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中英寫作

線上練功房

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英文優良寫作作品集

中英寫作線上練功房

2025 年英文優良寫作作品集

臺北市立大學
UNIVERSITY OF TAIPEI

目錄



How Can Students Stay Physically and Mentally Healthy in a Fast-Paced Life? __ 1

國立雲林科技大學 企管系 黃佳宏	2
臺北市立大學 教育系 羅彥婷	3
臺北市立大學 學材系 黃禹凡	4
臺北市立大學 英教系 洪士惠	5
臺北市立大學 音樂系 賴品文	6

How Can Students Reduce Energy Consumption Through Daily Habits? ____ 7

臺北市立大學 都經系 秦詩雅	8
國立雲林科技大學 企管系 黃佳宏	10
臺北市立大學 學材系 張祐榕	11

The Connection Between the Digital Divide and Social Inequality _____ 12

臺北市立大學 資科系 鄭宥禎	13
國立雲林科技大學 企管系 黃佳宏	14
臺北市立大學 運健系 卓詩容	15
臺北市立大學 音樂系 謝文嘉	16

One Day I Hope... _____ 18

國立雲林科技大學 企管系 黃佳宏 _____ 19

臺北市立大學 學材系 黃禹凡 _____ 20

臺北市立大學 城發系 陳立展 _____ 21

臺北市立大學 運健系 卓詩容 _____ 23

A Letter to My Childhood Self _____ 24

臺北市立大學 教育系 羅彥婷 _____ 25

國立臺中教育大學 科學教育與應用學系 羅以琳 _____ 27

臺北市立大學 學材系 黃禹凡 _____ 29

臺北市立大學 城發系 陳德琳 _____ 30

臺北市立大學 地生系 盧愛群 _____ 32

A Letter to Future Generations _____ 33

臺北市立大學 學材系 李滂穎 _____ 34

輔仁大學 英語系 尤于庭 _____ 35

How Can Students Stay Physically and Mentally Healthy in a Fast-Paced Life?

In today's fast-paced world, students often juggle academic pressure, social responsibilities, and planning for their future—all at the same time. Without proper attention to physical and mental well-being, this can lead to anxiety, burnout, and a decline in both academic performance and quality of life. On the other hand, maintaining good health not only boosts academic success but also helps build strong relationships, prevents long-term health problems, and lays a solid foundation for personal growth and future development.

How Can Students Stay Physically and Mentally Healthy in a Fast-Paced Life?

國立雲林科技大學 企業管理系 黃佳宏

In my experience as a college student, maintaining health while juggling academic demands comes down to two critical factors: conscious time management and mindful nutritional choices.

Time management isn't just about creating schedules, it's about honoring your energy patterns. I've found that scheduling my day according to my natural rhythms transforms productivity. Reserving mornings (when I'm most alert) for challenging coursework, afternoons for group projects, and evenings for lighter reading creates sustainable momentum. I schedule blocks of time for exercise—short 15-minute sessions between classes energize me more effectively than caffeine. Building in non-negotiable downtime prevents burnout; I treat Friday nights as sacred recovery time.

Nutrition has proven equally important in my student journey. When I shifted from eating for convenience to making intentional fuel choices, my focus and mood stabilized dramatically. I prepare simple, high-protein breakfasts (oatmeal with nuts) that sustain energy through morning classes. Keeping nutritious snacks (trail mix, fruit, yogurt) in my backpack prevents impulsive vending machine visits when hunger strikes during study sessions. Preparing meals on Sundays saves time and money while ensuring I have balanced options during busy weeks.

The interplay of these elements creates a powerful foundation. When I eat poorly, my concentration suffers, leading to inefficient use of time. When I mismanage time, nutrition becomes an afterthought, creating a negative cycle. By treating both as essential investments rather than optional luxuries, I've transformed my academic performance without sacrificing my well-being.

This balanced approach has taught me that student success isn't about choosing between health and achievement; it's about recognizing that sustained achievement requires prioritizing health.

臺北市立大學 教育系 羅彥婷

In today's technologically advanced and fast-paced society, where information flows rapidly, academic competition is intense, and life moves at a demanding pace, I once found myself lost under pressure. For example, during my teaching practicum, a professor told me, "You are not quite suited to be a teacher." This remark plunged me into deep anxiety, making me constantly question whether I was truly fit for this career path. This uncertainty lingered for a long time, causing frequent insomnia, which in turn affected my daily life and mental state. Additionally, as I approach graduation, I am facing the pressure of career choices, worrying about whether I can secure a stable job to support my family financially. As a result, I habitually fill my daily schedule to the brim, never allowing myself to relax, yet this only leaves me feeling overwhelmed.

However, I later realized that being in this high-pressure state for an extended period had made me feel depressed and even caused me to lose the confidence and passion that a teacher should have. Fortunately, because I commute daily, I have the opportunity to talk with my family after returning home, sharing my inner stress and concerns with them. When I expressed my anxiety about my future, my family reassured me, "You only need to pursue a job that interests you; there's no need to worry excessively about the future." These words gradually helped me let go of my anxiety. Instead of being trapped by stress, I began learning how to adjust my mindset.

