

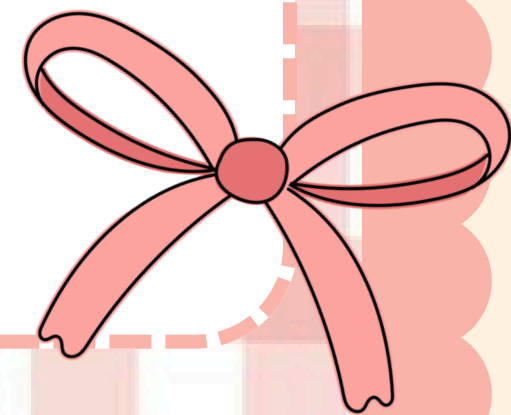
APPLYING COLLEGES IN THE U.S.

主講人：徐顯齊(三誠)、張苡歆、陳可薰(三愛)



目錄

- 決定要投的學校
- 課外活動規劃與申請資料包裝
- 寫自傳時遇到的困難與解決
- 備考資源分享
- 申請心態與準備方向





TOPIC I.

決定要投的 學校、科系





關於挑選學校，你需要知道……



- 大多數人會投12-20所，依照錄取可能性分為：



Far Reach, Target, Safety

- 先列出自己的需求和出國計畫

所有選校須知(aka基本常識)

跪求各位去讀：How To Select

Your Safety, Target &

Reach Schools?

by Crimson Education

1. Finding the Schools That Best Match Your Interests

This may sound obvious, but the more attuned you are to the kind of schools you want to attend, the better your list will be, making it essential to slow down the process and really **think about what kind of educational experience you want** in college.

Questions To Guide Your Introspection:

- + Do I prefer a **large research institution** or a smaller, **more intimate college setting**?
- + Will I include **liberal arts colleges** among my choices, or not?
- + Do I want to attend a school in a **large city**, in a **quieter suburb**, or in a more reclusive **rural setting**?
- + What's **my major**, and which schools have strong traditions and resources for educating students in this field?
- + How much does school **rank and "reputation"** matter to me?
- + Are any **niche rankings** important — such as finding the best schools for a specific major, for commitments to social justice, for highest earnings after graduation, or to benefit from a strong liberal arts core curriculum...?
- + Is **athletic programming** an important factor — such as preferring schools with either Division I, II, or III programming in a specific sport?
- + What **financial aid commitments** are important for schools I'm listing, if any — such as need blind admissions, or a strong track record in providing need-based scholarships, or public institutions in my state with discounted in-state tuition...?



第一階段：探索

- 探索

- 多認識學校：城市、興趣、環境
- 爬文：Reddit、校網
- 排名：U.s. News, QS

- 選擇要素

- \$\$\$\$\$\$\$\$\$\$
- 成績要求：GPA、英檢、SAT
- 科系、未來發展



探索後...

	A	B	C	D	E	F	G	H	I	J
1	Public Uni Ranking	US News Ranking	Biology and Biochemistry	School Name	Acceptance Rate	GPA avg.	SAT 25th percentage	SAT 50th percentage	SAT 75th percentage	Submitting percentage
2	29	40	100	Rutgers University--New Brunswick	66%	3.73	630+640	680+700	720+760	50.90%
3	38	43	73	The Ohio State University	53%	3.81	620+630	X	700+740	21%
4	72	53	393	Florida State University	25%	4	630+610	660+650	700+690	66.00%
5	22	60	112	Michigan State University	88%	3.8	550+540	600+590	650+660	54.80%
6	42	60	134	North Carolina State University	39.5%	3.9	630+630	670+690	710+740	29.00%
7	23	60	119	The Pennsylvania State University--University Park	55%	3.67	610+610	650+660	690+710	32.92%
8	X	82	X	Rutgers University--Newark	74%	3.23	X	X	X	X
9	X	98	X	Rutgers University--Camden	77%	3.33	510+500	560+560	625+630	27%
10	31	105	191	Arizona State University	88%	3.54	1120	X	X	X
11	177	105	X	California State University--Long Beach	40%	3.7	X	X	X	X
12	101	105	X	San Diego State University	39%	3.86	X	X	X	X
13	64	178	342	Washington State University	83%	3.5	520+490	580+550	640+610	6%
14	83	227	667	Georgia State University	61%	3.6	500+470	550+550	590+620	33%
15	60	142	176	Oregon State University	83%	3.64	570+560	640+620	690+690	15%
16	X	235	X	Grand Valley State University	92%	3.5	950	1060	1180	59%
17										
18	65	76	359	SUNY University at Buffalo	68%	3.8	600+610	640+650	680+700	32.9%
19	79	82	207	University of Illinois--Chicago	79%	3.5	530+531	590+591	650+660	39%
20	X	86	X	Marquette University	87%	3.6	600+590	640+640	680+680	14%
21	X	105	162	Yeshiva university	63%	3.47	640+610	670+640	740+760	X
22	X	105	429	Saint Louis University	85%	3.95	X	1274	X	X
23	34	115	193	University of Arizona	87%	3.54	570+570	610+620	680+690	X
24	X	40	249	Tufts University (biopsych)	10%					
25										
26	X	332	X	University of Wisconsin--Oshkosh	89%	3.24	1040	1110	1180	X
27	X	X	X	University of Wisconsin--Stout	85%	3.4	1010	1110	1210	X
28	176	133	X	California State University, Fullerton	67%	3.24	450+430	510+480	570+540	4%
29	X	X	X	Southern Oregon University	92%	3.34	490+490	570+530	620+580	X
30										
31				UC Santa Barbara	26%	4.3				
32				UC Merced	89%	3.6				



第二階段：篩選

- 選擇要素

- 學校大小、位置
- 學校風氣
- 自己覺得的優缺點
- 其他學長姐的建議，參考Reddit和校網virtual tour
- 每間學校要寫的Essay量都不同，請考量這段時間內的工作量

- 卡住的時候推薦可以和老師、家長、學長姐聊聊

A	B	C	D
	School Name	Acceptance Rate	GPA avg.
Reach	University of Washington	48%	3.8
	Stony Brook Uni	49.1%	3.6
	The Ohio State University	53%	3.81
	San Diego State University	39%	3.86
Target	The Pennsylvania State University--University Park	55%	3.67
	Oregon State University	83%	3.64
	SUNY University at Buffalo	68%	3.8
	Washington State University	83%	3.5
	Rutgers University--New Brunswick	66%	3.73
Safety	Michigan State University	88%	3.8
	Arizona State University	88%	3.54

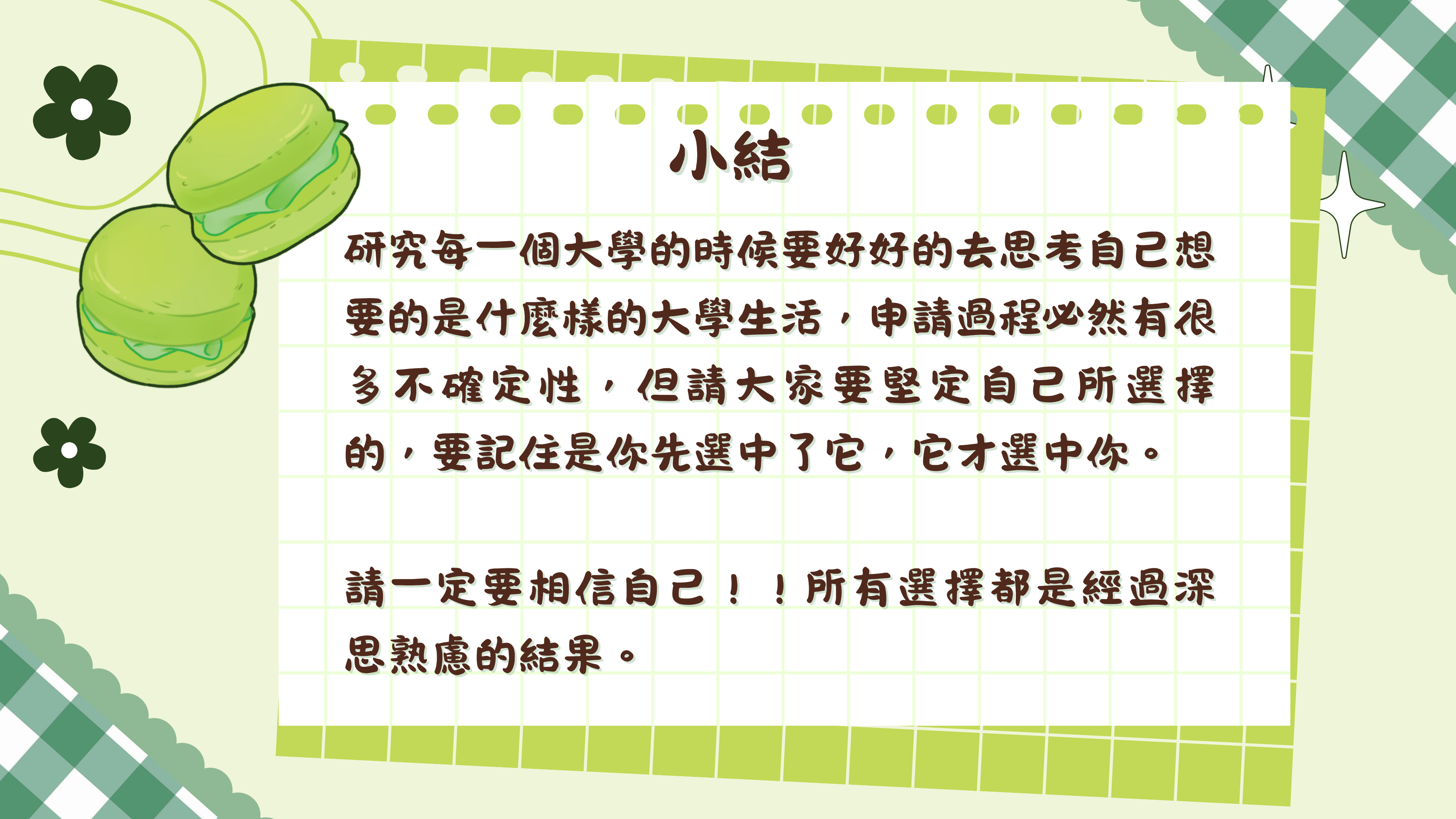
E	F	G	H	I	J
SAT 25th Percentile	SAT 50th Percentile	SAT 75th Percentile	Submitting percentage	Recommendation Letter	Additional essay
630+630	690+720	730+780	X	X	2 Required Questions
640+680	680+730	720+770	X	V	Optional
620+630	X	700+740	21%	V	Optional
X	X	X	X	X	Optional
610+610	650+660	690+710	32.92%	V	1 Required Questions
570+560	640+620	690+690	15%	X	Optional
600+610	640+650	680+700	32.9%	V	Optional
520+490	580+550	640+610	6%	X	Optional
630+640	680+700	720+760	50.90%	X	Optional
550+540	600+590	650+660	54.80%	X	Optional
1120	X	X	X	X	Optional

