

臺北市立大學

出國研修心得報告

獲補助年度：109

研修領域：Health science(exercise science)

系所、年級：運健四

學生姓名：鄭愉馨 Yu Hsin Cheng

研修國家：USA

研修學校(中英文)：Georgia College & State University
喬治亞學院與州立大學

研修時間：中華民國 111 年 1 月 5 日至 111 年 12 月 10 日

國外研修成績：GPA 3.66

短片時間及標題：GCSU '22 spring& fall

Video link: <https://youtu.be/cJbKN2gm8wE>

中華民國 111 年 12 月 16 日



壹、緣起

Studying in the US has always been one of my dreams to complete, and I am glad that I got this chance from my home school the University of Taipei. All the preparations before departing were complicated and time-consuming, it could also make one feel anxious too, but I believe if one is fully prepared, everything will fall into place on its own.

I would say getting the visa was the hardest part that I worried about the most. Please make sure you do as much research as you can on the website before applying. For example, bring all the required documents when going to the appointment, pay your SAVIS fee on time...etc. Any mistakes can lead to the failure of the visa.

貳、研修學校簡介

Georgia College and State University is a public liberal art school located in Milledgeville, Georgia, which was established in 1889. It used to be a women's college when it first started, but it is now a coed 4-year university. The core value of the school is making the students all-rounded people, they focus on hands-on experience in class, and letting students discover their future in boundless ways. The teacher-student ratio is 1:16 which shapes the classroom in a small size, giving the chance for professors to have more interactions with students. The school is filled with energy, there are lots of activities and clubs for students to participate in throughout the year.



參、國外研修之課程學習(課內)

Spring semester:

Biomechanics (exercise science) /recommended

Structural kinesiology (exercise science) /recommended

Skill analysis in PE (exercise science) /recommended

Introduction to American language and culture (for non-domestic students, focus on grammar, essay writing and help engaged in American culture. The class is not required if one' s English is at a certain level.) /Optional

Summer semester:

Personal training (exercise science) /recommended

Fall semester:

English composition I /recommended

Methods of corrective movement (exercise science) /recommended

Introduction to public health /recommended

Small group communication /Optional

If you are majoring in exercise science, I recommended all the classes I have taken, those courses are very applied and useful. Also, all the professors there are really helpful and kind to international students. Besides, never be afraid of asking questions! I like professor Dr. Mike Martino the most; he has such a strong passion for teaching students and would inspire students in every way he can.

I also highly recommend taking an English composition class if you have the willingness to improve your writing skills. My writing became so much better after the whole class. The professors, Joy Bracewell and Ruby Holsenbeck are the two I recommend. There are projects and weekly assignments to complete throughout the semester, so time management is very important.

Writing center: tutors in the writing center can help with anything about your papers and essays for free. Available for all students in Georgia college and not just for students who enrolled in the

English class. Tutors help at any phase from brainstorming to the final polish, citation style, etc. All the them are very helpful and patient with your writing process. One can schedule appointments online.



Information about the Writing Center:

<https://www.gcsu.edu/writingcenter>



Professor: Dr. Bracewell (English composition/ Director of the writing center) and Dr. Martino (Biomechanics/ Personal training/ Exercise science program coordinator)



Class: Methods of Corrective Movement and Sports Analysis in PE

肆、 國外研修之生活學習(課外)

Dorms: There are different dorms in school, I live in Bell Hall which is the closest to the classrooms, with no single rooms, and around 2~3 roommates per room. It locates on the main campus. Napier Hall, Sanford, Adams, Wells, Parkhurst, and Foundation Hall are others on the main campus but farther than Bell. There are possibilities to get a single room with a suitemate to share a bathroom with.

The kitchen normally sits on the first floor or the basement. Need to buy your own kitchenware (Walmart is a good place to buy your groceries and stuff).

West campus village(dorm): need to take the shuttle bus or car to get to the main campus (where most of the classrooms are located), it is the most expensive one but has the best living quality.

Downtown: there are restaurants and nightclubs. Students go out often on Thursday, Friday, and Saturday nights. Under 21 are not allowed to drink or buy alcohol.

Traveling: around 1.5~2 hours driving time to downtown Atlanta by car. To get to the airport, book shuttle bus tickets from Groome Transportation online. Select the Macon office and Hartsfield-Jackson international airport as your destinations, \$47 for a single ride.

Link for the shuttle:

https://groometransportation.com/macon/reservations/?&sd_client_id=d9bd5fc0-358c-4230-971d-12444730d7dc&sd_client_id=5758c780-00a3-40db-adee-a38a8daca653

Internet: I bought J1 SIM from the website, it has unlimited call and internet service. \$47 for the first month, and \$38/ month for the rest. There is Wifi on the campus but quite unstable. No internet outside the campus. Link: <https://j1simcards.com>

Meal plan: around \$9 per meal, I bought 14 meals/ week in the spring, and 100 blocks/semester in the fall. Never do an unlimited meal plan! Numbers depend on how often you cook by yourself or how often you eat outside.

School activities: there is a great number of activities in school that students will never get bored with. Moreover, most of them are free but some of them need fees to keep the club running well.

Joining a club is never a commitment for them. Feel free to

participate in different events based on your will.

Recommend clubs: international club, speech and debate team, environmental science club, adventure programs, botany club...

Instagram accounts: @georgiacollege (gcsu official account), @gcwellnessrec, @gc_internationalclub, @gcadventureprograms, @gcsu.rsa (resident student association), @gcmiracle, @gc_learning center, @gc_cab (gcsu campus activities board) @gc_lsa (Georgia college Latino student association) @gclynxrufus (women's club ultimate). Follow their accounts for instant updates!