With my family's encouragement, I started changing my lifestyle habits to bring more happiness into my daily life. I began exercising and developed the habit of going to bed early, ensuring that my body got enough rest. I also reminded myself that time flies, and life is full of uncertainties—we cannot control everything, but we can choose how to spend each day. As a result, I learned to cherish the present moment, allowing myself to live more freely and happily. With a more positive mindset, my mental and physical well-being improved, enabling me to bring more positive energy to those around me.

How Can Students Stay Physically and Mentally Healthy in a Fast-Paced Life?

臺北市立大學 學材系 黃禹凡

How do most students reduce pressure nowadays? Probably by immersing themselves in the world of smartphones and enjoying a fleeting sense of pleasure. While this might be an effective way to escape from life's annoyances temporarily, it is not a sustainable approach to maintaining well-being. Only by truly observing our feelings and emotions can we restore inner peace and build resilience when facing challenging situations. Taking care of our mental health is undeniably crucial. Therefore, I would like to recommend two effective ways to track and manage our moods.

One method is to keep a diary every day. This practice allows me to freely release the thoughts and emotions that accumulate throughout the day. Unlike bottling up worries, putting my feelings into words helps me step back from my emotions and reflect on my feelings with a clearer and more sensible perspective. Additionally, revisiting my reflections later can be comforting, especially during moments of anxiety.

For those who prefer to rely on technology, a **Mood-Tracking App** is another effective option. These apps not only offer a wide range of emotional descriptors to choose from, helping users accurately capture their mood, but also provide space for writing an online diary. After gathering this information, the app analyzes patterns and offers insights into emotional well-being. Since adopting these tools, I have noticed a significant improvement in my mental health “when I have the courage to observe and embrace my emotions, well-being naturally comes from within.

臺北市立大學 英教系 洪士惠

Life is a process of getting closer to ourselves. In the fast-paced world, we are often bombarded with lots of information and expectations. However, what is the most important thing for me to pursue in my life? If today were my last day, what would I regret not having done or not having accomplished? I think, this is the most important thing in life. How can we confront life in an optimal state? Of course, everyone is different and there is no exact formula to “copy and paste.”

For me, the most important thing in my life is that I can summon the courage to face whatever happens. Both physical and mental health are important when it comes to achieving this. To take care of myself, I choose to do yoga, making it a habit, then relish the benefits and compounding effects it brings. Stretching builds resilience. I need to utilize muscle to do every stretch, and sometimes it can be tiring. I fail in the beginning. However, as time goes, my muscle is getting stronger and stronger, which gives me a sense of achievement. I gradually believe that I can make it.

Also, extending bodies helps me calm down my mind. When piles of assignments are waiting for me, I'll become stressful unconsciously. Stretching can provide my brain a blank period of time, bringing peace back. Besides, stretching connects my consciousness with my body. Sometimes I tend to lead a busy life without realizing that I “live” within my body. I just do whatever I want, forgetting to listen to my body and heart. Doing stretching develops a deeper connection and spares some time for myself.

“I would rather be whole than good.” Instead of becoming a perfect person, I would rather be the best version of myself. Although I still easily fall into the vortex of worrying about those unfinished works, I am trying to stay with my feelings and look at things from different sides. How was my day? What is the highlight of my day? Did I get along well with my body today? Those questions help me reflect on my life. In modern world, we may be affected by news, stress, people, social media or other environment factors. Nonetheless, always remind ourselves to find the most important spark for us in life.

How Can Students Stay Physically and Mentally Healthy in a Fast-Paced Life?

臺北市立大學 音樂系 賴品文

In today's fast-paced world, students often balance academic pressures, social obligations, and uncertain futures. As a music education student, I manage coursework, prepare for graduate school applications, engage in music performances, participate in teaching practice, and join various community and academic activities. In such a high-pressure environment, maintaining both physical and mental well-being has become essential to my personal growth.

Effective time management plays a crucial role in leading a balanced, healthy lifestyle. I organize my schedule using a calendar, allocating time each day for study, practice, and rest. For example, I reserve mornings for teacher certification exam preparation, afternoons for music practice, and evenings for research and reflective teaching. This structure not only enhances productivity but also minimizes the stress of last-minute rushes.

Physical fatigue from long hours of study and practice can diminish performance, prompting me to value regular breaks and physical activity. I incorporate yoga or walking into my routine to relax both body and mind. Additionally, I prioritize six to seven hours of sleep each night, knowing that it supports focus and emotional stability, essential for academic success.

Mental well-being is equally vital. I have faced anxiety, especially when preparing for exams or performing, but I cope through deep breathing, meditation, and sharing my concerns with friends. I also reframe pressure as motivation, viewing every challenge as an opportunity for growth.

Seeking support from others has been invaluable. At university, I participated in Schweitzer Camp, gaining teaching skills and connecting with peers. Talking to classmates, professors, or family members helps me find solutions and provides emotional support.