不知道要念什麼？

沒關係！！！！ 選 undeclared

美國有許多大學很鼓勵學生探索，學生在大一入學時會是 undeclared 的狀態，讓學生可以在體驗過不同系所課程之後再決定科系。

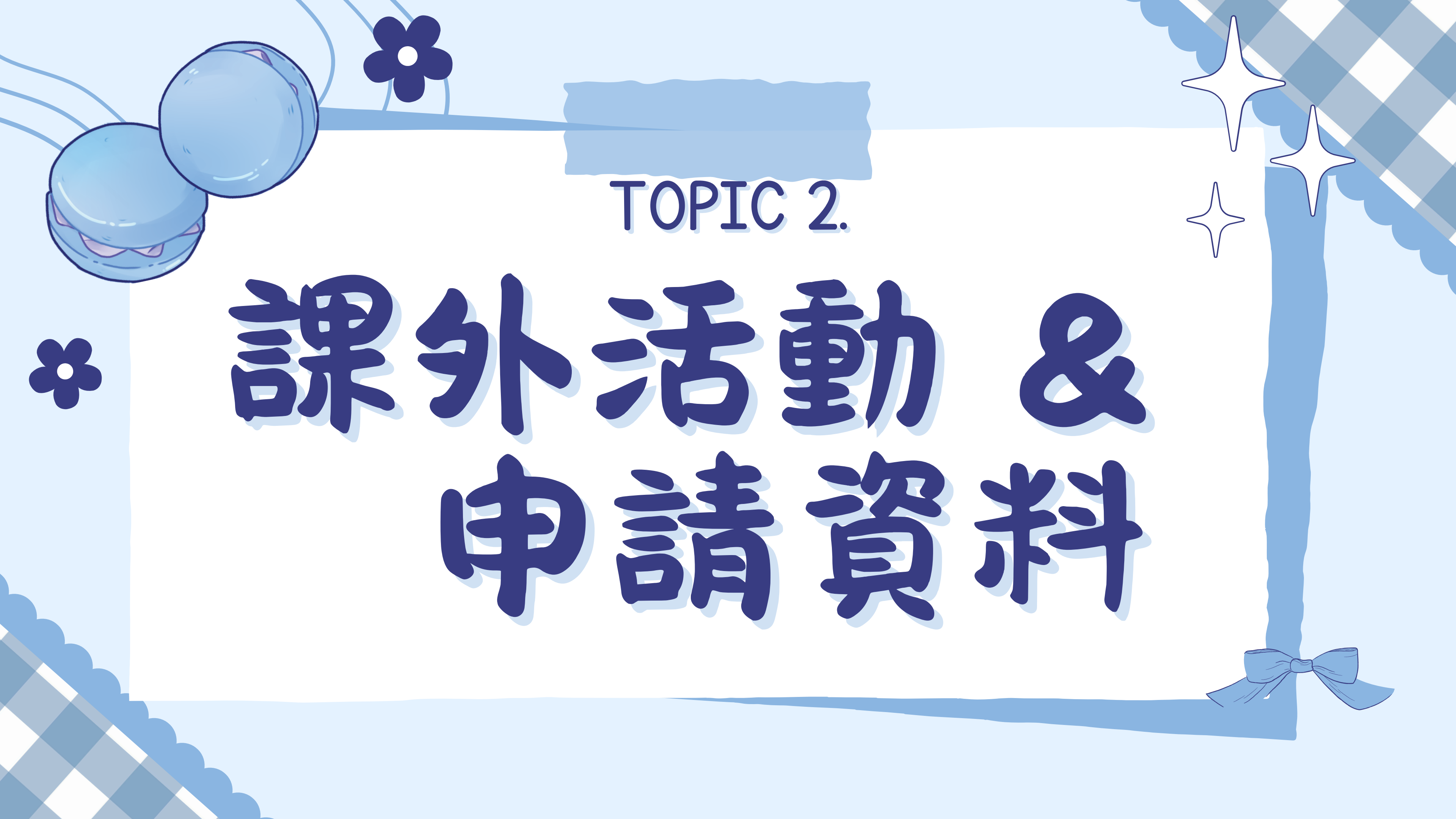
在大二、大三修滿一定學分後可以 declare。



小結

研究每一個大學的時候要好好的去思考自己想要的是什麼樣的大學生活，申請過程必然有很多不確定性，但請大家要堅定自己所選擇的，要記住是你先選中了它，它才選中你。

請一定要相信自己！！所有選擇都是經過深思熟慮的結果。



TOPIC 2.

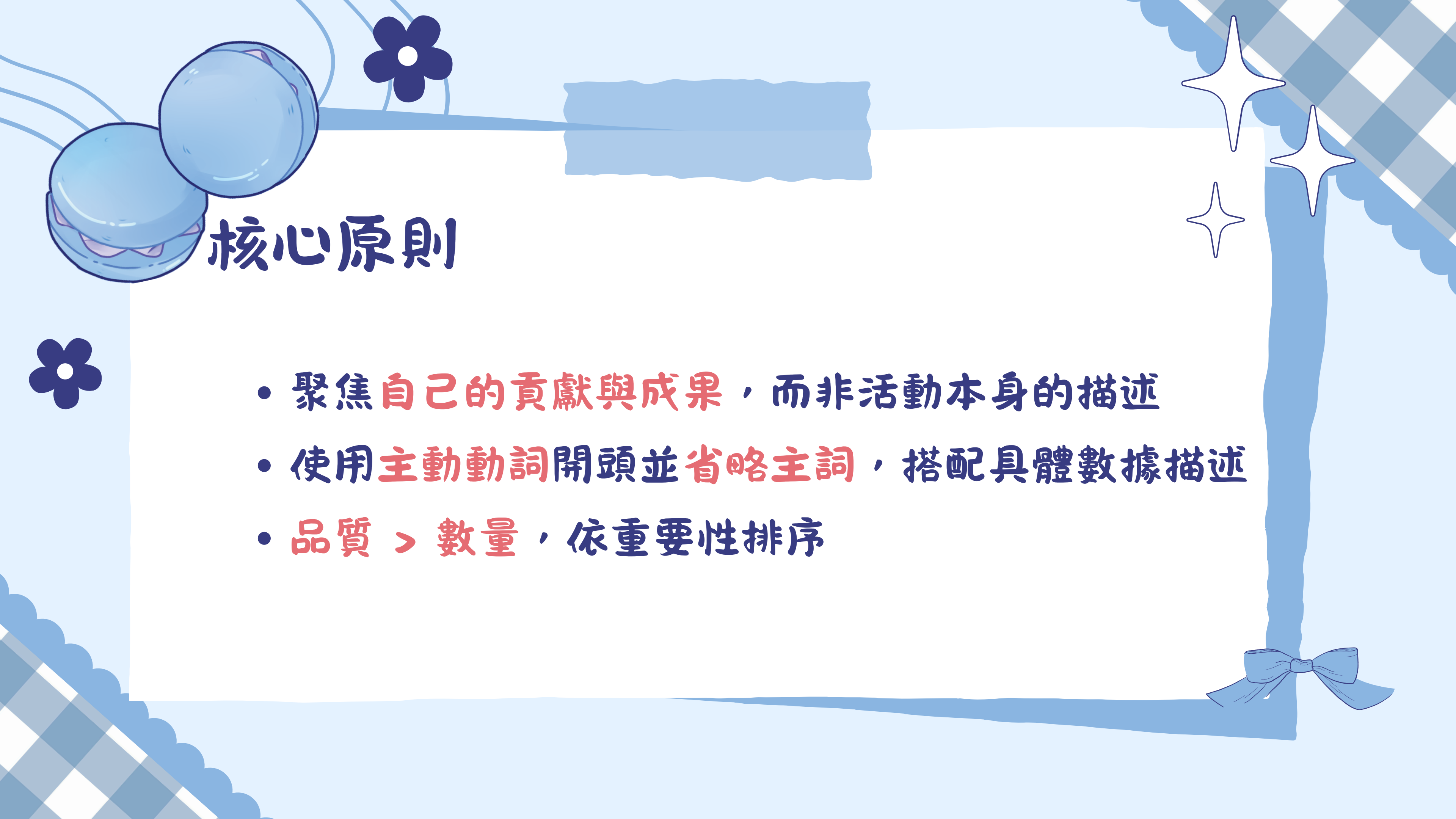
* 課外活動 &
申請資料



TOPIC 1-2.

