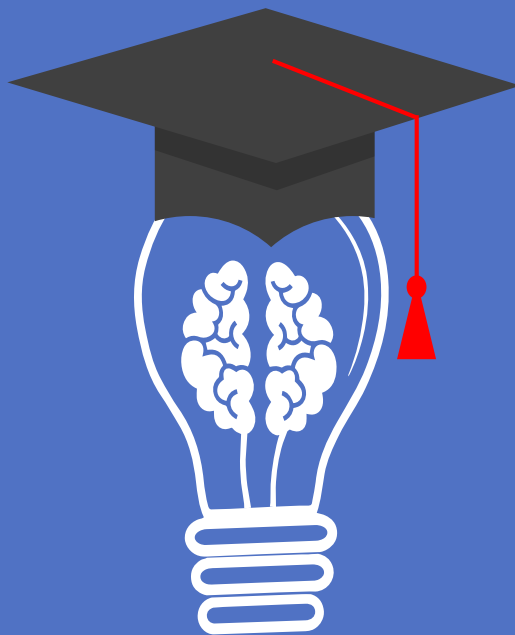


109學年度第二學期



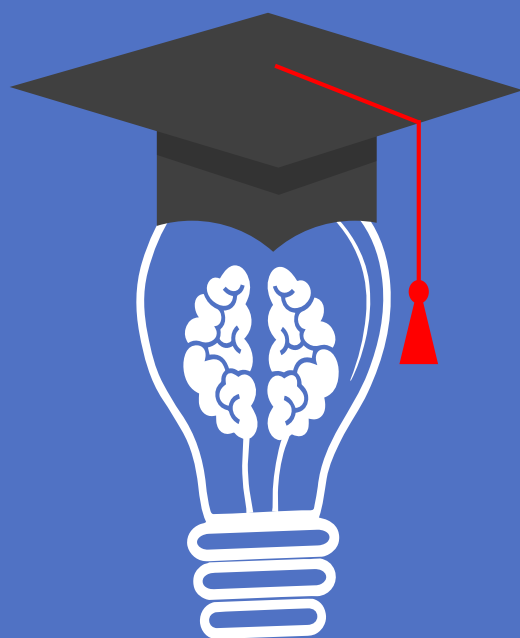
自主學習成果

-外語領域-

21303 林靜誼

自主學習成果

-外語領域-



申請書暨計畫書

桃園市立楊梅高級中等學校 109 學年度第一學期彈性學習時間

自主學習申請表暨計畫書

申請學生資料	班級 213	座號 03	學號 811404	姓名(請親自簽名) 林靜誼
自主學習領域	<input type="checkbox"/> 文學閱讀 <input checked="" type="checkbox"/> 外語領域 <input type="checkbox"/> 數理探究 <input type="checkbox"/> 自然科學 <input type="checkbox"/> 社會人文 <input type="checkbox"/> 數位資訊科技 <input type="checkbox"/> 藝術音樂 <input type="checkbox"/> 休閒運動 <input type="checkbox"/> 國防軍事 <input type="checkbox"/> 綜合領域(生命/生涯/家政)			
自主學習計畫名稱	演講比賽準備 / 單字比賽準備			
學習動機	下學期期中考是桃園市和校內演講比賽,希望能代表出賽,並奪得佳績。並於過程中紀錄演講的重要要點。			
學習類別	<input type="checkbox"/> 閱讀計畫 <input type="checkbox"/> 專題研究 <input type="checkbox"/> 興趣探索 <input type="checkbox"/> 線上課程 <input type="checkbox"/> 語言學習 <input type="checkbox"/> 檢定計畫 <input checked="" type="checkbox"/> 競賽準備 <input type="checkbox"/> 其他 _____			
自主學習方法或策略	寫稿→老師協助批改→演講練習→檢討→比賽→賽後檢討			
自主學習所需協助(實施地點)	語言教室、圖書館			
預期成效	(請寫下本階段自主學習你預計達到什麼成果) 1. 桃市英語演講比賽佳作 4. 1000單字書背達1/3 2. 校內英語演講比賽 No.1 3. 校內單字比賽校排前 No.10			
自主學習規劃內容	週次	實施內容與進度		
	2/22 1	與指導教師討論自主學習規劃,完成本學期自主學習實施內容與進度。		
	3/1 2	補假		
	8 3	No.1. 講稿(寫) My self-learning plan.		
	15 4	No.2. 講稿(寫) My views on Modern youth.		
	22 5	No.3. 講稿(寫) One gap year for volunteer work.		

