

# 聖路易華盛頓大學暑期研究計畫\_\_心得報告

## What's the program about ?

To simply put, I think this program helps me figure out if I enjoy the graduate student life and if I can see myself living in the United States in the future, enjoying the local lifestyle.

## How's the research life?

Graduate life is quite structured and straightforward. It's a bit like a nine-to-five job, really. I typically get to the lab around 9:30 in the morning and start debugging and coding. Before lunch, I give a quick progress report to my mentor and discuss any issues I've encountered, and he provides feedback. Then I take a break for about an hour to have lunch, get some fresh air, and chat with friends. I return to the lab to continue debugging and testing until around 5 in the afternoon. Once I've wrapped up my work for the day, I check out and the rest of the time is my free time.

Most of the research projects are ongoing ones within the lab, and they are broken down into various subtopics for study and implementation. So, interns don't need to worry too much about reading a lot of papers or achieving groundbreaking academic results, as that would be too demanding for an undergraduate in just a 10-week internship.

My main communication and collaboration partners are the lab's PhD students, including my mentor. Except for the first week when my mentor might put in extra effort to help me fit in, most of the time involves working independently. If I encounter challenging bugs or don't know what to do next, I seek feedback and direction from my mentor and then go back to trying things on my own. As for the professor, we typically meet once a week to update on our group's progress.

In my opinion, there are two crucial aspects of lab life: being proactive and communicating. Being proactive means taking the initiative to learn and think. For instance, trying out different algorithms to optimize processes or reading research papers to get ideas for my own work. When I encounter difficulties or problems, it's also better to propose possible solutions for discussion, rather than passively waiting for my mentor to guide the next steps. Furthermore, effective communication is vital to keep others informed about my progress, the challenges I face, and my ideas.

## Life after work

Eating out in the United States can be quite expensive, with a meal costing at least 15 USD to feel satisfied. It's not really feasible to dine out for every meal like in Taiwan, so after work, I sometimes head to the nearby Costco to do some grocery shopping. When I get back, I spend about an hour or two preparing my three meals.

Additionally, I really enjoy going to the gym and playing sports at the school's sports center after work. WashU's gym facilities are excellent, with fitness equipment, treadmills, a pool table room, and spacious basketball and volleyball courts, among other things. I get

to hang out with fellow graduate and doctoral students while playing and chatting, which makes it a lot of fun.

I think it's essential to have some leisure activities after work, especially due to safety concerns. It's not advisable to wander around outside at night, so if you don't have any leisure activities, you'll end up just staying in your dorm and scrolling through your phone, which can be pretty boring. It doesn't have to be hitting the gym like me; some friends enjoy cooking, while others like taking the subway to nearby areas to take photos before it gets dark.



Basketball court in the gym



The pork for a whole week

## Outdoor activities and Holiday

WashU's internship program includes a variety of outdoor activities that help us get to know the city of St. Louis better. For instance, we visit downtown restaurants to try local dishes or head to the sports center to watch baseball games (the locals are really



St. Louis Cardinals



enthusiastic about these events). Through the activities organized by this program, we get to appreciate and experience the unique charm of St. Louis.



St.Louis Bus station



Metro in St.Louis