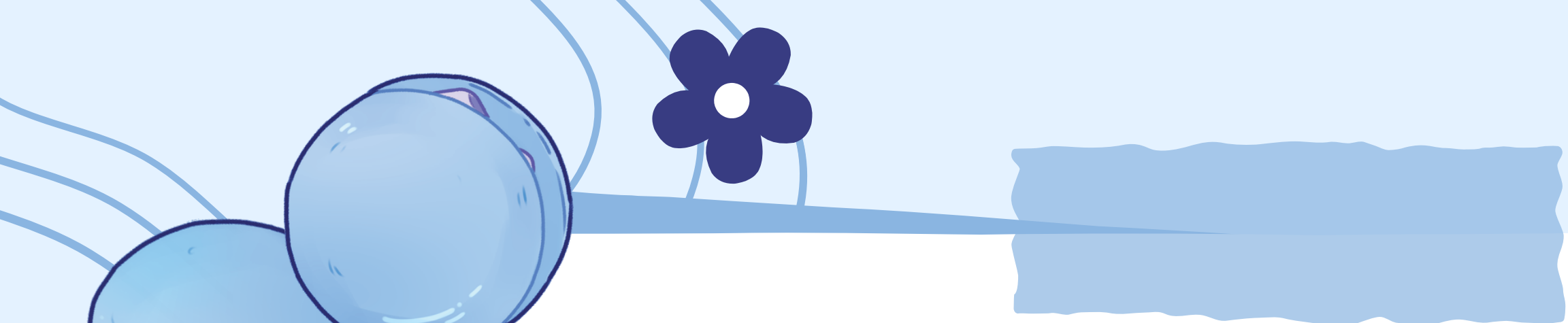
給高三：
填寫活動欄位必學的小技巧

	理工類群	其他	日期	體育類群
九年級	Science Fair in Mathematics-- the Honorable Mention Award			
高一	生物卓越課程（解剖動物、製作標本）	ESL club-- Education Department		班際排球賽-- 亞軍
高二		Student Association-- Events Planning Department		負重接力賽-- 亞軍
		Amitofo Care Centre African Namibia Orphanage School Visit-- Vice Coordinator	2023.12.26	班際籃球賽-- 冠軍
		TEDxTsai Hsing High School-- Co-organizer		班際排球賽-- 冠軍
		MUN club-- Vice president, Activities Department		
		TCYMUN-- Delegate-Belize, the creative solution award	2023.11.12~12	
		SnowflakeMUN-- Officer of the Activities Department/Delegate-India, outstanding delegate	2024.02.05~06	
		HSNUMUN-- Delegate-Israel	2024.03.02~03	
		WorldMUN-- Volunteer	2024.03.10~14	
		FongMUN-- Delegate-United Kingdom of Great Britain and Northern Ireland	2024.04.04~06	
		TypesMUN-- Academic Department, Dais team, Co-chair	2024.06.01~02	
高三				PADI Open Water Diver
不分時間				Cheerleading Compitition(9-11) f



核心原則

- 聚焦**自己的貢獻與成果**，而非活動本身的描述
- 使用**主動動詞**開頭並**省略主詞**，搭配具體數據描述
- **品質** > **數量**，依重要性排序



常見縮寫整理

- 
- W/ = WITH
 - W/O = WITHOUT
 - HRS = HOURS
 - WK = WEEK
- 

Activity type*

Other Club/Activity



Position/Leadership description

(Max characters: 50)*

Certified Diver

Organization Name

(Max characters: 100)

Professional Association of Diving Instructors (PADI)

Please describe this activity, including what you accomplished and any recognition you received, etc.

(Max characters: 150)*

Completed 5-week courses on marine biology and sustainability; logged 25+ hours diving in confined and open water with coach support.

Participation grade levels*

- ☐ 9
- ☐ 10
- ☐ 11
- ☒ 12
- ☐ Post-graduate

Timing of participation*

- ☐ During school year
- ☒ During school break
- ☒ All year

Hours spent per week*

5

Weeks spent per year*

8



Activities

Other Club/Activity

12

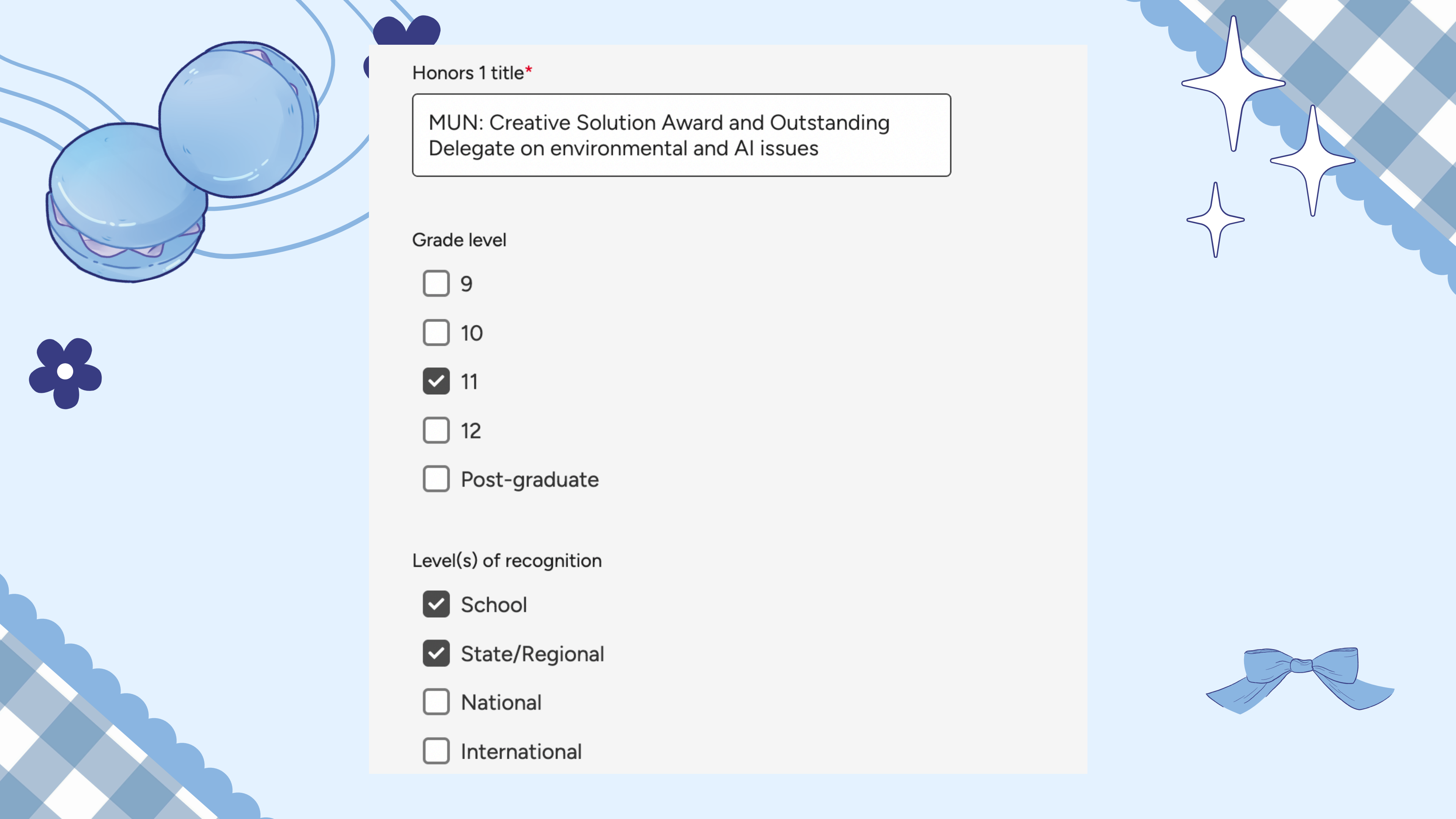
Year

3 hr/wk, 25 wk/yr

Continue

Co-organizer; outreach specialist, TEDx Tsai Hsing High School

Managed event budget for 100+ attendees. Secured free lighting from 7 sponsors. Organized schedules in Excel to lead 22 volunteers. Raised USD 1000.



Honors 1 title*

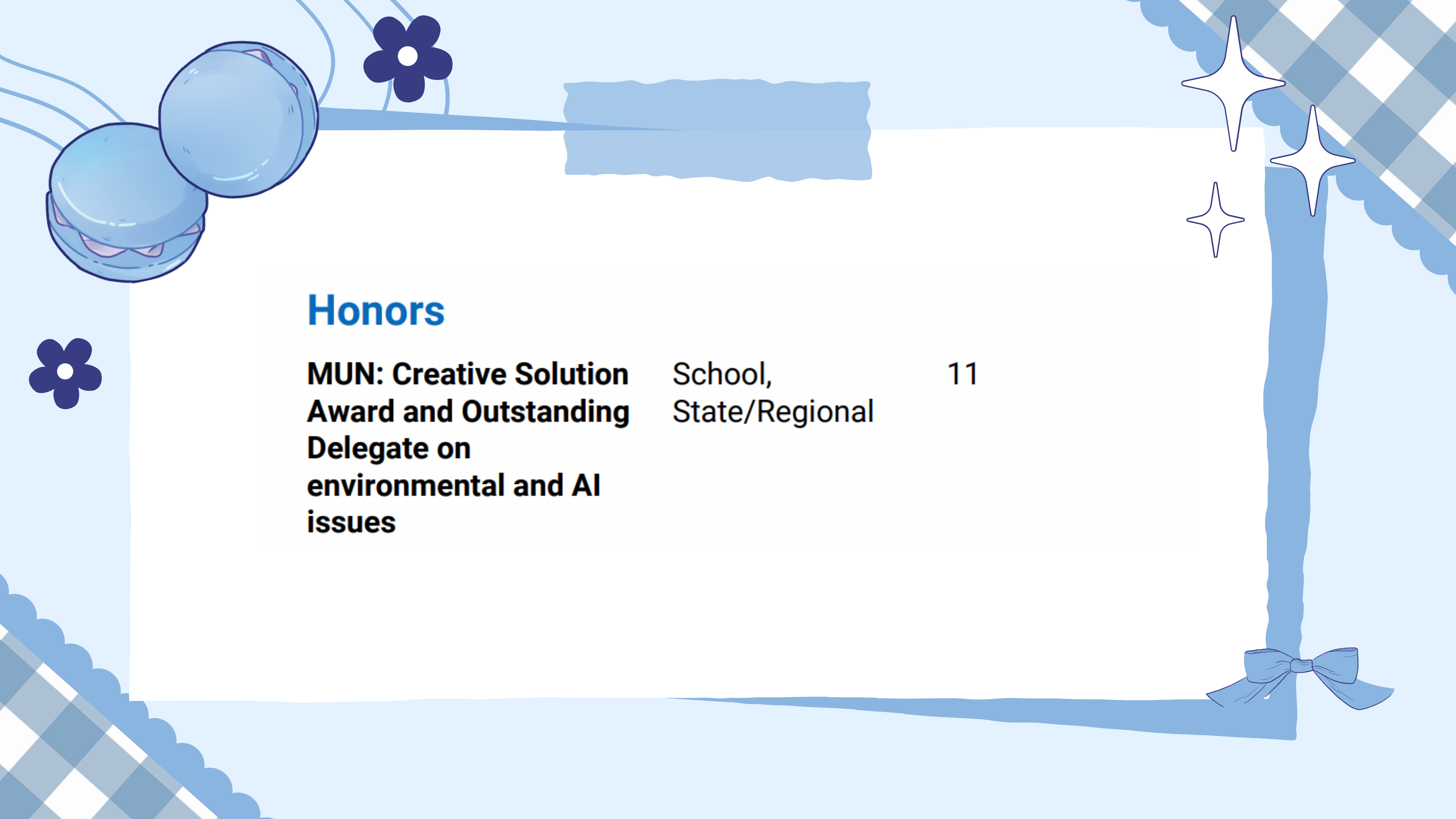
MUN: Creative Solution Award and Outstanding Delegate on environmental and AI issues