Through disciplined time management, rest, mental adjustments, and seeking support, we can maintain a healthy balance, succeed in our studies, and lead fulfilling, joyful lives.

How Can Students Reduce Energy Consumption Through Daily Habits?

As climate change and energy shortages become increasingly urgent global issues, reducing energy consumption is something everyone should take seriously. While governments and businesses play major roles in managing energy use, individual lifestyle choices also have a significant impact. In fact, personal actions are closely related to reducing climate change, conserving natural resources, lowering economic costs, and promoting sustainable societal development. Discuss how students can adjust their routines to help reduce energy consumption effectively.

How Can Students Reduce Energy Consumption Through Daily Habits?

臺北市立大學 都經系 秦詩雅

As climate change and energy shortages become increasingly pressing global issues, reducing energy consumption is a responsibility that everyone should take seriously. While governments and businesses play crucial roles in energy management, individual lifestyle choices also have a significant impact. Students, in particular, can contribute by making small but meaningful changes in their daily habits to help conserve energy and promote sustainability.

One of the most effective ways students can reduce energy consumption is by being mindful of electricity use. Simple actions such as turning off lights when leaving a room, unplugging devices when not in use, and using energy-efficient appliances can make a big difference. Additionally, adjusting air conditioning or heating settings to avoid excessive energy use can significantly cut down on power consumption.

Another important habit is adopting sustainable transportation methods. Instead of driving or taking taxis, students can opt for walking, biking, or using public transportation whenever possible. Not only does this reduce carbon emissions, but it also promotes a healthier lifestyle. Carpooling with friends is another practical way to lower fuel consumption and decrease environmental impact.

Furthermore, students can save energy by making conscious choices in their daily routines. For instance, using reusable water bottles and shopping bags helps minimize waste production, which indirectly reduces the energy required for manufacturing disposable products. Similarly, reducing water usage—such as taking shorter showers and turning off faucets when brushing teeth—helps conserve both water and the energy used to treat and supply it.

In conclusion, although individual efforts may seem small, they collectively contribute to a more sustainable future. By forming energy-saving habits like reducing electricity use, choosing eco-friendly transportation, and minimizing waste, students can actively participate in environmental conservation. Through

How Can Students Reduce Energy Consumption Through Daily Habits?

these daily adjustments, they not only help combat climate change but also encourage a more responsible and sustainable way of living.

How Can Students Reduce Energy Consumption Through Daily Habits?

國立雲林科技大學 企業管理系 黃佳宏

With the increasing impact of climate change and global energy shortages, students have a vital role to play in promoting sustainability through more mindful daily habits. Beyond simply switching off lights, more strategic and deeper actions are needed to make a lasting impact on energy consumption.

One effective approach is the use of smart technology. Students can install smart appliances, power strips, or set timers to automatically turn off appliances when they're not in use. Many electronics continue to use 'phantom power' even when switched off, and these tools help to eliminate this hidden waste.

Students can also push for change on campus. By working with school administrators, student organizations can lobby for energy audits, the installation of solar panels, or motion-sensor lighting in dormitories and classrooms. These systemwide upgrades can result in long-term energy savings and set a standard for sustainability.

Changing personal routines is also important. Students can schedule study sessions during daylight hours to take advantage of natural light and reduce the need for electricity. Cooking in bulk with energy-efficient appliances, such as deep fryers or electric pressure cookers, can reduce energy consumption in shared kitchens.

Perhaps most importantly, students need to develop an energy-conscious mindset. Saving energy should become part of everyday life, not just an occasional effort. Sharing tips on social media, joining green campus clubs, or participating in energy-saving challenges can help create a community of accountability and motivation.

In short, reducing energy consumption requires more than flicking a switch. By using smart tools, advocating for change, creating efficient routines, and changing mindsets, students can become powerful leaders in the fight against climate change. Small actions, when multiplied across communities, have the power to create meaningful and lasting impact.

How Can Students Reduce Energy Consumption Through Daily Habits?

臺北市立大學 學材系 張祐榕

In recent years, the urgency of environmental issues has become more pronounced as the world grapples with climate change and energy shortages. As students, we not only have the opportunity but also the responsibility to reduce energy consumption, both at home and on campus. Every small action counts, and our collective efforts can make a significant difference in saving energy and protecting the environment.

Since students typically spend a large portion of their day on campus, there are plenty of opportunities to reduce energy use during daily activities. One of the simplest yet most effective measures is using reusable, eco-friendly utensils. The University of Taipei has already adopted systems offering sustainable cutlery, also students can easily bring their own. In doing so, they not only reduce single-use plastic waste but also help cut costs for both the school and themselves.

In addition to dining, students frequently need spaces to study. To further reduce energy consumption, it's important to avoid unnecessarily turning on lights and air conditioning in large classrooms. Public areas like libraries and study rooms are typically well-equipped with pleasing lighting and temperature control. By utilizing these shared resources, students can significantly lower their energy usage, contributing to a more sustainable campus. Moreover, this practice also fosters a quieter, more focused environment conducive to studying.