6/18 成文	29 <sup>6</sup> 考前	校內即席演講準備 (自行搜圖練習)			
	4/5 <sup>7</sup>	補假			
	17 <sup>8</sup> x	No 4. 講稿 (寫) What life be like after COVID-19 pandemic ends			
	19 <sup>9</sup> x	No 4. 講稿 (讀) What life be like after COVID-19 pandemic ends			
	26 <sup>10</sup>	No 1. 講稿 (讀) My self-learning plan			
	5/3 <sup>11</sup>	No 1. 講稿 (讀) My self-learning plan			
	10 <sup>12</sup> 考前	考前複習週			
	17 <sup>13</sup>	No 2. 講稿 (讀) My views on modern youth.			
	24 <sup>14</sup>	No 2. 講稿 (讀) My views on modern youth.			
	31 <sup>15</sup>	No 3. 講稿 (讀) One gap year for volunteer work.			
	6/7 <sup>16</sup>	No 3. 講稿 (讀) One gap year for volunteer work.			
	14 <sup>17</sup>	整理資料, 完成自主學習成果			
	21 <sup>18</sup>	完成自主學習成果紀錄表撰寫並參與自主學習成果發表。			
階段中預計達成目標 (4 周後)		完成 3 篇講稿			
階段末預計達成目標 (8 周後)		練習演講 / 上台演講			
成果發表形式		<input checked="" type="checkbox"/> 靜態成果發表平臺, 如書面報告。 <input checked="" type="checkbox"/> 動態成果發表會, 如拍攝短片、微電影。 <input checked="" type="checkbox"/> 辦理個人或小組作品展覽, 如表演會、發表會。 <input type="checkbox"/> 競賽成果, 如TED短講發表。			
學生簽名		指導教師簽名		父母(監護人)簽名	