Grade level

- ☐ 9
- ☐ 10
- ☒ 11
- ☐ 12
- ☐ Post-graduate

Level(s) of recognition

- ☒ School
- ☒ State/Regional
- ☐ National
- ☐ International

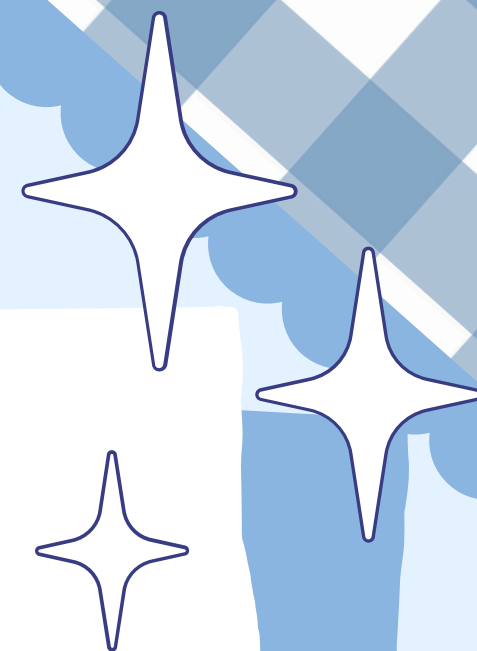
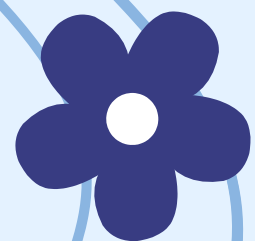
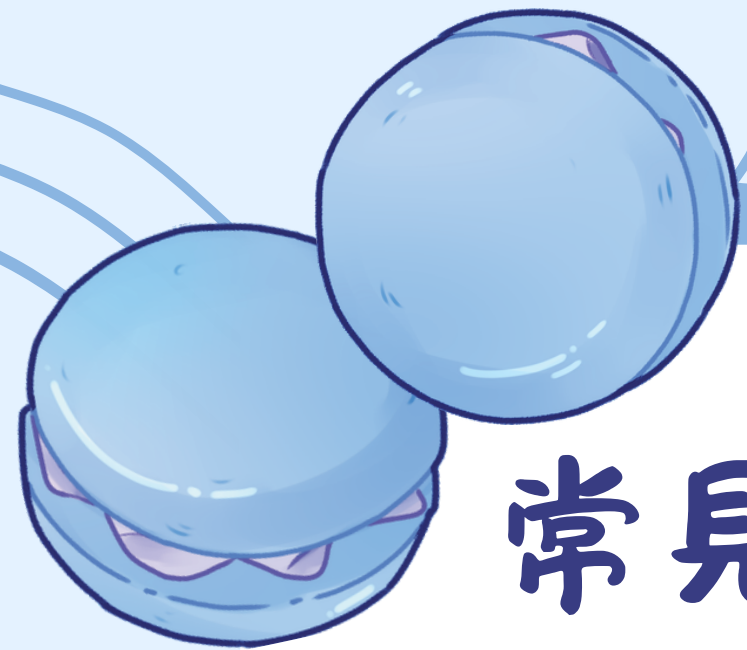


Honors

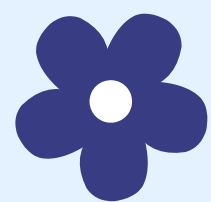
**MUN: Creative Solution
Award and Outstanding
Delegate on
environmental and AI
issues**

School,
State/Regional

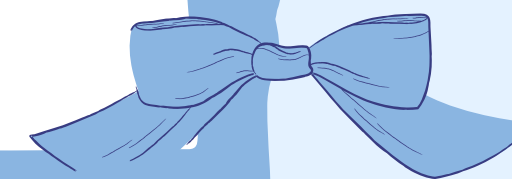
11

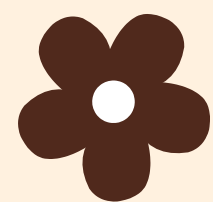
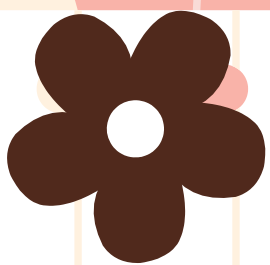


常見主動動詞範例



- 領導類：LED, DIRECTED, SUPERVISED
- 行動類：ORGANIZED, LAUNCHED, ESTABLISHED
- 成果類：INCREASED, RAISED, IMPROVED
- 協作類：COLLABORATED, SUPPORTED, ASSISTED





TOPIC 3.

自傳

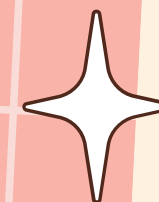
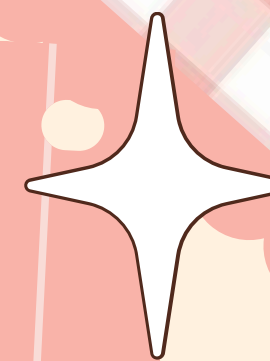
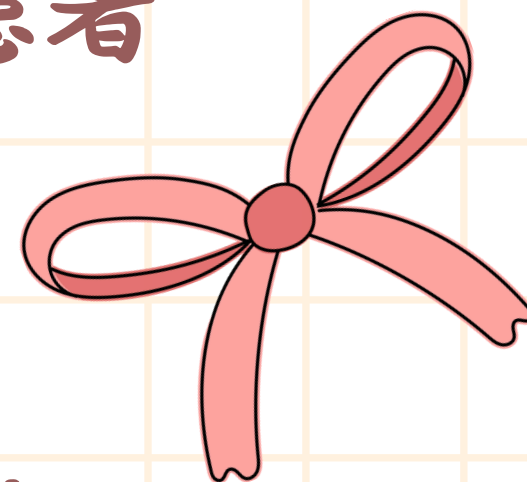
下不了筆怎麼辦?

#拖延症患者

AI怎麼用?

時間不夠YYYY

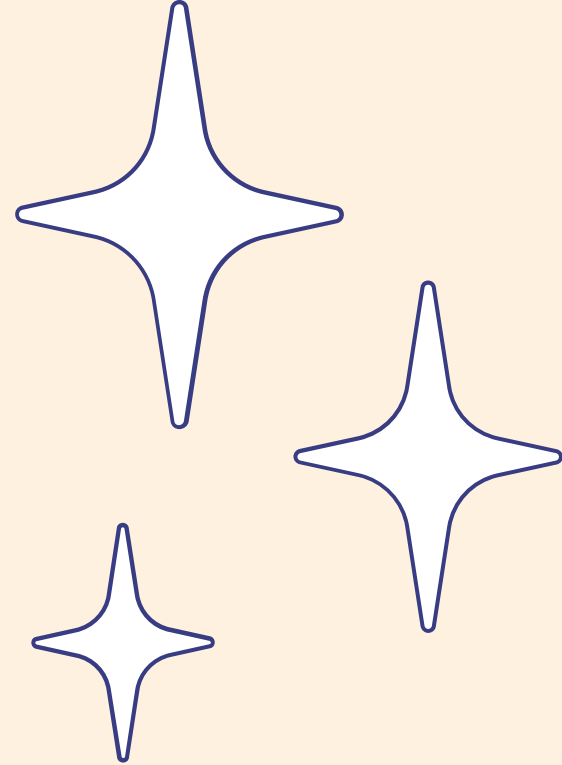
參考他人的作品後覺得自己不夠好...





TOPIC I-I.

動筆困難 & 焦慮來源



打得出大綱卻下不了筆？

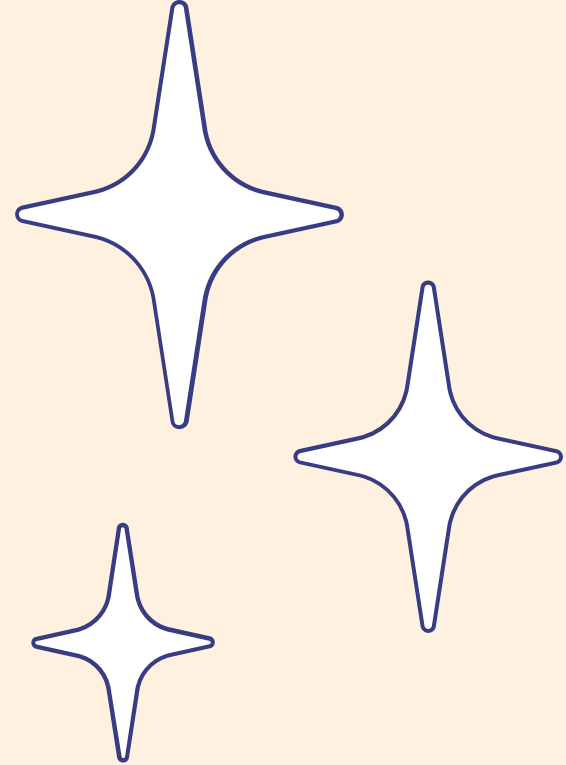
- 想太多、怕寫不好
- 先寫就對了！

* 不用一開始就完美，先丟想法出來再慢慢修改

看太多別人作品會焦慮？

- 比較自己不夠「特別」
- 容易模仿、失去自己風格
- 先清楚你想說什麼，再去參考別人！

* 沒有方向時，千萬不要亂塞別人句子進來



TOPIC 1-2.

