the Midwest, which provided a much-needed mental clarity and fuelled my daily productivity.

For future exchange students, I offer the following suggestions:

1. **Embrace the "Ask" Culture:** Don't be afraid to speak up in class or ask for help. American professors and students value curiosity and participation over "perfect" English.
2. **Find Your "Third Place":** Whether it is the campus fitness center, a music club, or the International House, find a place outside the classroom where you can bond with others over shared interests. It is the best way to practice authentic communication.

3. Step Beyond Your Bubble: While it is tempting to stay with fellow international students, make a conscious effort to befriending locals. It is through these raw, unfiltered interactions that you truly understand a culture's depth.

最後，讓我為這個心得報告做個總結吧。很感謝學校能夠提供交換學生的計劃讓我能出國打開眼界，見識到不同的文化和人。在交換學生的期間，雖然遇到很多困難，但我交到很多的朋友和體驗到很多不同的文化。我的想法改變了很多，不管是學術上還是人際上。所以不管你是正在著手準備申請還是還在煩惱要不要去的學生，都歡迎詢問問題

我的聯絡信箱：

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（ps. 如果你知道 YouTuber Howfun 陳孜昊的話，你可以去看他早期爆紅的美國行系列第一季，他就是去美國伊利諾州立大學交換的喔）

（另外，我也有整理了網路上全部關於此大學交換的心得喔）

在這：

<https://drive.google.com/drive/folders/1DzRFWvi24mGFAHCEjmC9DiSceSfE7Hnk?usp=sharing>

[交換影片連結](#)

具代表性出國交換照片說明(4 張)



That day was a Moon-Festival and me and TSA members was grilling outside



Me and my friend went to a football game on welcoming week in ISU



I went to my host family's parents' house and had a good conversation with them



Hanging out with TSA(Taiwanese student association)

*格式依需求可自行調整