In conclusion, conserving energy is not merely an individual obligation but a collective effort. As students, we should embrace sustainable habits—such as turning off unneeded lights and using reusable utensils—while encouraging our partners to do the same. With greater environmental awareness and proactive involvement, we can inspire lasting change. Every small action contributes to a more sustainable future, and together, we can play a crucial role in protecting the planet.

The Connection Between the Digital Divide and Social Inequality

Technology is often praised for making life more efficient — but is it truly accessible to all? Have you ever noticed someone being left behind due to financial limitations, geographic location, or social background? Share a specific case you've witnessed or experienced, and analyze how such digital inequality affects areas like education, job opportunities, or dignity in life. What role do you think you can play in addressing this issue?

臺北市立大學 資科系 鄭宥禎

People often say that technology makes life more efficient. Whether it's accessing information quickly, working remotely, or learning online, it seems to make the world more convenient. However, in this wave of technological advancement, some people are left behind due to economic limitations, geographical location, or social background. This situation is known as the "digital divide."

Back in high school, I had a friend named Ray who came from an underprivileged background. During the COVID-19 pandemic, he faced significant challenges in his education. While students were required to attend classes remotely using Google Meet on laptops, the only device Ray had access to was his mobile phone. His home internet connection was unstable, and although he had a strong motivation to learn, he couldn't afford to buy a new device. As a result, he had to spend several times more effort just to keep up with the class.

This kind of digital divide not only affects education but also impacts future job opportunities and personal dignity. Digital literacy has become a basic requirement in many modern workplaces. If someone is unable to access digital tools from a young age, they will naturally be at a disadvantage when competing with other job seekers under similar conditions. Moreover, the lack of digital resources also limits access to public services, healthcare, and even participation in civic activities, further deepening social marginalization.

As a computer science student, I deeply understand the power of technology. But I also believe that this power should not only serve a portion of society. In other words, technology should not be a symbol of privilege, but a tool for promoting equality. Each of us who has the ability to work with technology has a responsibility to use that power to create more opportunities for others. Only then can the light of technology truly shine on every corner of society.

During COVID-19's transition to online learning, I saw firsthand how unequal access to technology disrupts not only education but also meaningful interaction. In my high school class, some students kept their cameras off not because they were lazy, but because they lacked stable Internet, had no private space, or were using borrowed devices. Over time, their voices faded. Discussions slowed, group projects became more difficult, and teachers struggled to see who was engaged.

This experience speaks directly to the UN's Sustainable Development Goal 4: Quality Education. The goal emphasizes not only equal access to education (targets 4.1 and 4.3), but also the elimination of inequalities in learning conditions (target 4.5) and the creation of inclusive learning environments (target 4.a). But how do we do this when some students are too embarrassed to show their homes on the screen, or too disconnected to speak up?

I had full access to digital tools: a personal laptop, a quiet room, and fast Wi-Fi. That's a privilege, not a baseline. I realized that my educational experience was very different from some of my classmates, simply because of my environment. One friend told me she never spoke in class because her Internet connection couldn't support both audio and video. She felt invisible.

To address this, I suggested sharing notes, recording study sessions, and using the chat feature more often to give everyone a voice, regardless of bandwidth. These small steps helped her classmates feel included again.

Moving forward, I believe that digital equity is a core aspect of educational equity. It's not just about getting students into virtual classrooms; it's about giving them equal opportunities to participate, express themselves, and succeed. Supporting SDG 4 means rethinking how we design online learning - not just with content, but with empathy.

臺北市立大學 運健系 卓詩容

Technology is often seen as a tool for progress, increasing efficiency in various aspects of life. However, digital access remains unequal, leaving many behind due to financial limitations, geographic location, or social background. One such case I witnessed was that of a young student named Alex, who struggled with online learning during the COVID-19 pandemic due to a lack of internet access at home. (I had been a volunteer before...)

Alex came from a low-income family and lived in a rural area where internet service was either too expensive or unreliable. While his classmates attended virtual classes, submitted assignments online, and participated in discussions, Alex had to rely on borrowed materials and occasional trips to a public library with limited computer access. As a result, he fell behind academically and experienced deep frustration, feeling disconnected from his education and peers. This kind of digital inequality affects more than just academic performance. It limits job opportunities, as many modern careers require digital literacy and access to technology. Additionally, being excluded from the digital world can impact a person's dignity, creating a sense of inferiority and isolation. The inability to access technology can make individuals feel powerless in an increasingly digital society.

To address this issue, governments and organizations should invest in expanding internet infrastructure to rural areas and provide financial support for low-income families to access digital tools. On a personal level, I can help by advocating for policies that promote digital inclusion and volunteering to teach digital literacy skills to those in need. Small actions, such as donating old devices or helping individuals navigate online resources, can make a significant impact.

In conclusion, technology is not truly accessible to all, and digital inequality remains a pressing issue. Cases like Alex's highlight the urgent need for collective efforts to bridge this gap. By taking action, we can create a future where technology benefits everyone, regardless of their background.

