

### 鎮高榮譽榜

本校跆拳道隊參加 112 學年度全國中等學校跆拳道錦標賽榮獲 1 銀 6 銅

115 楊彥喆 榮獲高男組 68 公斤級 銀牌	
215 邱宇哲 榮獲高男組 63 公斤級 銅牌	315 李汶庭 榮獲高女組 49 公斤級 銅牌
115 鄭鈺圻 榮獲高男組 68 公斤級 銅牌	215 劉若妍 榮獲高女組 53 公斤級 銅牌
115 李宇寰 榮獲高男組 74 公斤級 銅牌	215 林思琦 榮獲高女組 67 公斤級 銅牌
215 羅新堯 榮獲高男組 54 公斤級 第五名	215 楊琬旋 榮獲高女組 57 公斤級 第五名
215 陳勁碩 榮獲高男組 63 公斤級 第七名	315 戴苡媽 榮獲高女組 62 公斤級 第七名
115 呂逸亭 榮獲高男組 80 公斤級 第七名	115 莊亞儒 榮獲高女組 67 公斤級 第七名
115 洪婕筠 榮獲高女組 53 公斤級 第七名	

2023 桃園市城市圍籬美學競圖

214 李慈恩《桃園的山水脈動》榮獲學生組 第三名
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112 學年度全國語文競賽

107 吳柏辰 榮獲客語字音字形比賽 特優
307 黃蒞晴 榮獲客語字音字形比賽 優等
303 楊謹甄 榮獲閩南語情境演說比賽 優等
108 全恩祈 榮獲賽考利克泰雅語族語朗讀比賽 優等

本校跆拳道隊參加 113 年桃園市主委盃跆拳道錦標賽暨 113 年中運桃園市代表隊選拔賽榮獲 11 金 7 銀 7 銅；並獲高男組、高女組團體冠軍、高女組團體亞軍、高男組團體季軍

115 黃襄晴 榮獲高女組 金牌	315 詹子毅 榮獲高男組 金牌
115 陳宜湘 榮獲高女組 金牌	315 戴苡媽 榮獲高女組 金牌
215 黃翊軒 榮獲高男組 金牌	315 李汶庭 榮獲高女組 金牌
215 鄧鈺臻 榮獲高女組 金牌	315 周學涵 榮獲高女組 金牌
215 劉若妍 榮獲高女組 金牌	102 涂瑞辰 榮獲高男組 金牌
315 彭僅丹 榮獲高男組 金牌	

115 楊德瀚 榮獲高男組 銀牌	215 林思琦 榮獲高女組 銀牌
115 翁道光 榮獲高男組 銀牌	215 陳勁碩 榮獲高男組 銀牌
115 李志鴻 榮獲高男組 銀牌	215 邱宇哲 榮獲高男組 銀牌
215 許曼婷 榮獲高女組 銀牌	

115 洪婕筠 榮獲高女組 銅牌	215 羅新堯 榮獲高男組 銅牌
115 楊彥喆 榮獲高男組 銅牌	215 楊琬旋 榮獲高女組 銅牌
115 林楷倫 榮獲高男組 銅牌	315 洪揚竣 榮獲高男組 銅牌
115 賀永平 榮獲高男組 銅牌	

### 班際籃球賽

高一男生組	高二男生組
第一名 105	第一名 206
第二名 106	第二名 205
第三名 107	第三名 209
第四名 109	第四名 210
高一女生組	高二女生組
第一名 106	第一名 204
第二名 104	第二名 203
第三名 112	第三名 202
第四名 108	第四名 210



### 學習歷程檔案撰寫工作坊參與心得

313 / 吳維珊、莊書毓、楊雅筑



對於使用個人申請管道就讀自己理想大學的我們，學習歷程檔案的製作便格外重要，正好學校也在學測後舉辦學習歷程檔案的教學講座，我們於是立刻報名，希望能學習如何精進歷程檔案，汲取學長姐們寶貴的經驗，以讓我們在準備學習歷程檔案時更有方向、內容更完整也更吸引人。