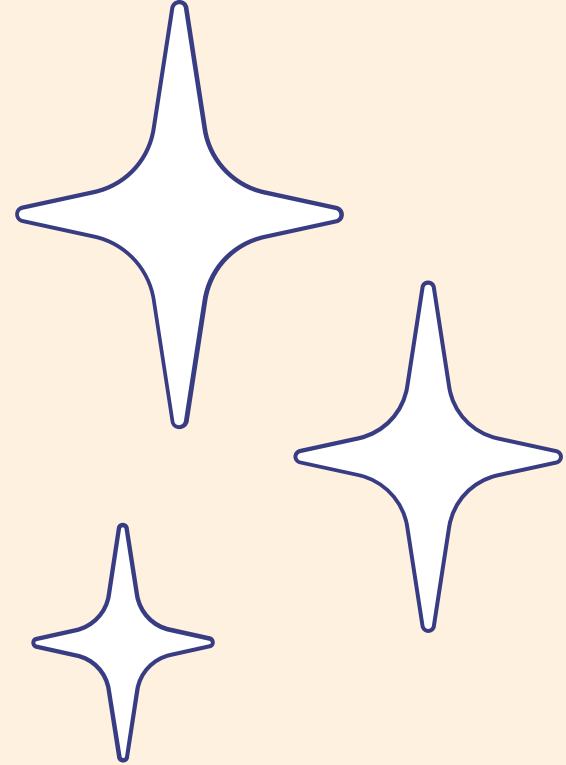
寫作策略 & 系統化輸出

一石二鳥策略：先寫基底文

- 把常見題型 (Why Major / Overcoming / Community) 寫成「核心版本」
- 根據不同學校題目微調，加減內容
- 節省時間、風格一致、寫起來不崩潰

* 不需要每篇都很戲劇化，真誠比華麗更重要

* 結構簡單明確：「事件 → 反思 → 成長」



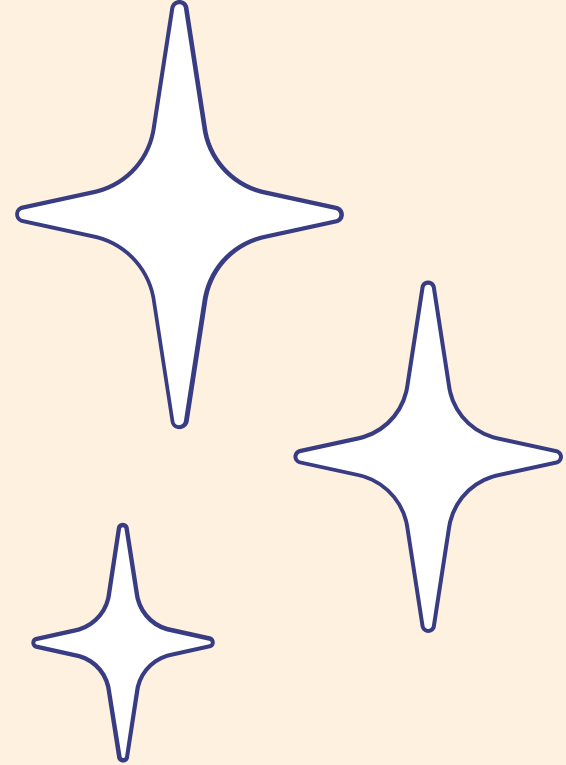
兩個關鍵對象：

1. 了解你的人

- 幫你檢查文章是不是「你本人」
- 提醒你有沒有漏掉重要故事

2. 不了解你的人

- 從審查官角度讀，看懂不懂、有沒有共鳴



TOPIC 1-4.

寫自傳時該怎么用AI?

建議用法

1. 改文法錯字、修飾句子、簡短字數（最常見）
2. 生成制式內容（ex: UC activity descriptions）
3. 獲得新觀點和人設關鍵詞（個人很推薦！）

Example

Award or honor

- name of the award or honor
- level of recognition
- type of award
- grade level when awarded
- **Award requirements**
- **What you did to earn award**

Example



Example





TOPIC 4.

考試準備 經驗分享

英檢：雅思/托福/DET

優缺點分析(個人淺見)

- 雅思：難度穩定準備資源多/難考高
- 托福：熟悉題型可考高準備資源略少/難度不穩定
- DET：簡單易上手/較少被承認且鑑別度低

準備方向：(托福為例)

- 聽：比雜誌/多益難但多聽YT或者PODCAST
- 說：通常非母語者易卡關，需多準備
- 讀：多閱讀新聞/科普，練習SUMMARIZE
- 寫：多寫多改多看，一些題目可以事先準備

SAT

-要考還不考？

ANS：要!!!SAT已回歸了(除非你有更強的經歷和背景)

-如果沒考/不想考？

可以考慮一些選擇：

- 投uc系列：不用繳成績
- 選test optional 的學校：仍有部分學校optional
- 豐富自己的ec

-如何準備？

單字量特別重要!(台灣高中生約7000單、美高40000單)

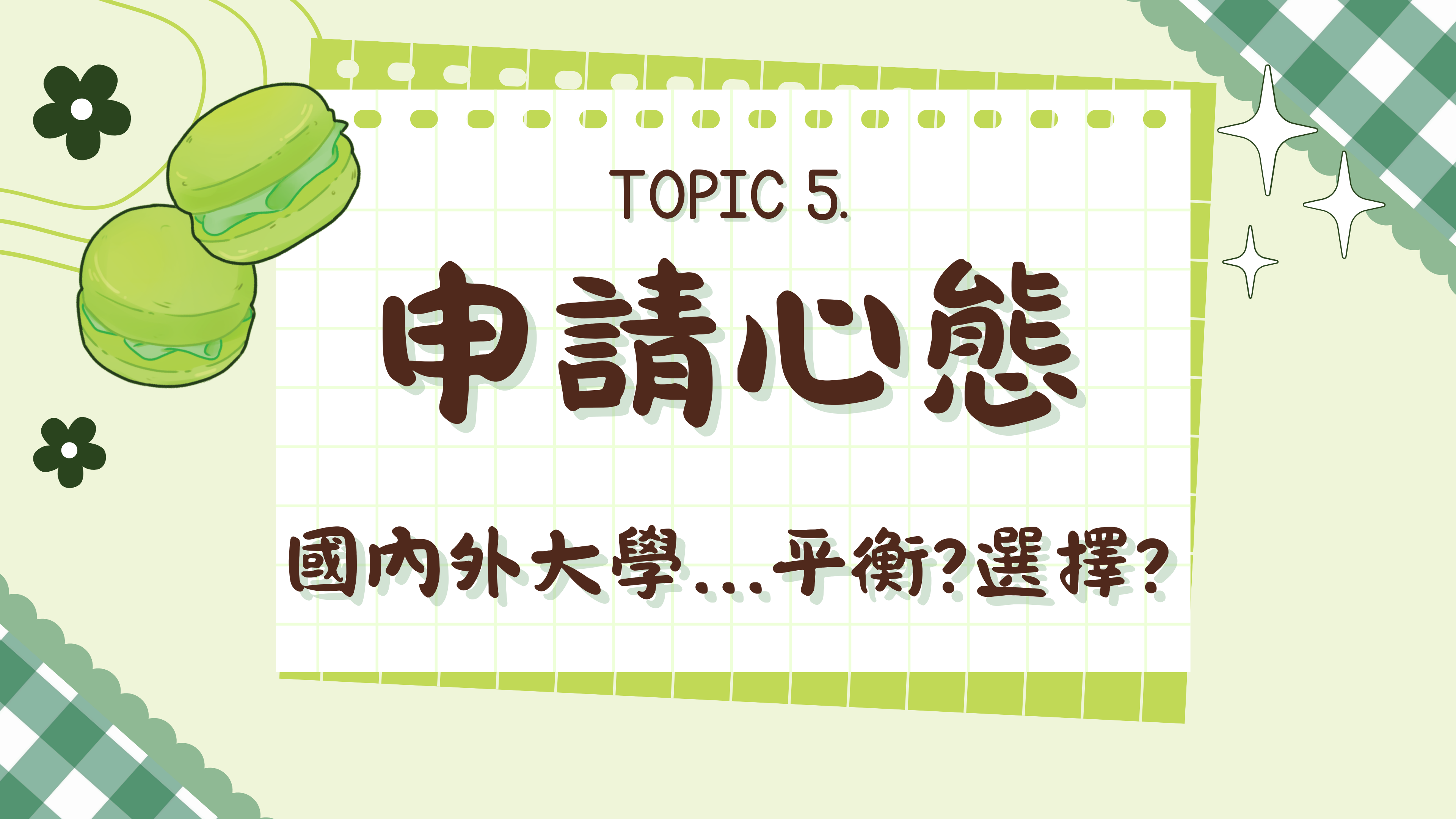
運用字根字首記憶、不要死背而是活用(對寫作也很有幫助)