臺北市立大學 音樂系 謝文嘉

It is said that the 21st century is the era of technology. Nowadays, everyone uses smartphones and surfs the internet everywhere. Many industries utilize technology to earn more profit, and many businesses rely on it to expand their operations. Technology has become quite important to us, especially in global finance.

As you know, technology is not accessible to everyone. First of all, digital devices are always expensive. Secondly, the internet is difficult to access in every region. Therefore, there is a digital divide in some areas. In Taiwan, our government is dedicated to promoting technology education in rural areas, so students learn how to use digital devices starting in elementary school. However, most students in rural areas can't afford these devices outside of school, and neither can their families. This phenomenon may also appear in other countries.

During the epidemic, as an elementary school teacher, I had to conduct distance learning. In New Taipei City, most students didn't need much support regarding digital devices or internet access. However, some students still struggled with these issues, so the school had to lend them the necessary equipment. After the epidemic, many teachers continued to incorporate technology into their teaching. It became clear that some students still had difficulty using digital tools. These issues may affect their sense of dignity, and in the long run, they could become part of a socially vulnerable group.

In response to this issue, our government has been dedicated to promoting the "One-Tablet-Per-Student" policy, which is definitely helpful. However, as the saying goes, "Nothing comes from nothing." Even if teachers try their best to eliminate social inequality, families still play the most important role in a child's development. If families cannot provide an environment that supports digital learning, those efforts may be in vain.

Although I cannot solve the digital divide alone, I believe raising public awareness is the first step. By sharing my experiences as a teacher, I hope more people can realize that technology is not equally accessible to everyone. When

The Connection Between the Digital Divide and Social Inequality

society starts to pay attention to this issue, more support and resources may follow. Only when we work together can we create a more equal and inclusive digital future.

One Day I Hope...

We've all imagined a version of our future self — maybe standing on a long-dreamed-of stage, or achieving something no one thought possible. Describe that long-awaited day: What will you be like? What have you done to get there? What sacrifices or doubts did you experience along the way?

國立雲林科技大學 企業管理系 黃佳宏

I imagine the quiet moment before I begin my presentation at an international conference, the audience settling, my research projected behind me. As I speak, I'm not just delivering results; I'm sharing an ongoing conversation I've had with the world through data, doubt, and relentless questioning. This moment, more than a milestone, marks the evolution of a researcher who has learned to think precisely and feel deeply.

The journey to this point was long and uneven. As a graduate student and research assistant, I've worked through countless drafts, cleaned up messy data sets, and built theoretical frameworks, only to dismantle them and start again. I've presented my findings at university forums and regional conferences, each time refining not only my delivery but also my understanding of what it truly means to contribute knowledge. One paper was rejected three times before it was finally accepted. In retrospect, I'm grateful - it taught me to defend ideas with clarity, not ego.

There have been sacrifices, weekends blurred into spreadsheets, quiet moments of self-doubt, and the silent pain of watching colleagues move faster along seemingly easier paths. I've learned to live with uncertainty, to revise without resentment, and to listen - listen - when feedback stings.

But something shifted in the struggle. I began to see research not as a display of intelligence, but as a discipline of humility. Asking good questions became more important than chasing quick answers. Depth began to matter more than speed. And persistence-the kind that shows up when no one else is looking-became the defining characteristic of a true scholar.

That's the version of myself I'm working toward: not flawless, but intentional. And when that day comes, I won't just stand - I'll stand on every failed draft, every courageous rewrite, and every quiet decision to keep going.

As I write down the words "What will I be like?", a clear image appears in my mind — I see myself confidently studying in graduate school and eventually becoming an outstanding educator. To me, this means treating every child like a little seedling, nurturing them with trust, love, and empowering words. It also means observing their unique potential and believing in the possibilities they can bring to the world.

To get closer to this dream, I know I should apply for graduate school — a crucial step that will allow me to deepen my knowledge of education and engage in meaningful discussions with other passionate learners. It's not only about becoming an expert in teaching, but also about being a companion to children — someone who guides them with wisdom, empathy, and encouraging language.

However, the journey to becoming a graduate student is filled with uncertainty, self-doubt, and intense pressure. It requires me to condense all my brightest moments and experiences into one decisive document — a personal statement in which every word must carry purpose. This process brings anxiety. How can I be sure this version of my story is the best one? What if there's a stronger, more compelling version still waiting to be written? What if applying to graduate school isn't the right path after all? What if I fail, and all my efforts amount to nothing?

Whenever these thoughts take over, I return to my starting point. I picture the teacher I want to become — someone who stands with pride, warmth, and belief in children. That image comforts me and strengthens me every time I waver.

In closing, I'd like to leave a message to myself — and to anyone who's struggling: "You don't have to be great to start, but you have to start to be great."

臺北市立大學 城發系 陳立展

Everyone imagines their future self in unique ways. I often picture mine, whether it's in a busy office or walking down a serene street filled with connections. As I soak in the vibrant city life, with children playing in the shade and people chatting near flower beds, I realize that these moments can influence and inspire my aspirations.