工作坊的一開始，王利文老師為我們開啟了一道重要的程序。懵懵懂懂還有些搞不清楚狀況的我們只知道，我們要做「學習歷程」！然而我們卻不知從何下手，也搞不清楚自己的校系需要看些什麼。這時老師為我們介紹許多大學的相關網站，例如：大學問、ColleGo!...；老師亦藉著同學的舉例校系，舉出各校系的準備指引方針，教導我們如何尋找自己需要準備的資料；最後還很貼心的提醒我們學習歷程的繳交期限，清楚的時間軸讓我們一目了然。看似簡單的一步，卻是奠定製作學習歷程的基石。

學校也有幸邀請到前年畢業的學長姐，分享他們當年在沒有歷屆參考資料的情況下完成學習歷程，並且成功製作出教授想要看到的資料。首先，學長姐分享如何運用網路資源探索自己有興趣的學校，再對應自己的成績使用網路上各家落點分析系統以確定可以申請的校系，並且強調大學申請入學招生簡章上資料的重要性，提醒我們一定要查詢每所學校網站上的製作內容限制。了解所需資料後，我們開始挑選以前上傳過的歷程，並根據學校的要求進行修改。最後，學長姐展示了他們以前製作的範本，並逐一、

仔細地講解重點，再個別指導每位參加的同學們，幫助我們發現和解決問題。

受到學長姐們的啟發和指導，從他們的經驗中獲益良多，深受鼓舞且更加自信的我們一定會努力完成自己的學習歷程檔案。在學習歷程講座的旅程中，我們學習到許多以前忽略的重點，以下以列點的方式和大家分享：

1. 圖>表>文：一張圖片遠遠比一段黑色的文字吸引人，也不會顯得無趣。
2. 畫重點：文字一定要畫重點，教授可能沒時間仔細一個字一個字看，若能畫上重點，在閱讀上速度快很多，也更容易表達自己的想法。
3. 配色很重要：檔案製作要注意配色協調性，第一眼賞心悅目的檔案會讓人比較願意繼續看下去。
4. 相關插圖：若無圖片、文字內容也不夠多，可嘗試使用相關插圖，看似簡單的插圖其實大大美化了檔案的版面，也可以輔助說明自己的想法。
5. 使用連結：內容太多或有影片可以使用連結直接在簡報內補充。
6. ORID 焦點討論法：將提問分成客觀事實、感受反應、詮釋意義、做出決定四個不同面向切入並反思所學。

儘管在高一、高二時還不太清楚製作學習歷程的重點及細項，但大家可以在一堂課中邊學習邊寫筆記或者拍照紀錄下與同學互動的過程，對於製作學習歷程都有很大的幫助。平時也可以多運用網路上一些免費的平台或課程，或是參加營隊、大學的開箱日等，幫助自己探索未來及追尋夢想，相信學弟妹們能在升學的道路上一路順利。





桃園市立平鎮高級中等學校  
Taoyuan Municipal Pingjen Senior High School

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# 鎮高菁采

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## 113 年大學繁星推薦 大放異彩

教務主任 / 張英傑

桃園市立平鎮高中 113 年大學繁星推薦入學大放異彩，共錄取臺大 1 人、清大 1 人、交大 1 人、成大 2 人、政大 1 人、中央 2 人、中興 2 人、中山 1 人、中正 2 人、北大 1 人、臺師 1 人等國立暨私立優質大學共 82 人(含國立 42 人)。其中包含清大電機系、陽明交大半導體工程學系等頂大熱門科系及中國醫大藥學系。

繁星 1% 錄取臺大的莊喻翔同學，當初以 1A4B 錄取本校，雖不是頂尖聰明的學生，但努力不懈維持校排 1%，最後順利經由繁星推薦管道錄取臺大醫學院護理學系，完成上臺大的夢想。

繁星 1% 錄取中國醫大藥學系的周芯妤同學，是經由市府亮點躍升計畫 5A 60 萬獎金入學的學生，在校一直維持 1% 的好成績。芯妤同學對中醫中藥非常有興趣，也曾經參加專業科普英文單字大賽獲得腦科學組冠軍。最終學測以四科 52 級分錄取中醫大藥學系的理想科系。