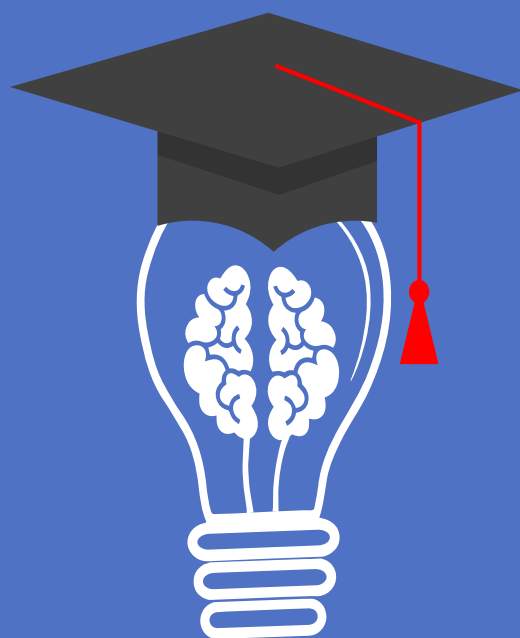
承辦人員核章

教學組長核章

教務主任核章

# 自主學習成果

## -外語領域-



## 成果紀錄表



桃園市立楊梅高級中等學校 109 學年度第一學期彈性學習時間

自主學習成果紀錄表

申請學生資料	班級	座號	學號	姓名（請親自簽名）			
	213	3	811404	林靜誼			
自主學習領域	<input type="checkbox"/> 文學閱讀 <input checked="" type="checkbox"/> 外語領域 <input type="checkbox"/> 數理探究 <input type="checkbox"/> 自然科學 <input type="checkbox"/> 社會人文 <input type="checkbox"/> 數位資訊科技 <input type="checkbox"/> 藝術音樂 <input type="checkbox"/> 休閒運動 <input type="checkbox"/> 國防軍事 <input type="checkbox"/> 綜合領域（生命/生涯/家政）						
自主學習計畫名稱	演講比賽準備						
學習動機	下學期剛好是校內和桃園市英語演講比賽，希望自己能代表出賽並奪得佳績。並於過程中記錄演講的重要要點。						
學習類別	<input type="checkbox"/> 閱讀計畫 <input type="checkbox"/> 專題研究 <input type="checkbox"/> 興趣探索 <input type="checkbox"/> 線上課程 <input type="checkbox"/> 語言學習 <input type="checkbox"/> 檢定計畫 <input checked="" type="checkbox"/> 競賽準備 <input type="checkbox"/> 其他 _____						
自主學習方法或策略	（請寫下本階段自主學習你運用甚麼學習方法達到你想要的成果） 寫稿、老師協助批改、演講練習、檢討、比賽及賽後檢討						
自主學習實施地點	語言教室和圖書館						
預計目標及目標達成說明	（請寫下本階段自主學習你原本預計達成甚麼目標？目標達成率？） 1. 桃園市英語演講比賽獲佳作以上 2. 校內英文演講比賽第一名 3. 校內單字比賽校牌前十 4. 7000 單字書背達 1/3						
自主學習成果記錄	週次	實施內容與進度		自我檢核	指導教師確認		
訂定計畫	1	與指導教師討論自主學習規劃，完成本學期自主學習實施內容與進度。		<input type="checkbox"/> 優良 <input type="checkbox"/> 尚可 <input type="checkbox"/> 待努力	◎		
補假	2						
講稿撰寫	3	No.1 講稿(寫) My self-learning plan		優良			
講稿撰寫	4	No.2 講稿(寫) My views on modern youth		優良			
講稿撰寫	5	No.3 講稿(寫) One gap year for volunteer work		優良			
賽前練習	6	校內即席演講比賽準備(自行搜圖練習)		優良			
補假	7						

賽前練習	8	No.4 講稿(寫) What life be like after COVID-19 pandemic ends?	優良	
賽前練習	9	No.4 講稿(講) What life be like after COVID-19 pandemic ends?	優良	
講稿練習	10	No.1 講稿(講) My self-learning plan	尚可	
講稿練習	11	No.1 講稿(講) My self-learning plan	尚可	
考前複習	12	考前複習		
講稿練習	13	No.2 講稿(講) My views on modern youth	尚可	
疫情在家自學	14			
疫情在家自學	15			
疫情在家自學	16			
疫情在家自學	17	參與自主學習成果發表。		◎
疫情在家自學	18	完成自主學習成果紀錄表撰寫。		◎
自主學習 成果說明	(請寫下本階段自主學習你做到了什麼?) 1. 完成四篇講稿撰寫與上台演練 2. 取得參加桃園市英語演講比賽資格 3. 參加校內英語演講競賽獲第三名 4. 精進個人上台臺風與咬字發音			
自主學習 歷程省思	原本這次的自主學習計劃我打算全心準備英語演講和單字比賽，但因為疫情的影響，所以單字比賽取消了。在準備英語演講的過程中，對我來說比較有困難的是寫稿和發音咬字。想要寫出一篇生動的稿實在不容易，在過程中我也向老師請教許多不同風格的稿呈現出的感覺，讓自己能更多變、吸引觀眾；咬字方面我請教了學校的外師協助幫忙，在過程中，外師也對我的進步有感。雖然最終我當初訂的兩個目標市賽拿到佳作和校內拿第一都沒有實踐，但我依然為這次的自主學習感到成就感，因為自己的寫作和口說方面都更上一層樓，參加市賽英語演講更是讓我大開眼界，認識許多同為英文愛好者的學生們進行更多交流。			
指導教師 指導建議				

