

107 學年度教育部學海飛颺計畫 出國研修心得報告

獲補助年度:107 學年度

薦送學校: 弘光科技大學

系別、年級:應用英語系、三年級

姓名:林庭慈

研修國家:美國

研修學校:特洛伊大學(Troy University)



出國前，我懷著興奮及緊張的心情，因為這是我第一次到美國讀書將近四個月的時間，也是第一次離開家人們到很遠的地方讀書。雖然很開心可以到美國讀書和體驗他們的文化，相對的也會有文化衝擊，不過這也代表我會有所成長。

我的主修是 ESL program，是負責讓學生可以銜接大學的課程，所以他們也負責增強我們的聽、說、讀、寫這五項能力，在課程中讓我學習和增強自己的能力，雖然剛開始很辛苦的適應老師們的步調，但是現在想想，我不後悔當時做的決定，反而很慶幸有這次的機會到國外學習並且增強英語能力，我也很感謝老師們對我的指導，因為他們，讓我的技能有所進步。同時我也交了不少朋友，他們除了會互相幫助之外，也會分享一些他們家鄉的文化和食物等等。

除了課業外，讓我更驚豔的是他們對於美式足球的熱愛，不管懂不懂足球，球場上熱情的歡呼聲讓一個對於運動不是很了解的我也跟著歡呼了起來，讓我看到了什麼是全民運動，而這也是我第一次去看現場的運動比賽。觀看比賽之前，我參加了說明會以及參觀選手們的休息室，也看見了選手們認真練習的過程，看的出來學校對於美式足球和選手的重視。這是一個很特別的回憶，雖然美式足球我沒有接觸過，不過他們認真熱血的態度，至今讓我難以忘懷。

這次的計畫，讓我體驗很多的「第一次」，雖然之前從未嘗試，不過勇於嘗試哪怕只有一次機會，都會有不一樣的回憶，想法也會跟著改變，就像是當初對於出國我也有些害怕，但是經過這樣的經驗，出國其實沒有想像中的那麼可怕，因此我認為在還沒嘗試之前，先給自己一個機會，畢竟沒有人能知道自己的未來是什麼樣子，走過了才知道適不適合自己。在這過程中，我看到了自己的成長與蛻變，雖然過程中有時會沮喪和挫折，但是讓我有不一樣的看法。

The experience Lin Ting Cih

I was excited and nervous before studying abroad because it was the first time that I have studied abroad to United States for four months and left my family to other countries by myself. Although I experienced some culture shock, I was happy to come to United States, and it was also accompanied with me to grow up. My major is ESL program, which helps students connect academic courses, so they help us to improve our listening, speaking, reading, writing and grammar. Although it was difficult for me to learn with teachers at first, I felt fortunate because I had chance to improve my skills. After I finished the program, I improved and I had more confident to talk to friends in English. I thank my teachers a lot because they taught us diligently. Meanwhile, I also had many friends. They not only help each other, but they also share food in their hometown and culture.

Besides, I was shocked that they had lots of passion in football. Even though some people didn't know about football, they still joined and enjoyed the game. This was my first to joined football game, and I saw that American people were crazy about football. Before I joined the game, I participated a presentation which explained about the rule of football games. I also visited athletes' lounge and their process of practicing. Although I didn't know football a lot, I had many memories in football games.

In this project, I found that I had a lot of experience. Although I didn't try to do before, I gave myself a chance to try. If there is a chance which can change people's mind and behaviors, they will be changed during they enjoy challenge. During this process, although I had frustration and depression before, I was glad that I saw my growth and progress.