Looking back, I might not recognize the person I am today, someone who can easily engage with strangers and connect with communities. I used to dread speaking up, fear crowds, and feel anxious about even the simplest interactions. I was quiet and often struggled to find the right words around new people. I preferred to observe rather than participate, which is why I developed a passion for traveling. It allowed me to experience different cultures and crowds in my own way, absorbing the subtle yet significant details of life without feeling overwhelmed.

At the beginning of my travels, I would walk in silence, quietly taking in my impressions of each city. However, I eventually realized that merely watching wasn't enough. If I wanted to truly understand society in the future, I needed to learn how to communicate with others, appreciate their perspectives, and immerse myself in their lives.

I decided to challenge myself by getting involved in volunteer work. My first experience required me to work with unfamiliar people and interact with children, which felt intimidating. Every simple interaction felt like a hurdle. However, I was pleasantly surprised to find that the smiles and genuine warmth from those around me gradually made me feel secure and welcomed. I began to open and express my care and enthusiasm through my words, which helped bridge the gap between myself and the world.

I have sacrificed many opportunities for comfort and often question whether I made the right choices. Yet, every conversation, every moment of exhaustion, and every sense of fulfillment after volunteering has reassured me that the path I am on is truly mine.

One Day I Hope...

I am still on this journey, continuously learning and confronting my fears. However, I no longer let fear hold me back. Instead, I have learned to walk alongside it. I believe that when I eventually stand on this land that once felt both familiar and foreign, I will be grateful for the courage I found to step outside my comfort zone and connect with the world.

臺北市立大學 運健系 卓詩容

The day has finally arrived. I stand in the spotlight, a microphone in my hand, my heart pounding in rhythm with the silent anticipation of the audience. This is the moment I have imagined countless times—where my voice reaches deep into the hearts of those listening, creating an unbreakable connection through music. I have become the singer I always aspired to be.

Getting here was never easy. There were years of self-doubt, where I questioned my abilities and wondered if I was good enough. I spent endless nights training my voice, perfecting my technique, and pouring my emotions into every note. There were sacrifices—giving up leisure time, stepping away from distractions, and even distancing myself from people who didn't believe in my dreams. At times, loneliness crept in, whispering that perhaps I was chasing an illusion. But each doubt became a stepping stone, each setback a lesson.

The present is still a battlefield of growth. I struggle with defining my unique sound, with balancing artistic passion and industry expectations. I still wonder how others perceive me, but I have learned to focus more on how I feel when I sing. Every step forward, no matter how small, is a victory. The passion that fuels me is stronger than the fear that holds me back.

Today, as I stand before my audience, I see not just a dream fulfilled but the journey that made it possible. This day is not just about achievement—it is about resilience, passion, and the belief that I was meant to sing. The future I once imagined is now real, and I am ready to keep moving forward.

A Letter to My Childhood Self

Time keeps moving forward. From your kindergarten days up until now, you've experienced many unforgettable moments. Some of these memories are joyful, while others have been full of challenges. Imagine if you had the chance to travel back in time and write a letter to your younger self—what would you say? You could share fun and exciting things that will happen in the future, remind your younger self to cherish certain times, or offer some advice and encouragement. This is a letter from the future you. Don't worry about whether your younger self can read all the words—just write sincerely from the heart and say what you truly want to tell them.

臺北市立大學 教育系 羅彥婷

To my childhood self:

Hey there! This letter is from your future self. You're still young now, and there's a lot you might not understand yet—but that's okay. I just want to share a few important things with you.

In the future, you'll face quite a few challenges. Sometimes you'll feel really frustrated and even start to doubt whether you're good enough. But I want you to know that it's completely normal—everyone goes through tough times. As long as you're willing to face them, no matter how hard they seem, you'll grow stronger and learn more about who you are.

At some point, you might meet someone who really makes your heart skip a beat. You'll take the relationship seriously and put a lot of emotion into it. It might not have a perfect ending, and it could even hurt. But I still hope you'll be brave enough to love, because those experiences will teach you what it means to truly cherish someone—and how to take care of your own heart, too.

There will be times when you feel lonely or unsure of what to do next. I know how overwhelming that can be. But please believe me—you're not alone. Your family, friends, and teachers are all there in the background, quietly supporting you. You just might not notice it yet. Try to talk to them more; don't keep everything bottled up inside.

Also, one thing I really want to remind you is to treasure the present. The things you have now—your favorite toy, a family member who's always been there for you, your daily routines—these things won't stay the same forever. So when you're happy, laugh out loud. And when you're sad, it's okay to cry. Every moment matters.

Finally, no matter what kind of person you grow up to be, I hope you'll keep being kind and thoughtful. Don't change yourself just to meet other people's expectations. You don't need to become "amazing" overnight. Just take one step at a time, and be yourself. That's more than enough.

A Letter to My Childhood Self

Keep going, brave one. There's so much waiting for you ahead, and I know you'll make it through.

Always cheering for you,

Your future self.