指導教師簽章

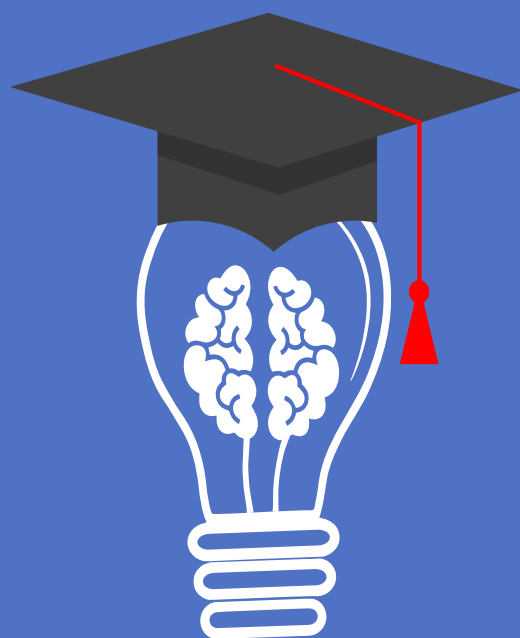
承辦人員核章

教學組長核章

教務主任核章

# 自主學習成果

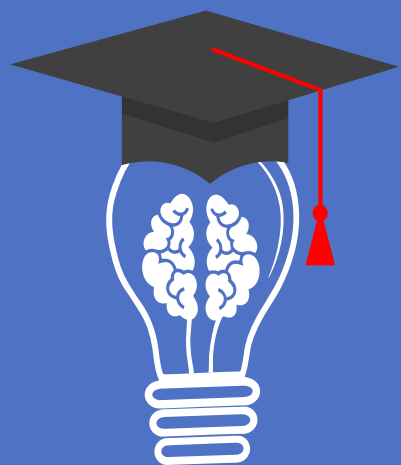
## -外語領域-



## 歷程省思



# 自主學習成果 -外語領域-

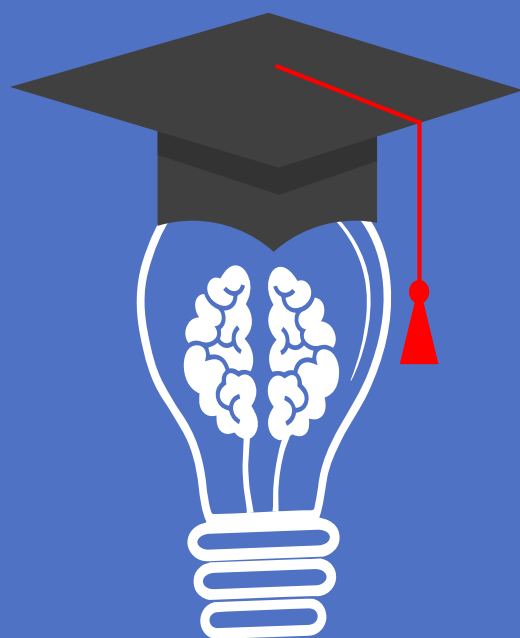


## 歷程省思

原本這次的自主學習計劃我打算全心準備英語演講和單字比賽，但因為疫情的影響，所以單字比賽取消了。在準備英語演講的過程中，對我來說比較有困難的是寫稿和發音咬字。想要寫出一篇生動的稿實在不容易，在過程中我也向老師請教許多不同風格的稿呈現出的感覺，讓自己能更多變、吸引觀眾；咬字方面我請教了學校的外師協助幫忙，在過程中，外師也對我的進步有感。雖然最終我當初訂的兩個目標市賽拿到佳作和校內拿第一都沒有實踐，但我依然為這次的自主學習感到成就感，因為自己的寫作和口說方面都更上一層樓，參加市賽英語演講更是讓我大開眼界，認識許多同為英文愛好者的學生們進行更多交流。

# 自主學習成果

## -外語領域-



## 成果發表



ROTARY INTERNATIONAL DISTRICT 3502  
ROTARY CLUB OF TAOYUAN WEST

**CERTIFICATE OF APPRECIATION**

*This certificate is presented to 林靜誼 as a token of the gratitude of Rotary Club of Taoyuan West and in testimony of devoted and diligent effort on behalf of community in Taoyuan in presenting the following speech for Rotary Year 2020-2021*



2020-2021 President

*King*

March 27, 2021



桃園市立楊梅高級中等學校  
Taoyuan Municipal Yang Mei Senior High School

# 獎 狀

恭喜高二 13 班林靜誼同學，參加本校 109 學年度英語演講競賽，成績優秀榮獲高二組第三名，特頒此狀，以資鼓勵。

校長 鄒岳廷



中華民國 110 年 6 月 3 日

## My self-learning plan

Good morning, everyone!

Technology has turned our world of learning upside down. We grow up with the advance of all kinds of gadgets. Therefore, since I was little, I have learned a lot from what I can find on my cellphone or computer. That is, in our generation, more and more people can acquire knowledge on their own. Year-108 curriculum guidelines have therefore dartsed us students to try to plan our learning schedule instead of being guided all the time. This self-learning plan encourages all students to (find out their interests, make the best use of time, and share the outcome and reflection). This is the first time for me, and I reaped lots of benefits. The following is how I schemed for that hour.

Nothing comes easy.

I now still feel thrilled thinking of the big plan and the final presentation my best friend, Cynthia, and I gave in the end of last semester. Our self-learning plan was to find out the medical effects between (a cancer cell and ferric ferrous oxide) and then operate its related experiments by ourselves.