繁星 1% 錄取清大電機系的陳咪媛同學，對數理非常感興趣，也都取得優異的成績，順利進入頂大最熱門科系之一——清大電機系。

繁星 1% 錄取交大半導體工程學系的彭子岑同學，是今年鎮高第一屆國際雙語科技實驗班的學生，在校經過三年的雙語科技薰陶下，順利進入熱門科系——陽明交大半導體工程學系。



姓名	錄取學校	校系名稱
莊喻翔	國立臺灣大學	護理學系
陳咪媛	國立清華大學	電機工程學系乙組
彭子岑	國立陽明交通大學	半導體工程學系固態電子組
林達志	國立成功大學	機械工程學系
張芸熙	國立成功大學	台灣文學系
張綺均	國立政治大學	資訊管理學系(乙組)
鍾有晟	國立中央大學	電機工程學系
陳一成	國立中央大學	機械工程學系光機電工程組
林柏璋	國立中興大學	資訊工程學系
楊士偉	國立中興大學	法律學系
林書緯	國立中山大學	國際經營管理全英語學士學位學程
黃同學	國立中正大學	經濟學系
李育廷	國立中正大學	數學系
楊明泰	國立臺北大學	不動產與城鄉環境學系
劉昱葆	國立臺灣師範大學	教育學院學士班
陳民德	國立高雄師範大學	英語學系
莊宜芳	國立高雄師範大學	視覺設計學系
湯鵬軒	國立彰化師範大學	化學系
黃怡繪	臺北市立大學	資訊科學系
王宥騰	國立臺北教育大學	兒童英語教育學系
陳家顏	國立臺中教育大學	數位內容科技學系

姓名	錄取學校	校系名稱
王姿惠	國立臺中教育大學	語文教育學系
白昀翰	國立暨南國際大學	財務金融學系
鄧侑紋	國立暨南國際大學	東南亞學系
陳家紬	國立嘉義大學	電機工程學系
車亮萱	國立嘉義大學	生物資源學系
林昱鋒	國立嘉義大學	森林暨自然資源學系
鄭廷萱	國立臺南大學	經營與管理學系
呂婉瑜	國立高雄大學	資訊管理學系
徐岑敏	國立屏東大學	應用日語學系
黃煒斌	國立臺灣海洋大學	運輸科學系 A 組
姜鑫蕊	國立臺灣海洋大學	食品科學系
黃一沁	國立宜蘭大學	資訊工程學系
王婷虹	國立東華大學	材料科學與工程學系
高培翔	國立東華大學	管理學院管理科學與財金國際學士學位學程
黃子馨	國立臺東大學	資訊管理學系
呂維剛	國立臺東大學	體育學系
劉宥慧	國立聯合大學	土木與防災工程學系
曾筑萱	國立臺灣藝術大學	廣播電視學系
黃廷育	國立臺灣藝術大學	視傳傳達設計學系
呂佩憶	國立臺灣藝術大學	藝術史學系
黃啟元	國立體育大學	休閒產業經營學系

## Su Bo-Ya (蘇柏亞) Wins Gold Medal in 2018 World Taekwondo Grand Prix

By Wang You-Teng (303/王宥騰)



In the 2018 World Taekwondo Grand Prix, a Taiwanese taekwondo athlete, Su Bo-Ya (蘇柏亞) kicked into finals, knocked out a Korean player and won the third gold medal for Taiwan delegation.

Su was born in an aboriginal family in 1998 and graduated from Pingjen high school in 2016. At the age of 18, it was for the first time that she participated in an international competition.

Initially, the reason why Su engaged in the taekwondo field was that she saw her junior classmates perform outstandingly when she was 1st grader in elementary school. She felt frustrated along with having an idea of giving up in junior high school owing to the bruises on her body and concerns from her parents. Nevertheless, she made up her mind and insisted on achieving her goal.

► To be continued...