國立臺中教育大學 科學教育與應用學系 羅以琳

Dear Lynn,

Hello, it's "you" writing from 10 years in the future. There might be thousands of questions popping up from your mind, like "What do I look like in the future?", "What am I doing right now?", "Do I go to the college?" But that's not the point, I'm writing this letter to talk about your newly started journey of music.

First of all, big congratulations on entering the wind orchestra! Starting to learn a new instrument must be extremely hard at first, and it seems that you're worried about not being good enough to be a member in the school music band. Going to a brand new environment can actually be challenging at the very beginning, and maybe sometimes you don't feel belonged. However, you might not have noticed that you've come so far and made quite a lot of progress. I'm sure that with continuous dedication and persistence, you'll definitely soon get on the right track and start to relish the joy that brought by your own music!

Our life may take us on widely different paths, with every intersection offering several possibilities; chasing our dreams even takes us down a long road littered with challenges. Two-time Nobel laureate, Marie Curie, once said that "We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained." You have a reservoir of talent waiting for you to discover, so DON'T let failure define you. You can use it as a stepping stone to become stronger and better, eventually achieving all that you desire. All you need to do is believe in yourself and have faith in your ability.

Whatever it would be like in the future, I'll always be cheering for you. Please remember that your beloved family, friends, and teachers are also there to support you whenever you stumble upon obstacles, cheer for your every success no matter how small it is, give you the warmest hug when you need one. I wish that you can embrace all the wonders lying ahead with both courage and curiosity. May your music journey a fulfilling and extraordinary one.

A Letter to My Childhood Self

Warmest regards,
Your future self.

臺北市立大學 學材系 黃禹凡

Dear little Angel

Can you believe you've grown up to become a hardworking college student? I have so much love and so many things I want to say to you. So please give yourself a quiet moment to read this — even if you're in the middle of watching your favorite TV show.

First of all, stop spending your pocket money on those ugly neon-colored clothes! Wearing them make me glow like a human highlighter, not in a good way, and honestly, they don't go well with anything else. And why on earth do you own so many pairs of tight jeans? That style is out of fashion now, and none of them even fit me anymore. Spend your money wisely, alright?

Also, take care of your eyes. Wearing glasses is one of the most annoying things in the world. You're still allowed to draw, watch TV, and play online games, but please try to keep a healthy distance when using your eyes. There's a saying: "Prevention is better than cure." Once you start wearing glasses, there's almost no turning back. And contact lenses aren't much better, and laser eye surgery can leave lasting aftereffects. Your eyes are the windows to your soul, so treat them with the care they deserve.

But most importantly, I want you to enjoy the process of becoming. I hope you do whatever you love with bravery, confidence, and curiosity. Growing up often feels like walking a rocky road — filled with hard choices and uncertain turns. You'll feel confused, tired, and sometimes even lost. But trust me, you will get through it all. So please, cherish every moment of your youth — love deeply, try boldly, and become the person you dream to be. I'll always be standing with you, every step of the way.

Your older Angel

臺北市立大學 城發系 陳德琳

Dear Little Me,

Hi there! I know this might sound strange, but I'm you—from the future. I'm writing to tell you a few things I've learned as we grew up. I hope this letter reaches you on one of those quiet afternoons when you're playing with your toys or daydreaming about the stars.

First of all, I want to say—thank you. Thank you for being brave, curious, and full of imagination. You won't believe how much those qualities help us later on. There will be times when things get hard, and you'll feel small and unsure. But I promise, you'll make it through. You are much stronger than you think.

School will become more difficult, and you'll sometimes feel like you don't fit in. You might cry after a bad grade or feel lonely when friends change. But please don't be too hard on yourself. Mistakes are not the end of the world—they are just part of growing. Learn from them, and don't be afraid to try again. You'll be surprised by how much you can improve with time and effort.

Also, remember to cherish the simple things. Play in the rain, laugh until your stomach hurts, and hug Mom and Dad a little tighter. One day, you'll look back and miss those small moments that seemed ordinary. They are more special than you know.

There's a lot to look forward to, too! You'll discover your love for music and writing. You'll meet new friends who understand and accept you. You'll even learn how to speak in front of a crowd without shaking too much. (Yes, really!) Life isn't always easy, but it's full of surprises and lessons that shape you into someone you can be proud of.

And here's a little advice: don't try to be someone you're not just to fit in. It's okay to be different. In fact, that's what makes you wonderful. Trust your own voice and follow what feels right to you. Not everyone will understand you, and that's okay. The right people will.

Most of all, don't forget to be kind—to others, and to yourself. You will mess up, you will grow, and you will continue learning every single day. That's what being human is about.

I won't spoil too much about the future—you'll find your own way. But just know this: you're going to be okay. And one day, you'll look back and realize that every step, even the hard ones, helped you become who you are meant to be.

臺北市立大學 地生系 盧愛群

Dear little me:

Hey, little Luke! It's future you here!

Remember those colorful, strangely shaped drawings you used to make in kindergarten? It doesn't matter if they didn't look like anything specific! What's most important is how happy you were while drawing and those wild ideas you had. Let your imagination run free; it will bring you endless joy.