At first, I thought our project would have been implemented easily and successfully. However, things didn't turn out the way we wanted. Only after we executed it did we know how difficult our plan was. Although we planned and discussed our projects a dozen times, we still had tons of difficulties with equipment, techniques, and so on. No sense of achievement drove us crazy. However, against failures and frustration, we kept cheering

modest

ex

ourselves up and plucked up the courage to ask teachers and professors for advice. Cynthia  
[prə'fesa]  
and I then could give our self-designed plan a modest start. After many failed trials, we  
finally saw a closer result. We found that liver cancer cells could be eliminated by ferric  
[1'1ma,net]  
ferrous oxide and that Ammonium Hydroxide could affect the preservation of ferric ferrous  
[et]  
oxide.

Our teacher and the professor even recommended that we participate in the science  
competition and essay contest.

努力

努力

During our self-learning, there had been so many obstacles, but we strived to get it done  
[abstak!]  
no matter what. We two girls may have just gone through a process pretty much like  
pregnancy and the painful labor. No wonder the baby can't be more precious. After finishing  
[pregnansI]  
our project, I realized that (making mistakes and encountering hurdles) doesn't mean failing;  
rather, I fail therefore I win later. We learned through these difficulties, and that was what  
matters most. I believe I can learn better afterwards because learning with expert teachers is  
so much easier than learning by ourselves, but, the sense of achievement is beyond  
description!

4 19 7 17

Thanks for listening.

A.  
S.

lever  
liver  
4 19 7 17



Jenny

Good morning! Let's close our <sup>eyes</sup> eye for a while. Imagine we are on an outback farm in Australia. <sup>A</sup> Gentle breeze brings us the sweet smell of apples. Then, think about us skiing among the stunning <sup>(snow-capped mountains)</sup> capped snow resort. Oh, I don't wanna wake up.

Ladies and gentlemen, today, I'm going to share <sup>the</sup> with all of you ~~about~~ things I wanna do if I'm granted a gap year after graduation.

Since one of my cousins went to New Zealand for a gap year, which changed his whole life vision and plan, <sup>stop</sup> (I've been telling myself that) I will definitely do that one day, either after senior high or after college graduation. My cousin, Michael, has introduced a wide range of things that I can do during that year; among them, I'm interested in these three things.

First of all, I'd apply as a ski operator at a ski resort in Canada. There is little snow here in Taiwan, and I've been <sup>is of</sup> dreaming living in a snow <sup>white</sup> world. <sup>Therefore</sup> So, if possible, I'd set off where I consider the best place to make everything in my dream come true.

In addition, maybe it's because I've preached <sup>since I was little</sup> ~~since little~~ "an apple a day keeps the doctor away." Apples are my favorite fruit. I can eat many apples for my three meals and midnight snacks, but Father doesn't allow me. So, my second choice for my gap year would be working on an outback apple farm in Australia. I can even work without pay because I can smell and savor the freshest apples there, but the

[savor]

host may discover something wrong eventually.

Last but not least, if my <sup>two</sup> former dream jobs are ~~to be~~ too popular, I'll follow my cousin's footsteps to work in ImpacTrip, which made him do a U-turn in his life.

Founded in 2015 by two dedicated social entrepreneurs <sup>企业家</sup> who aimed to change the way people travel, its goal is to provide the most unique and meaningful travel experiences for travelers. <sup>recruiting</sup> Primarily ~~taking actions~~ in Portugal, Spain, and Croatia, they've received volunteers from more than 50 nationalities. As a result, Michael got to interact with people from a variety of places which helps <sup>him</sup> ~~me~~ cultivate world perspectives. By <sup>W</sup> virtue of ImpacTrip, he could travel and help other people at the same time. What a win-win!!

Every time I think of my gap year plans, I'd be to excited to stay focused on what I ought to. <sup>do!</sup> ~~In case that happens now, I had better call a halt now, step down and~~ <sup>Just like right now, I had better</sup> ~~keep daydreaming.~~ <sup>so that I can</sup>

Thank you, <sup>you</sup> and wish ~~a~~ a good dream, too!

I

Good morning, honorable judges and dear fellow students.

Are the following scenarios familiar to you?

情景  
[sɪ'næriəʊz]

scene

"Jenny, don't speak with your mouth full! You are A GIRL!" "Jenny, you CANNOT talk ill behind your teacher's back. She punished you for your own good." "Jenny....."

