

國立台灣大學 114 學年度第 1 學期 課程教學大綱

中文名稱	英文(附一小時英聽)一				
英文名稱	Freshman English (with 1-hour Aural Training) (I)				
上課時間	(二) 3:30-6:20	教室	共同 203	授課對象	生農/電資
授課教師	劉威辰 (wliu7@ntu.edu.tw)			諮詢時間	來信預約
評分方式 (評分標準及比例)		注意事項			
1. In-Class Activity Sheets #	30 pts	1. Textbook: <i>Master Academic English: Essential Vocabulary, Reading Comprehension and More</i> 2. Try your best to speak <u>ONLY English</u> in class. 3. Check NTU COOL for course materials. 4. All homework due at the beginning of class. 5. Quizzes will be held at the beginning of class. 6. <u>No make-up quizzes will be given.</u> Be careful! 7. 班級溝通 BAND https://ppt.cc/f3SUSx 8. 請假請用 Google 表單 https://ppt.cc/fbNg8x 9. How to earn an A+ ticket? (Redeem points, volunteer to share work, or write a book review) TA: 曾宇含 (r12146013@ntu.edu.tw)			
2. Preview Quizzes	20 pts				
3. Homework	18 pts				
4. Poster Presentation	16 pts				
5. Group Discussion	16 pts				
課程目標					
1. Improve communication skills and acquire better speech quality 2. Adopt a positive attitude to English 3. Know how to set goals, form habits, and handle stress 4. Practice different types of presentation					
每週課程內容		預習	上傳作業 (*紙本繳交)		
2-Sep	Group games ---Setting up your goals	"YouTube: A Day in the Life of a Harvard Comp. Sci. Student"	Your Daily Planner (John Fish Style) x 3 days		
9-Sep	Prioritizing and focusing ---the Eisenhower Matrix # ---"Forbes: The psychology of the to-do list" (2014)	"Reading: Making Conflict Work for You (1)"	*Writing Assignment 1: Talk about your own experience of (not) saying no [150 words]		
16-Sep	Learning to say "no" ---AYEFX revision # ---"How to say no" video by Presenting Psychology	"YouTube: Time Blocking: Everything You Need to Know" by Todoist	The 4-step time-blocking system (recommended by the Todoist video; first three steps) x 1 week		
23-Sep	Applying personal time strategy ---Time-blocking step 4: intrinsic or extrinsic motivation # ---"The PERFECT Study Routine for Students" video	"Reading: Atomic Habits (3-pager)" by Wall-Skills	*Writing Assignment 2: Describe a goal you would like to achieve this semester [150 words; AYEFX]		

30-Sep	Understanding habit loops ---Cue-behavior-reward loops # ---“Making a Better Research Poster” video	<i>“Reading: Toss the Script”</i>	Draft of Your Poster (electronic version)
7-Oct	Rehearsing your presentation		Checklist of Your Poster Presentation
14-Oct	Presentation: How to achieve your goal this semester/school year		
21-Oct	Workshop: Procrastination ---Trigger log charts # --- “Why you procrastinate even when it feels bad” video	<i>“Reading: The Crucial Role Emotions Play in Productivity” by Times</i>	
28-Oct	Identifying Stressors ---ABC model # ---“Anxiety is more than worry” video by Dr. Tracey Marks	<i>“YouTube: You Will Never Be Stressed Again” by Andrew Huberman</i>	*Writing Assignment 3: Do you think students feel more stressed about money or about their grades? [150 words; AYEFX]
4-Nov	Regulating Emotion ---Circle of control # ---“Forbes: Self-Care Isn’t Just Good For You”	<i>“YouTube: Mindfulness Meditation for Anxiety, Depression, ADD and PTSD” by Big Think</i>	Chart of Daily Phone Use x 3 days
11-Nov	Demonstration: How to lead group discussions ---Scripted discussion #	<i>“YouTube: How to discuss a topic in a group”</i>	Your Part of the Group Discussion Handout
18-Nov	Optimizing Sleep ---Sleep hygiene chart # ---“Sleep hygiene: Simple practices for better rest” by Harvard Medical School		
25-Nov	Group Discussion: Session A		
2-Dec	Group Discussion: Session B	<i>“TED: How to Make Stress Your Friend”</i>	
9-Dec	Workshop: Preparation for exams in college ---Cornell note-taking #	最後補交日：12月12日(星期五) 預計成績上傳日：12月19日	
16-Dec	End-of-Semester Reflection		