Savannah trip w/ @gc_internationalclub Miracle Mile w/@gcmiracle



Left pic: Latino party w/ @gc_lsa Right pic: Farewell party w/ @gc_internationalclub



Spring break bouldering and caving trip w/@gcadventureprograms

Connection family: joining connection family program via the international education center is a good way to experience local American culture. Darryl and Laverne are the couples who took care of me for a semester. I usually hung out with them on the weekends. We went sailing, fishing, shooting, and went to all kinds of festivals. They also invited me to their house for thanksgiving dinner. I had a great time with them and I am thankful to have met them in the fall.

Intramural game: there are 20+ intramural sports variations on campus. It is one of the most widely participated programs in GC. I joined co-ed ultimate frisbee, beach volleyball, indoor volleyball and soccer team in two semesters.



伍、研修之具體效益

Learn more about the world by making friends from around the globe: start to pay more attention to world news and trends. what is happening in the world at present?

Become mature and independent: having deep talks with people, and listening to different life stories from friends, then trying to become a better person like them. Also, staying far away from my comfort zone was challenging. For me, having no parents and old friends around was tough in the beginning, especially without any mandarin speaker for two semesters. I have to count on myself in every situation.

Improve English skills in all four aspects: listening, reading, speaking, and writing. Compared to the first few months, I feel much more confident about my English, I can

talk to strangers randomly and easily make friends.

Broaden my horizon and become more open-minded: accept the differences between cultures, races, and habits. I found out we are all the same.

陸、感想與建議(含 3 分鐘短片連結)

My advice for future exchange students: Do everything you want to do. Never be afraid of trying new things or making mistakes. Just go for it!

It can be very overwhelming in the beginning, and it is very normal. Everyone will go through that phase when they first arrive, but I hope you can remember these feelings because after conquering those hard times, you will find yourself way stronger than you think you are. You might feel lonely and feel hard to catch up on the conversations that your friends are talking about, or even feel frustrated taking classes with all American people. Everything can be difficult in a new environment! Remember this, don't push yourself too hard. Here are some pieces of advice from my own experience if you ever feel the same as me. (I had all the issues I mentioned above.)

Loneliness: find people you trust. they can be your roommates, friends, and family back home, international students (especially exchange students who come at the same time as you), or teachers in the international education center (they are really helpful). Talking, and interacting with people can make you feel better, don't ever isolate yourself because it will make things much worse.

Can't understand what people say: find a person or a group of people that you feel comfortable being with, and slowly become friends with them. Learning a language needs time and effort, also, please stop comparing yourself with others because everyone has a different starting line such as their educational background. Try to focus on yourself more instead of giving unreasonable pressure on yourself.

Have a hard time catching up with classes: please let your professor know! like raising your hand as long as you have

questions, if you are too shy to put your hand up in front of the whole class, going to the office hour, or staying after class is both good ways to take advantage of. Most of the professors here encourage students to ask and share their opinions!

People have no idea where Taiwan is: If they are interested in knowing Taiwan, show pictures, share tasty food, and tell some cool stories to them can help them understand a bit more! It is never too late to introduce Taiwan. Show your energy!

Video link (3 mins): <https://youtu.be/cJbKN2gm8wE>

16 mins version: <https://youtu.be/H20THcJyB8M>

具代表性出國交換照片說明



The most precious people from all around the world. And we are all exchange students that came at the same time. We built the most beautiful friendship ever like a sisterhood.

Countries: Mozambique, Spain, Sweden, Japan, Germany, Taiwan, Pakistan, Haiti, Thailand, and Bangladesh.

Picture 2: International Dinner in April. Everyone dressed up nicely.



Me and my two roommates in the spring semester. They helped me adapt to the new environment when I first came to the States. We hang out often in our free time even though we didn' t live together in the fall. In addition, they went through my hardest times with me when I feel lonely, I couldn' t imagine my school life here without having them.



I joined women' s ultimate frisbee club for almost a year. Those people in the pictures are all my teammates who got me experience the real American college life. We went on lots of tournaments in different cities. I couldn' t feel more thankful for them.

Instagram: @gclynxrufus



My five international best friends in fall semester, we had a photoshoot together before we left the school. The trees in campus were red and blooming which looked absolutely gorgeous.



The proudest moment of myself. As a taiwanese, I did presentations to share my culture and country as much as I could to the public in the georgia college annual event: International Festival. I have never felt this proud when telling people I am from Taiwan.



My connection family Darryl and Laverne, they used to be staffs in Georgia College but now had retired. They have been hosting foreign students for a long time including taiwanese, pakistani, swedish, indian students...



Yu Hsin Cheng
Majoring in Exercise Science
[Georgia College](#)
From Taipei, Taiwan

Yu Hsin Cheng of Milledgeville, made the Dean's List at Georgia College

May 27, 2022

Yu Hsin Cheng of Milledgeville, GA, made the Dean's List at Georgia College.

Georgia College recognizes its students from the College of Arts and Sciences for their outstanding work for the 2022 spring semester.

Congratulations on making the Dean's List!



According to Georgia college website, students who make a term average of at least 3.5 on 12 or more semester hours are included on the Dean's List. I am glad I made it to the list for both semesters!

THE END

Feel free to ask me any questions if you are interested in knowing more about my life in GC or others! My email address is star410696@gmail.com