When you start elementary school, you might feel a bit out of place with your classmates, right? Don't get discouraged because of that. Actually, being alone can be great too. You can quietly read the books you love or focus on the things that interest you.

Besides, your unique qualities will shine someday, so don't be afraid to show them. You've always been so caring towards the people around you; your kindness is like a little seed that will blossom into beautiful flowers one day.

When you get to middle school, the academic pressure might feel overwhelming, but please remember that grades aren't the only measure of your worth. Taking good care of your physical health is more important than how many points you score. Every effort you put into learning, your future self sees it.

Also, you absolutely must cherish every moment you spend with your family. Right now, Grandma, Grandpa, Mom, and Dad are very healthy, but time slips away like sand, and the moments you have together will unknowingly become fewer. Be brave and tell them how much you love them, spend a little more time with them, and don't wait until it's too late to regret it.

Finally, I want to whisper to you that the world can feel a bit tough sometimes, but it's also full of all sorts of wonderful surprises waiting for you to explore and experience. Keep your curiosity and that hopeful heart of yours!

Sending you a big hug,

Future You

A Letter to Future Generations

Today, our world is facing many environmental challenges—climate change, extreme weather events, melting icebergs, the loss of wildlife, etc. Nature is becoming increasingly fragile. While technology brings us convenience and progress, if it's used recklessly or without limits, it can also make these problems worse. Write a heartfelt letter to the youth of the future, sharing why caring for the environment and using technology wisely matters more than ever. In your letter, you can remind future generations that in a time when technology is advancing at lightning speed, it's crucial to find a balance between progress and sustainability. Encourage them to embrace technology as a tool for good, to solve problems, and to support green innovation. This letter is both a message of hope and a call to continue the responsibility we all share.

臺北市立大學 學材系 李滂穎

Dear future generations,

I'm writing this from a time when the world feels fast, chaotic, and full of contradictions. We've got amazing tools, but the Earth we rely on is facing significant challenges.

You've probably heard the word "sustainability" a million times already. It's everywhere: on ads, school projects, and maybe even as a hashtag. While it's a significant concept, it often remains just a word without action.

Here's what I've come to see: technology makes daily life more convenient than ever, one-click shopping, fast delivery, smarter devices, and so on. But behind the convenience, there's more waste, packaging, and larger carbon footprints. Our devices keep improving, but e-waste piles up, and it won't just vanish by itself. I'm not suggesting that technology is inherently negative; rather, it's about how we use it without considering the consequences.

So to you reading this in the future: I understand that it can be hard to relate with something as big as "saving the planet." But I've learned that sustainable change doesn't only come from big inventions or global meetings. It starts with the little choices we make daily. Whether you're designing something new or just deciding what to keep in your cart, every choice counts. Use your creativity, influence, and tools to build more sustainable, lighter ways of living.

We might not have all the solutions yet, but this isn't just your burden, it's ours too. We're still in this together, learning and trying. So thank you for staying with me through this letter, and for caring enough to keep going. With your effort, I believe we can build a better world.

Love from,

Milly

輔仁大學 英語系 尤于庭

Dear Alex,

As I sit here thinking about the future, I feel a deep sense of hope and concern. Today, our world faces serious environmental challenges—climate change, rising sea levels, stronger storms, and the tragic loss of wildlife. Nature is growing more fragile every day. Technology, though it has brought us incredible advancements, also threatens to worsen these problems when used without care. I write to you not just to warn, but to inspire you to build a better tomorrow.

Nature is the foundation of all life on Earth. When we harm it, we harm ourselves. In my time, we have seen forests cut down, oceans filled with plastic, and species pushed to extinction. Yet, we have also seen the incredible potential of technology to heal and protect our world—renewable energy, smart farming, green architecture, and powerful conservation efforts all offer hope.

But technology is a double-edged sword. Without wisdom, it can cause more damage than it fixes. I urge you to see technology as a tool, not a master. Let it be used to create cleaner energy, restore natural habitats, and invent solutions we cannot yet imagine. Always ask yourselves: Does this innovation bring us closer to a healthier, more sustainable world?

Remember, progress is not just building faster machines or bigger cities; true progress is learning to live in harmony with nature. It is finding ways to grow without destroying the very planet that gives us life.

Alex, you and your generation have the power to shape the future. Learn from our mistakes, and let compassion, creativity, and responsibility guide you. Protect the Earth as you would protect your home, for it truly is. Use technology not to dominate nature, but to heal and sustain it. I believe in your strength, your wisdom, and your heart. Carry forward the responsibility we all share, and build a world where both humanity and nature thrive together.

With love and hope,

Your Ancestor

中英寫作線上練功房

2025 年英文優良寫作作品集

「中英寫作線上練功房」是由臺北市立大學主辦之跨校線上寫作計畫，藉由指定命題、教師評改、同儕互評和優良寫作選拔等活動設計鼓勵同學持續寫作，歡迎全國大專院校對寫作有興趣的同學參與，活動最新消息請見計畫專區：



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