That's what my grandmother "keeps" reminding me almost every day. On the other hand, my father is more tolerant, who tells Grandma "Mom, it's ok. She will know what's better when she grows up."

容忍  
[tə'lərənt]

Father has been telling me and my brother that he thinks we belong to the "i-generation" because we grow up using the i-Phone, learning through i-Pad and listening to i-Pod. Therefore, it's natural for us to focus on "I" more. I believe we all heard the term "strawberry generation" somewhere, sometime. This term was coined to describe youngsters in the 80s, who were considered fragile, low in resilience, and growing up in an economically prosperous environment like strawberries doing in the greenhouses. Not until I took a look at this topic do I know even Socrates, the renowned ancient Greek philosopher also thought young people centuries ago had behaved improperly in every way. Why is that? Are we no good at all?

Of course not! Take a look at these two world-famous entrepreneurs, Elon Musk and Travis Kalanick. Before Musk rose to fame, creating one-of-a-kind Tesla, grown-ups around him had shrugged that Mr. Musk is "basically a good kid" who is "finding his way". It turns out that this tech geek has superior resources and a wider sphere of influence than a troubled teen. Travis Kalanick, the grumpy erstwhile boss of Uber, was often taken for a bike ride to burn off that surplus energy when young. In fairness, the bratty characteristics of entrepreneurs have a positive side. Overweening ambition and intransigent self-belief are needed to overcome the obstacles littering their paths. I do believe the youth today can

独一无二

成人

怪胎

较高的

範圍

脾氣壞的 從前的

[sɪr]

former

不服從的

不聽話的 strong

[ɪn'trænzɪdʒənt]

develop these traits. We learn not only from the textbooks and teachers, but also from the internet, where there are an abundance of experts offering profound thoughts and perspectives. So, it's not young people that **contempt** the authority; **it's the young** that always want to find a better solution to the **hurdles** we face.

The above are my views on modern youth. **Young and arrogant** as we may be, we still have ambition in mind that we will do something for our family, our school, country and our world.

自大的  
[arrogant]

Thank you! I'm Jenny! Have a great day!



What will life be like after the COVID-19 pandemic ends?

Imagine we are on an outback farm in Australia, <sup>A</sup>gentle breeze brings us the sweet smell of apples. Then think about us skiing among the stunning <sup>snow</sup>capped <sup>mountains</sup> ~~snow resort~~. <sup>This was</sup> ~~These were~~ supposed to be my last year's travel plan, but like every one of us, going abroad is much more than a matter of money due to the coronavirus' deadly threat. A catastrophe <sup>[kə'tæstrəfi]</sup> always brings countless drawbacks, such as the severe aftereffects, the high rising death tolls and the large numbers of downsizing businesses. However, we also pray for a better world after the <sup>[væksɪn]</sup> vaccines come out to get things under control.

<sup>[væksɪn]</sup> <sup>YZT</sup> <sup>XDL</sup> <sup>LLX</sup> <sup>WYB</sup> <sup>and</sup>  
Due to the coronavirus, people in both developing <sup>and</sup> developed countries are more aware of the sense of keeping clean. Wearing masks is no longer a strange act but a new trend, washing hands means protection for each other, and so on. Also, people now will know that cherishing everything and everyone around is the most important thing in our life. Nothing lasts forever! Therefore, after our life is getting back on track, I believe our world will be filled with more sense of hygiene and with more love.

<sup>awakened</sup> <sup>ray shall</sup>  
Secondly, this pandemic <sup>awakened</sup> ~~arouses~~ people's awareness of racial and <sup>ek</sup> <sup>[ɪnɪkwə'ti]</sup> inequity. <sup>[dʒə'rʌrɪz]</sup> These have long been a big problem, <sup>[reɪʃ]</sup> and hopefully they will <sup>[dʒ]</sup> <sup>[ekwə'ti]</sup> be rightly dealt with after this.

Last but not least, undoubtedly, the wonderful life after COVID-19 will

definitely be going abroad. My plans were cancelled and so were others'. We all look forward to be on board of the plane again and set foot onto another land.

Oh, My Australia, I'm so coming to you!

*more appreciation of everything*  
I believe that people will have ~~a sense~~ after experiencing this catastrophe and be more ~~caution~~ *cautious about* the personal hygiene. After rain comes sunshine.

Everyone is responsible for epidemic prevention. I really wish with all my heart to enjoy the freedom after COVID-19 pandemic ends, ~~as soon as possible~~.

Thank you.