國立台灣大學 114 學年度第 1 學期 課程教學大綱					
中文名稱	英文一				
英文名稱	Freshman English (I)				
上課時間	(二) 12:20-3:10	**教室**	共同 203	**授課對象**	材料/國際運動事務
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)

1. In-Class Activity Sheets #	30 pts
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

注意事項

1. Textbook: *Master Academic English: Essential Vocabulary, Reading Comprehension and More*
2. Try your best to speak ONLY English 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. No make-up quizzes will be given. Be careful!
7. 班級溝通 BAND https://ppt.cc/fMS3Ax
8. 請假請用 Google 表單 https://ppt.cc/fUFOOx
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)

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	*"Reading: Toss the Script"*	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	*"Reading: The Crucial Role Emotions Play in Productivity" by Times*	
28-Oct	Identifying Stressors ---ABC model # ---"Anxiety is more than worry" video by Dr. Tracey Marks	*"YouTube: You Will Never Be Stressed Again" by Andrew Huberman*	*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"	*"YouTube: Mindfulness Meditation for Anxiety, Depression, ADD and PTSD" by Big Think*	Chart of Daily Phone Use x 3 days
11-Nov	Demonstration: How to lead group discussions ---Scripted discussion #	*"YouTube: How to discuss a topic in a group"*	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	*"TED: How to Make Stress Your Friend"*	
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		