◀ Taiwanese taekwondo athlete Su Bo-Ya competing against Korean rival wins a gold medal in 2018 World Taekwondo Grand Prix. (https://ssur.cc/BC3GA6g)

## First Taiwanese Designer Shows in London Fashion Week – Jamie Wei-Huang (黃薇)

By Yang Ming-Tie (302/楊明泰)

In the spring and summer of 2019, Jamie Wei-Huang was selected as the official calendar of London Fashion Week.

Jamie Wei-Huang is a contemporary London designer from Taiwan. In 2012, she graduated from the world leading school - St. Martin's College - in London. During study time she interned with top British designers, and worked as a costume designer and producer for the closing of the 2012 London Olympics after graduation.



▲ The model is walking on the catwalk, wearing gorgeous clothing designed by Jamie Wei-Huang.

"What I am most proud of myself is that at every intersection of choices, I never choose to give up." Jamie Wei-Huang was quoted as saying. She also said, "When I walk on the streets of London, no matter what kind of fancy clothes I wear, I will not attract any attention. For me, it was London that gave me the greatest freedom and room for expression, even better than Paris and other countries in Europe."

► To be continued...

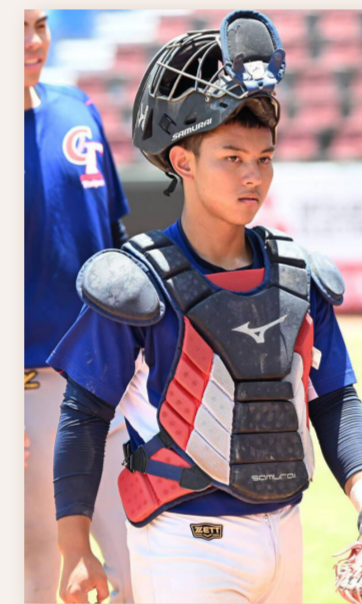


## Catcher Hu Meng-Zhi (胡孟智) Is Little Giant on Professional Baseball Field

By Chen Min-Zhen (303/陳敏真)

Pingjen high school Hu Meng-Zhi (胡孟智) broke the height limit with his talents, and will go to CYBC Brothers professional baseball team after the U18 Baseball World Cup in 2023.

Catcher Hu is only 161 centimeters tall. He stands out in a crowd with his talents and hard work. Since elementary school, he has not only represented his school in many baseball games, but also has continued to bring glory to the school.



During the U18 World Cup Baseball Game, he said, "I felt very excited and looked forward to it before the game. When I stood on the field, I felt that my field of vision was very broad." He also revealed that he imagined how he would feel when he stood on this field as a professional baseball player in the future.

► To be continued...

◀ Pingjen senior high school catcher Hu Meng-Zhi is preparing to participate in the professional baseball draft.

https://www.chinatimes.com/realtimenews/20230910003210-260403?chdtv



## Playing Outdoors Even in the Rain at Pingjen High School

By Huang Hsin-Yuan (303/黃欣元)

Students can play sports at the all-weather court of Pingjen High School in physical education classes and after class. The all-weather court not only provides a sports facility but also generates electricity.

There was no shelter above the original basketball field, which made it unusable on rainy days. In addition, the sunshine caused students to be prone to heat stroke or dehydration. In order to solve the shortage of indoor sports space and promote the development of green energy, PJHS ran the project of the Sports Department of the Ministry of Education to build the all-weather court.

The all-weather court functions as a stadium and as solar resources at the same time. In addition, there are three major benefits for students, that is, increasing their physical strengths, collecting green energy, and gaining energy knowledge. After completion, the all-weather court can also improve air pollution and feed electricity to the school.

► To be continued...



► Students play volleyball at the all-weather court after class.



## Wei-Huang (黃薇) Launches First Digital Film "HER" at London Fashion Week

By Wang Zih-Huei (304/王姿惠)



▲ The digital film uses a giant surreal space, with individuals wearing various forms, paired with giant human body parts, and the protagonist staring at each other. https://yt1.piee.pw/59zhu3

Wei-Huang launched a digital film "HER" at London Fashion Week which was based on a novelette "Witch" by director Edward Tseng, and transformed it into a visual feast.