-時程安排？

考量經濟、時間因素，個人推薦給自己兩次機會

好用資源分享

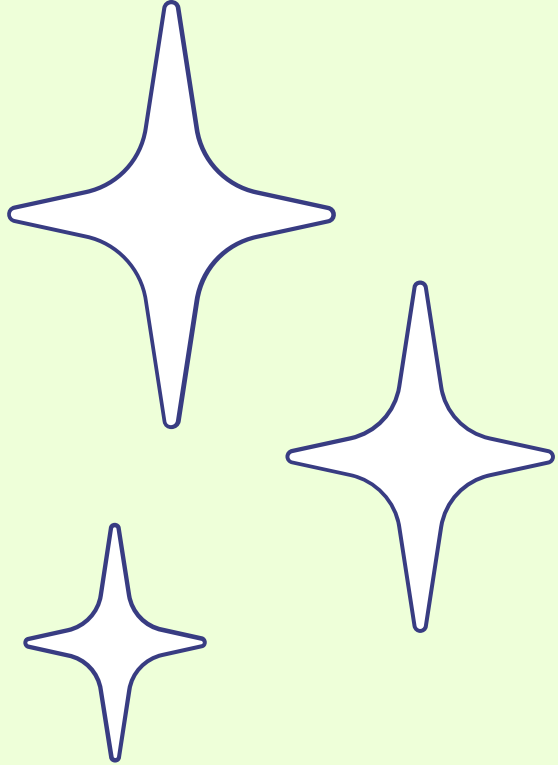
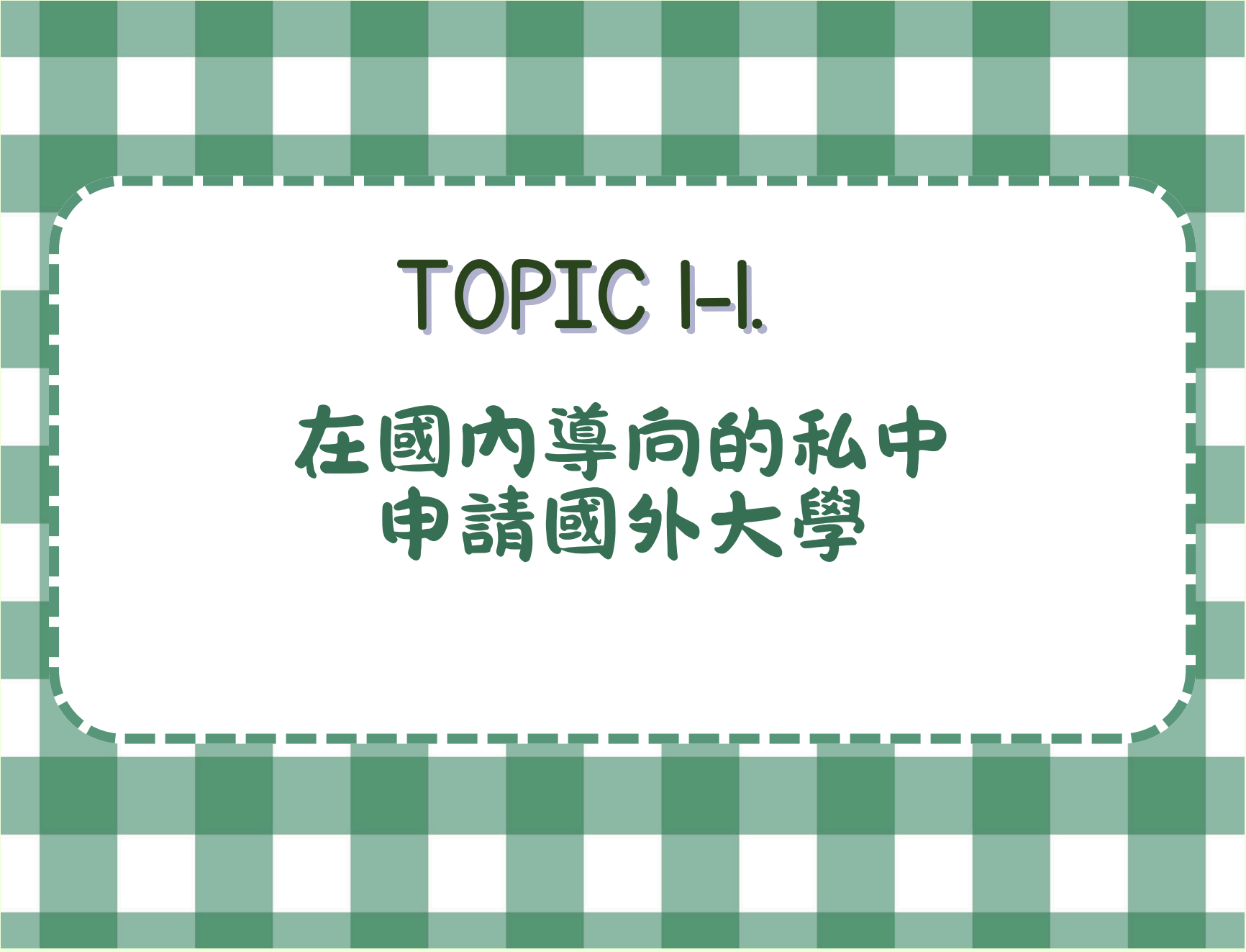
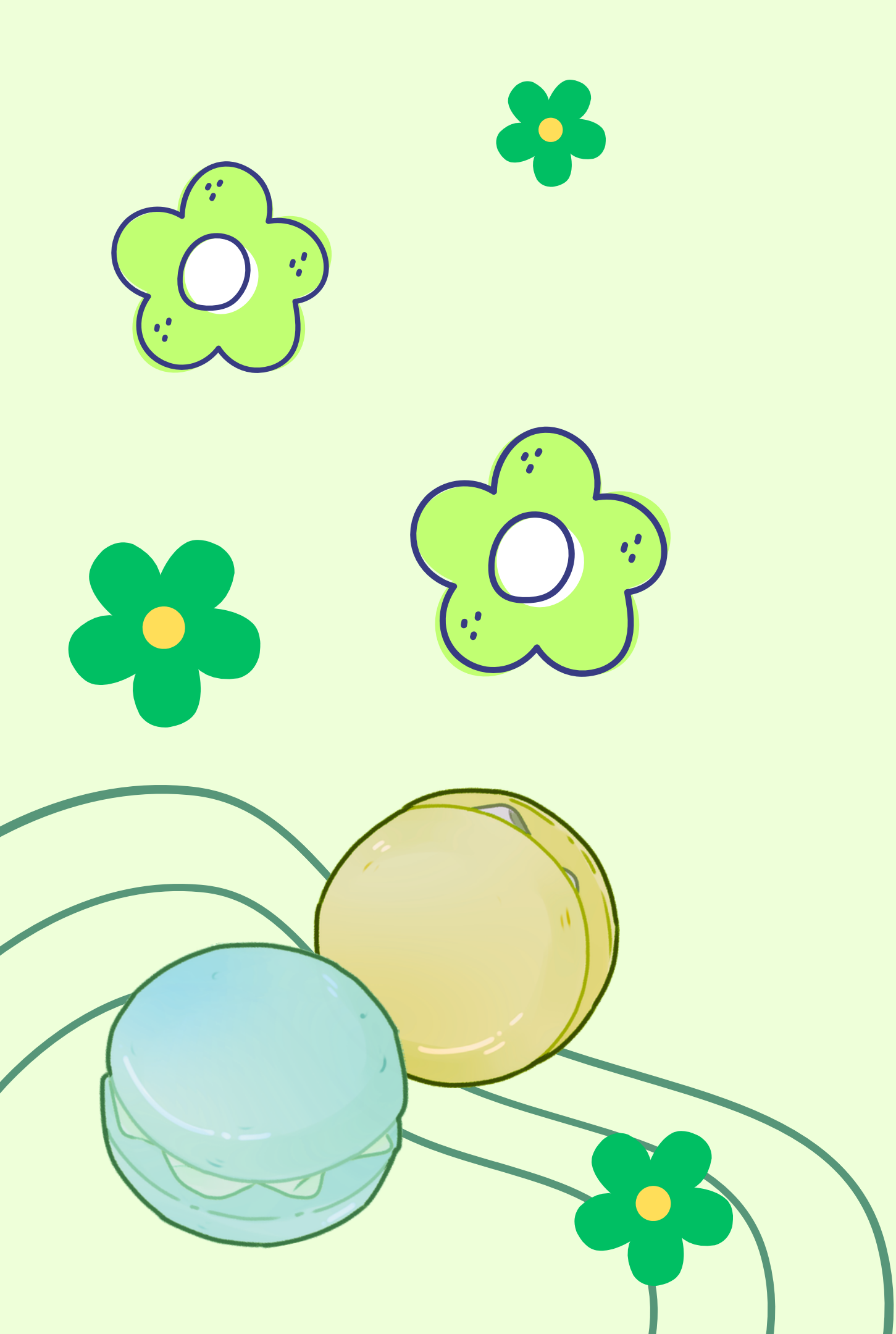
- [schoolhouse.com](https://www.schoolhouse.com)：免費的tutor平台、有college admission的資訊如MIT caltech等、sat衝刺(缺點是主要是美國人所以有時差)
- [khan academy](https://www.khanacademy.com)：免費資源、可以刷題目(題目不多)
- [brainbox](https://www.brainbox.com)：刷題資源、有ai feedback (我沒用過)
- [bluebook](https://www.bluebookpress.com)：sat官方模擬考、必計時、必做最後衝刺時使用(都是過去舊題、有跡可循)、可針對題型重複練習
- 英檢的official guide/test book：題庫資源、舊題回收
- [crackd](https://www.crackd.com)：網友推薦的sat單字神器、sat閱讀資源(可搭配[national geographic](https://www.nationalgeographic.com))

