

# 南臺科技大學教育部高教深耕完善就學機制

## 執行成果

### 【提升閱讀與表達能力】



鼓勵學生利用課餘時間，閱讀具勵志與啟發之類型書籍，或與就業證照相關之書籍或影片，並建立指導老師與「導讀人」制度，藉由團體討論，培養學生思辨能力。

### 【提升英語能力】



完善就學協助機制-提升英語能力

### Food and Health Myths



New information about food and health seems to materialize every day. Newspapers **regularly** have articles that discuss how certain foods or drinks are good or bad for you. Some television shows often dwell on new stories about how **consuming** certain substances can affect your body. With such a steady stream of information, it's understandable that a few popular myths about food and health are floating around out there.

One popular myth about food and health is that eggs are bad for your heart. Although they are indeed high in cholesterol and fat, it's not true that eating eggs every day will damage your heart. This is because the body can **deal** with the extra cholesterol by reducing the amount **it** produces. As far as fat goes, it's the egg yolk that contains all the fat. So if you're worried about the fat content of eggs go ahead and just eat the whites. You might also choose to buy certain kinds of eggs that have less fat content depending on the diet of the animal. Check your local supermarket for more information.

Another popular idea about diet and health is that drinking red wine is especially good for your heart. Although **it** was once thought to **have** unique **properties**, other types of alcohol can have the same benefits. A study conducted at the University of Texas revealed that people who drank red wine did not live any longer than those who drank other kinds of spirits, such as beer or white wine. It seems that the alcohol itself improves an individual's health by raising the levels of good cholesterol and decreasing bad cholesterol. The alcohol also serves to increase blood flow and assist in blood clotting.

There are many other myths about food and health that are common in our society. Consumers who are especially **concerned** about their health should think carefully about new information they read about or see on television.

1. According to the article, how often does new information about food and health appear?  
(a) on an hourly basis (b) on a daily basis (c) on a weekly basis (d) on a monthly basis
2. The word "regularly" in paragraph 1 could be replaced by:  
(a) helpfully (b) hopefully (c) frequently (d) unusually
3. The word "consuming" in paragraph 1 is closest in meaning to:  
(a) reading (b) watching (c) listening (d) eating
4. The word "deal" in paragraph 2 can be replaced with:  
(a) cope (b) solve (c) deliver (d) bargain
5. The word "it" in paragraph 2 refers to:  
(a) fat (b) your body (c) cholesterol (d) the amount
6. The main idea of paragraph 2 is:  
(a) eating eggs is really bad for your heart  
(b) you should always buy special eggs  
(c) eggs are not as unhealthy as people think  
(d) supermarkets have information about eggs

\* 看完整題目請掃 QR Code \*

擴充學生專業領域單字量，加上自學輔導機制，培養學生英語綜合能力。另由本校外語自學中心建置多元英語學習資源，提供學生安靜學習的空間並可與老師進行口語練習與輔導，亦開設多益證照輔導班，並補助經濟不利生全額之多益考照費。



### 【推動競賽導向式專題製作補助】



提供經濟不利學生專題作品材料費及競賽差旅費補助。

### 【磨課師英語段落寫作】



線上英文學習課程，透過檢核系統後台觀看紀錄及各堂課作業完成度，搭配期末測驗通過與否核發助學金課程通過助學金。

### 【職涯發展輔導】



針對有生涯規劃或學習困擾的同學提供免費心理測驗，由測驗結果去分析並解決問題，或進行小群組的生涯探索工作坊，在心理師的專業帶領下進行分享與討論。

## 【獎助學金】

首先謝謝吳尊賢文教公益基金會，給了我這一次的得獎機會，讓我可以不管是在家裡面，減輕家裡面的負擔，讓父母親的經濟壓力不會那麼大，讓自己覺得他們讓我上大學，為了我的學費、學雜費辛苦賺錢，我可以用成績來回報他們；或者是讓自己去拿更多的專業證照、讀英文要買書、參考書，都是可以讓自己的實力實質提升，讓自己出社會之後，可以有更多的競爭力可以生存。

從高中開始，就有開始領這類的清寒獎學金，父母親告訴我們：我們不是應得這些獎學金、補助，你們要記得，以後出社會有了能力要回饋社會，去幫助那些弱勢家庭，要懂得飲水思源、不可忘恩，這句話就在心理深根蒂固，告訴自己以後也要幫助那些需要幫助的人，有惠於人，就要去幫助人。

最後再次十二萬分的感謝基金會，給了我這次的機會拿到獎學金，你們的幫助，我永遠記得。

學生在家中排行老大，有一個妹妹，父母親在我小時候離異，從小由阿公阿嬤扶養長大。在台南高工機械科畢業後，希望長大能夠報答阿公阿嬤養育之恩，因此，選擇技職體系就讀，也順利考上南臺機械工程系，未來希望台南科學園區工作，貢獻所學及就近照顧家庭。

而在求學階段，瞭解到「財團法人吳尊賢文教公益基金會」創辦人吳尊賢先生，其「取諸於社會、用諸於社會」的精神及理念，是海內、外國人眾所皆知，也成就及造福無數的民眾及家庭。

感謝基金會、學務處和機械工程系等師長們，提供機會讓學生能夠獲得此次獎助學金，幫助學生在求學過程中，能改善自身及家庭的生活，並使學生更有向上學習的動力。學生將會妥善運用珍貴的資源，並積極於課業，學習執行工程實務所需技術、技巧與使用機具設備之能力，具備機電整合及精微機械等專業知識與實務技術，未來服務於奈米科技相關產業，貢獻所學，並感恩惜福並回報社會。

財團法人吳尊賢文教公益基金會、財團法人台南市私立吳俊傑慈善公益基金會、坤慶國際開發股份有限公司、環球水泥股份有限公司、財團法人台南紡織文教公益慈善基金會、財團法人侯永都社會福利基金會、財團法人吳修齊紀念雙親文教公益基金會。