Wei-Huang, a Taiwanese designer living abroad in the UK, graduated from the Central Saint Martins College of Art and Design. Before she even had memories, or at an age when she couldn't even handle an art knife to sharpen a pencil, she began her creative journey.

She was the first person to have access to the London Fashion Week Official Catwalk Show. She felt proud of herself to get this ticket to join the world's designers although anxiety also increased. "What I am most proud of about myself is that at every crossroads of choice, I have never chosen to give up." Wei-Huang was quoted as saying.

► To be continued...



## PJ Star Is Annual Auditory Feast

By Chan Chih-Xin (306/詹芷昕)

PJ Star is a singing contest held by Ping Jen Senior High School. Students who have great enthusiasm for singing will actively sign up for this competition. It is usually held on a Wednesday afternoon at the end of April every year.

The competition events are divided into original music and cover song groups, giving students a stage to showcase their musical talents. Contestants sing on the stadium stage, while the audience can sit casually on the first floor and bleachers on the second floor.

"This is my second time participating in PJ Star and I'm still very excited. As I clutched the microphone, my heart beat fast. The cheers from the crowd fueled my enthusiasm, and with every note, I realized that I wasn't just singing, but that I'm living my dream!" quoted Liu Xin-Yu (劉昕豫) as saying.

► To be continued...



▲ Liu Xin-Yu (劉昕豫) stands on the stage singing her own song.

## Pingjen High School Wind Band Wins National Special Honor!

By Xu Cheng-Yang (309/徐承揚)

Pingjen High School Wind Band have showcased the extraordinary talents of young musicians and made them have the Special Honor reward in the 2022 National Student Music competition.

The National Student Music competition was held on November 28, 2022, at the Huashan (華山) Cultural and Creative Park in Taipei City. Musically talented individuals from all over Taiwan will gather for a passionate performance.



▲ Pingjen High School Wind Band participates in the grand final of the National Student Music Competition.

In a resounding victory, clinching the championship at the 2022 National Student Music Competition, the Pingjen High School Wind Ensemble displayed exceptional performance, and attributed it to the intensive practice and the guidance of a skilled instructor. Their flawless interpretation of musical compositions captivated both judges and audiences. This achievement brought honor to the school and inspired future students to pursue musical excellence and a passion for the arts. ► To be continued...



## Peng Chia-Mao (彭家楸) Wins Third Place in FISU World University Games

By Lin Da-Zhi (311/林達志)



▲ Peng Chia-Mao stretched a recurve bow and was ready to shoot.

Peng Chia-Mao (彭家楸) defeated South Korea 6 to 2 and won the bronze medal in the FISU World University Games.

Peng Chia-Mao, who graduated from Ping Jen High School, is a Taiwanese archery athlete. She attended the FISU World University Games in Chengdu City (成都市). With a black bucket hat and steady mentality, she finished the game with a perfect ten-point arrow.

The FISU World University Games in Chengdu City, originally hosted in 2021. Because of the COVID-19, it was postponed to 2023. Although the competition was delayed, Peng Chia-Mao, who grabbed third place, seemed not to be affected and performed her best. ► To be continued...



## Cooking Club Helps Students Make Delicious Food with Friends

By Liao Chian-Cheng (313/廖千誠)

During the club time, students are learning and practicing about some cooking steps in PJHS home economics classroom, where they will cook with their friends.

On Wednesday afternoon, by making delicious food and chatting happily with your friends for two hours, students will be able to immerse themselves in the joy. Furthermore, the home economics classroom supplies students with so many kitchen tools, such as flavorings, knives, baking trays, and various pots and pans, that club members only need to bring their own ingredients.



▲ The teacher guides students to make desserts during the club time in the home economics classroom.



During the first club time, students will be divided into many groups, and team members will discuss the recipes according to the special theme of each club time. By the way, many special themes can be chosen, such as Korean, Taiwanese, Japanese style, and so on, and most members like Korean cuisine. ► To be continued...