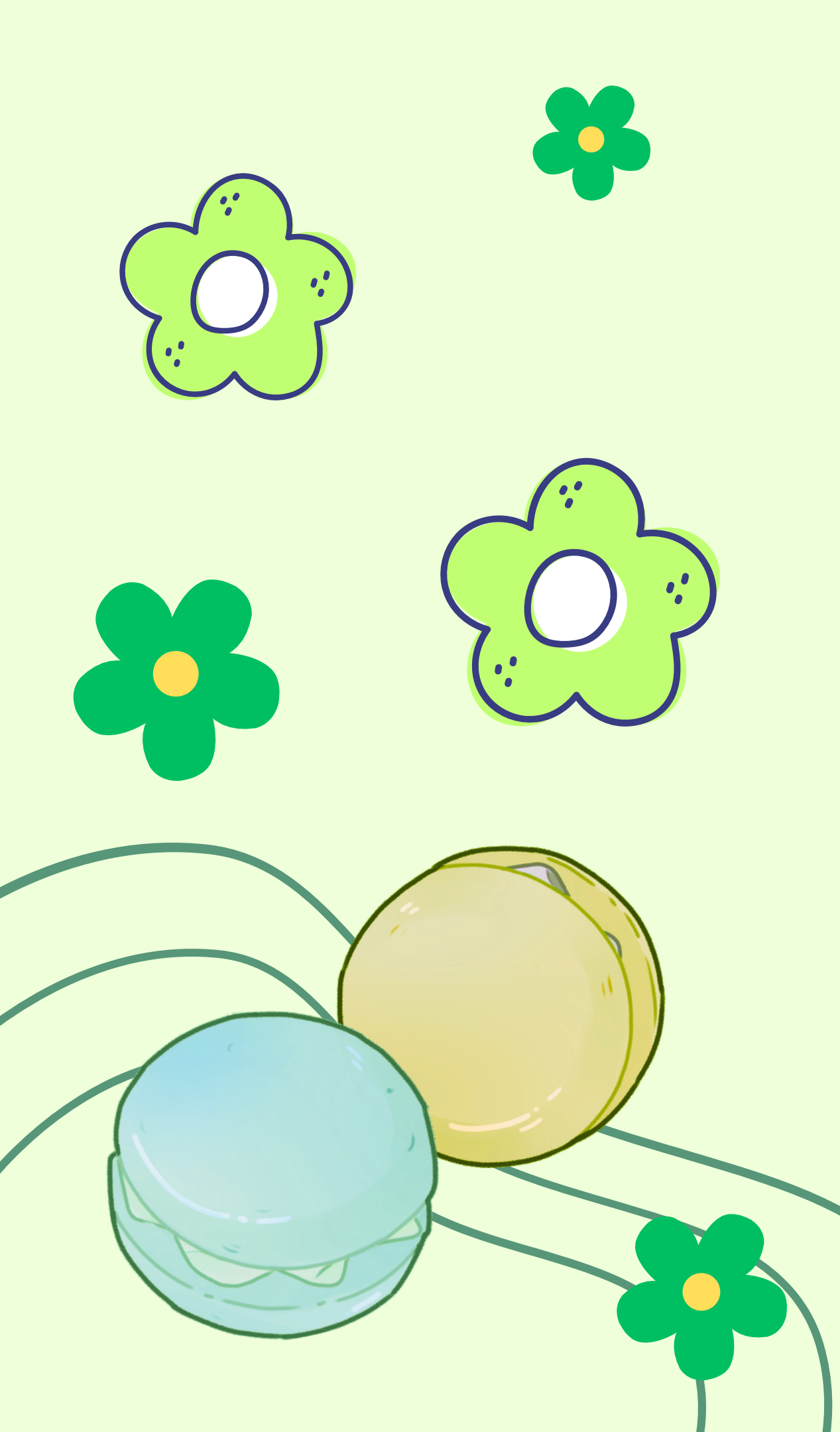
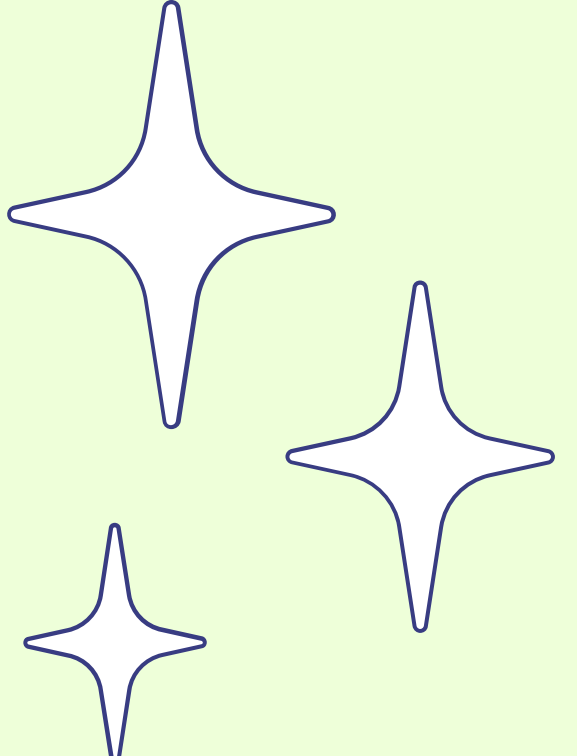


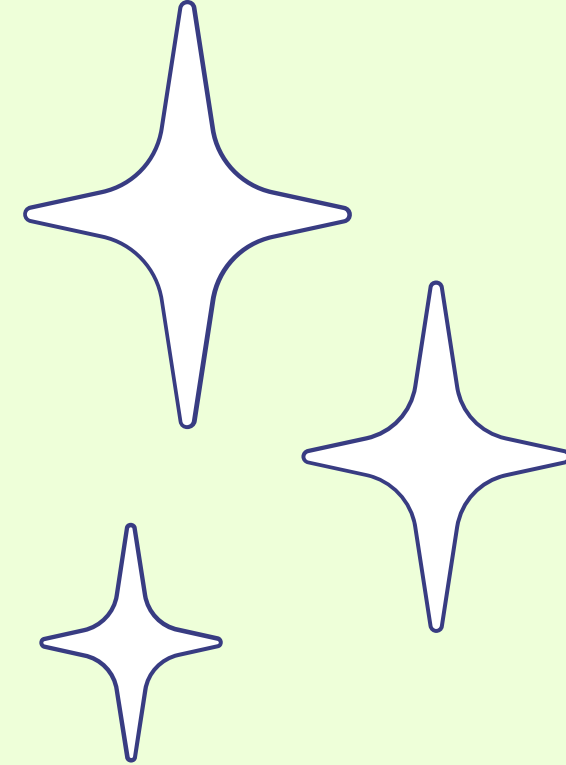
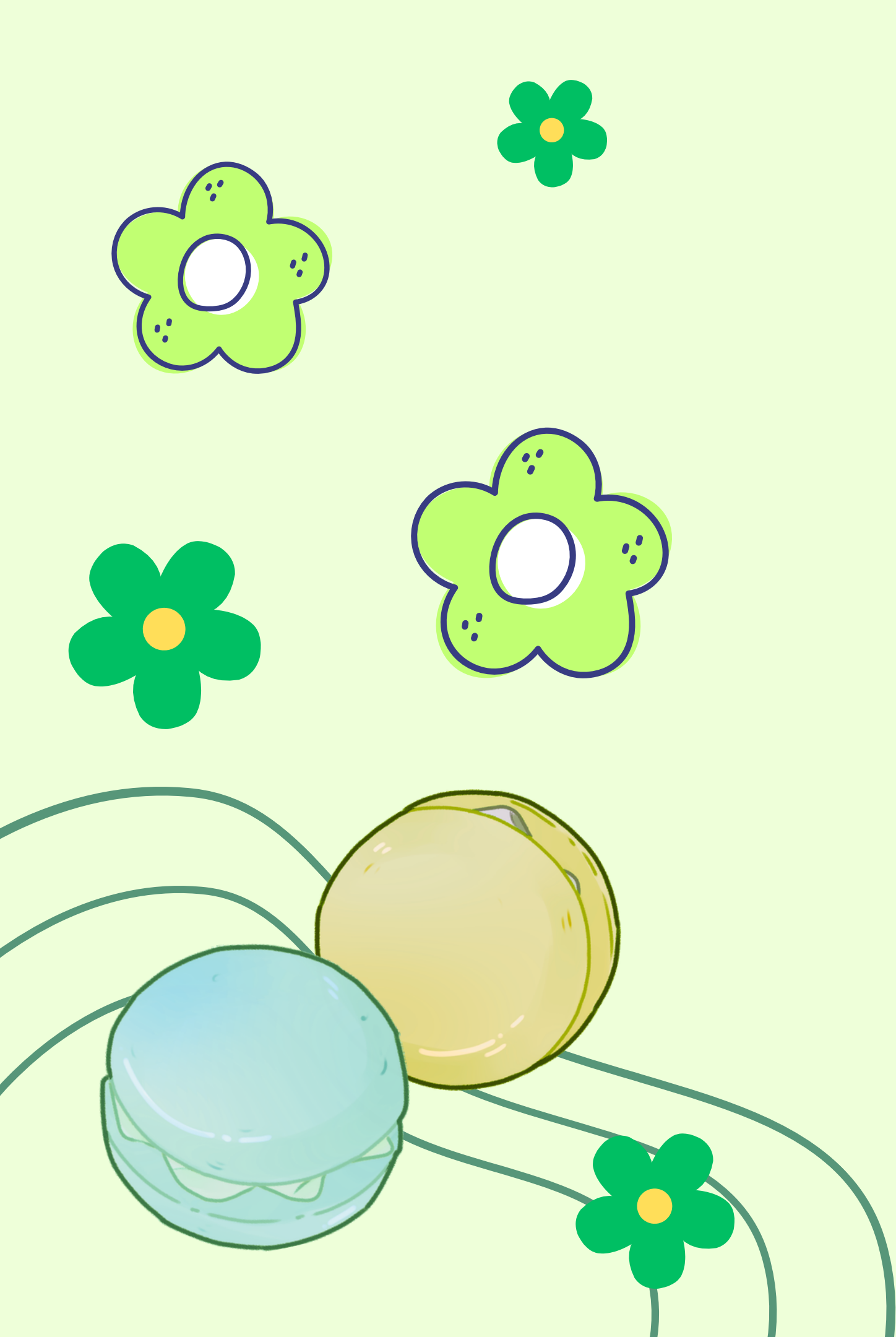
TOPIC 5.

申請心態

國內外大學...平衡?選擇?

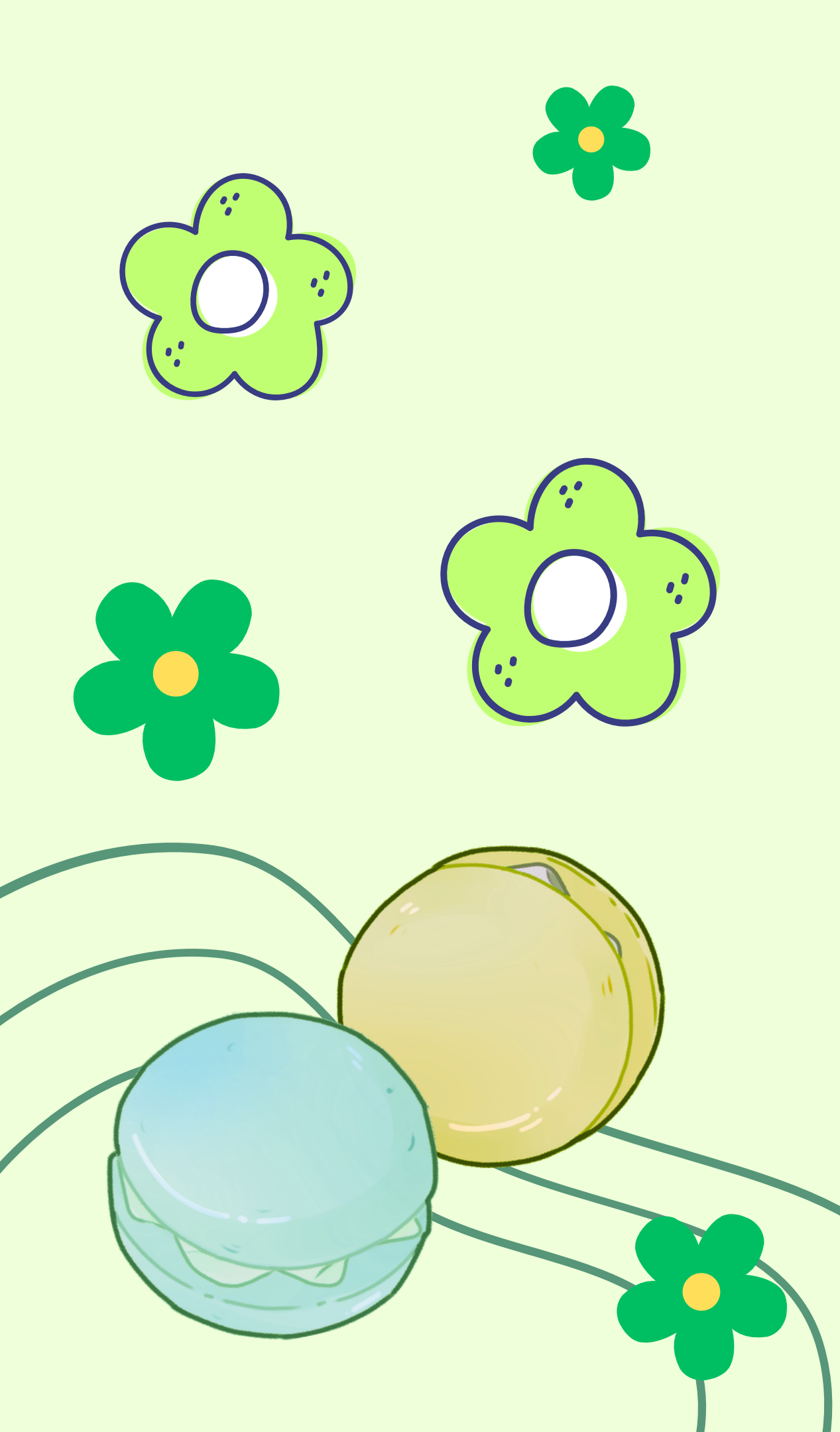


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- 
- 國內外局勢變動：了解自己手上的選項，規劃完整的Plan ABC
 - 如果你想在台灣也有個學校：
 - 顧GPA就是在顧學測
 - 善用申請截止後的衝刺期
 - 學習歷程&學期間的課堂報告
 - 心態：搞清楚自己的道路後就別再比較和焦慮了
 - 關於高三滿溢的想法
 - Work Smarter Not Harder



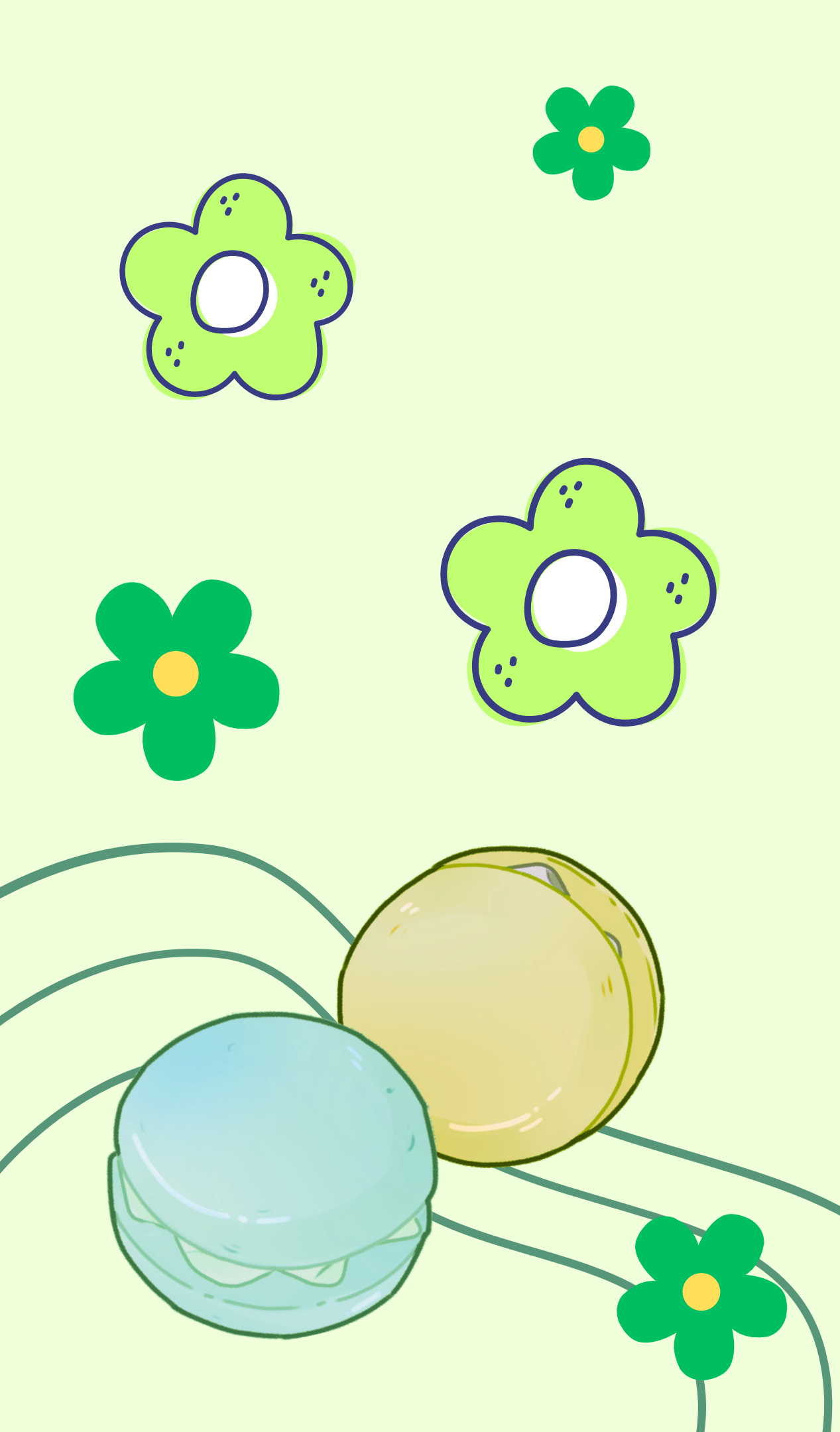
TOPIC 1-2.

關於努力的幾項小提醒

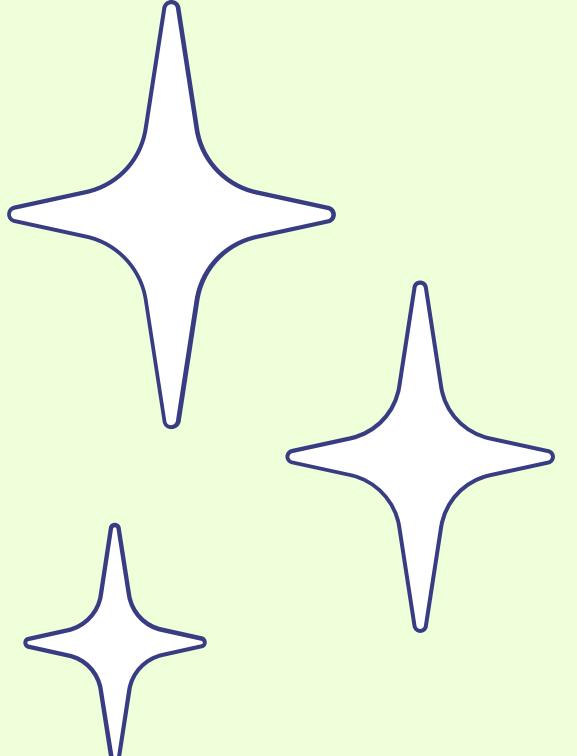


了解手上有多少資源，量力而為

- 每個人的時間、財力、語言能力與家人支持程度都不一樣。
- 了解自己有哪些資源（例如：補習、顧問、外部競賽、家人是否懂留學流程等）。
- 不要強求與別人比進度或資源，自己**能不能做到**最重要。



拒絕資訊焦慮，把重心放在自己

- 看太多「名校學長姐背景分享」容易陷入過度比較
 - 參考優秀例子「**拆解可複製部分**」，而不是「盲目追求模板化履歷」
 - 少看網路上的言論
- 

努力到一定程度

- 精準規劃每個月的行動目標
- 找到最適合自己的策略後**重複做對的事情**，比頻繁換方向更有效



THANK
YOU

