

SOP (statement of purpose)跟一般入學申請essay不同，是一份讀書計畫，旨在說明為想申請這所學校、預計在學校內學習哪些技能、畢業後的規劃等等。SOP顧名思義就是申請者的目的自述，想要申請的研究計畫目標為何。透過SOP，學校目的是了解申請者的學業目標、動機及能力等等

## [Contents]

- a. SOP是唯一一個能夠說明自己”優點”的文件
  - b. 必須寫出優點或人生經驗
  - c. 審查委員們想知道申請者的個人特質，如果是社會科學相關，更是如此
  - d. 能提出克服艱難情況並成功的例子，更能引起注意
  - e. 如果無法和申請動機扯上關係，最好不要提
  - f. 因為研究生必須和教授們一起作研究，審查委員偏好作人圓滑的人。因此，最好說明曾作過公益活動或曾為某非營利組織的一員，但請聚焦於透過這樣的經驗學習到什麼，例如人際關係處理等等
  - g. 表現出自己對於想要的，都能掌握的自信
- 2) 過於自誇的行為，請務必小心
    - a. 在描述克服困難時，千萬不要寫”所以我現在很厲害”而應該要寫經過這些，對我造成的影響是什麼
    - b. 以為何想要申造此領域的契機和經歷為主要焦點
  - 3) 別自曝短處
    - a. 寫出短處時，務必一起寫你如何成功克服
    - b. 如果必須解釋學業成績差的原因，一起附上Appendage文件
  - 4) 審查委員想要了解申請者的背景，請別忘記寫出
    - a. 為什麼想來美國留學?
    - b. 為什麼原因讓你想要申請該校的計畫?
    - c. 想進修的原因為何? (動機與目標)
    - d. 跟申請領域相關的經驗?(碩士論文、研究計畫、課外活動)(Academic and Social backgrounds)
    - e. 畢業後，計畫是什麼?
  - 5) 審查委員不想知道
    - a. 出生地及家族
    - b. 已經出現過得母校及學業成績

## [Structure]

- **Introduction**
  - **Introduce yourself, your interests and motivations**
    - 決定出國的契機、重要事件、研究計畫或人生經驗等等以及有興趣的經驗
- **Body**
  - **Summarize your undergraduate career and discuss the relevance of your recent and current activities with your interest.**
    - 親自參與過的計畫(與哪為教授合作、研究計畫標題、擔任角色、學習到什麼、如何發掘問題、該研究計畫結果為何)及學位論文與未來申請的主修關聯性
    - 如在申請研究前有工作經驗，那必須解釋工作經驗與申請主修的關聯性
  - **Describe your professional goals**
    - 提出一個關於主修的問題，並表示將來要在求學過程中尋找解答
    - 畢業後人生規劃
  - **Explain why this school**

- 為何非此學校不可的理由(為何是美國、對於培養專業，有什麼幫助)
- 如在申請的學校中，有發現喜歡的教授或研究計畫等等，在此作具體的說明

## • Conclusion

- 說明學業計畫、經驗、能力能對學校有什麼幫助
- 文章結尾須積極並表現出奇帶接受新挑戰的自信

\*必須讓學校審查委員或老師們認為自己對於申請領域有興趣並擁有許多相關專業知識，甚至能夠立即幫助學校現有的研究計畫\*

## [Do & Don't]

Do	Do not
<ul style="list-style-type: none"> <li>• Be specific, not general.</li> <li>• Be comfortable with the image of yourself that you're presenting.</li> <li>• Pay attention to detail-- absolutely no spelling or grammatical errors.</li> <li>• Your statement must be neat and error free. No excuses. You must make a good impression.</li> <li>• Leadership role activities</li> <li>• Career objectives and goals</li> <li>• Let your personality and individuality show. Give insight about your hopes, goals, motivations, and dedication. Be interesting and unique.</li> <li>• Do not be afraid to let your passion and commitment to a career shine through.</li> <li>• Keep a journal of your work and volunteer experience.</li> <li>• Get an early start. This cannot be stressed enough.</li> <li>• Be honest, consistent and straightforward.</li> <li>• Schools prefer unique essays, so avoid copying any others.</li> </ul>	<ul style="list-style-type: none"> <li>• Don't underestimate the importance of the essay (a very common mistake).</li> <li>• Don't underestimate the length of time it will take to write your statement.</li> <li>• Don't have someone else write it for you! There are ethical issues involved here. Besides, you are the best spokesperson for yourself.</li> <li>• Don't list everything you have ever done. There is usually a place on the application to list your activities.</li> <li>• Avoid giving unnecessary details. The statement should read smoothly.</li> <li>• Don't mention your interest for one particular school in a general application that is being sent to many schools, and vice versa.</li> <li>• Don't tell the admissions committee how amazing you are</li> <li>• Don't use qualifiers such as rather, quite, somewhat, probably, possibly, etc.</li> <li>• Don't use "nice" "thing" (informal words)</li> </ul>

## [PS 英文作文好用句型]

- While preparing to \_\_\_\_ I gained not only much new knowledge and experience but also confidence that devoting myself to \_\_\_\_ was the right decision.
- During last \_\_\_\_, I have spent most of my time carrying out research and attending a number of extra-curricular lectures and seminars in \_\_\_\_\_. My favorite lectures were \_\_\_\_\_

- When I was taking special laboratory courses on \_\_\_\_\_, I was struck by \_\_\_\_\_
- Of great interest to me was \_\_\_\_\_ / \_\_\_\_\_ is of great interest to me  
I found \_\_\_\_\_ to be of the greatest interest to me.  
I especially enjoyed working on \_\_\_\_\_
- To my mind it is of key importance to have possibilities to obtain excellent education and to conduct certain research projects independently that is why I consider doctoral studies at \_\_\_\_\_ university as the next professional stepping stone in my career.
- Further, earning a Ph.D. in \_\_\_\_\_ would advance my other goals by adding to my creative and analytical skills in \_\_\_\_\_ as well as in working with \_\_\_\_\_.
- To help you understand my current goals better, I would like to explain my educational experience up to this point.
- My extensive knowledge of \_\_\_\_\_ proved to be very useful in understanding the principles that underlie \_\_\_\_\_.
- Besides studying general and theoretical \_\_\_\_\_ at \_\_\_\_\_ I started to attend advanced lectures in my major at \_\_\_\_\_.
- My interest in \_\_\_\_\_ deepened when I joined \_\_\_\_\_ of Professor \_\_\_\_\_
- Currently I am working on a second research project \_\_\_\_\_  
Now my interests in science lie in the area of \_\_\_\_\_  
Our current work concerns investigation of \_\_\_\_\_
- This research is/was especially interesting because \_\_\_\_\_
- All these significantly improved my understanding of the subject and further enhanced my interest in it.
- I successfully defended a Bachelor of Science senior honors thesis on the topic \_\_\_\_\_
- After graduation I plan to continue my scientific career in the field of \_\_\_\_\_

## [CHECK LIST]

- [ ] Organization ...
  - [ ] A "hook" that demonstrates your passion for the field
  - [ ] Segué to your background in the field
  - [ ] Description of your academic background in the field
    - [ ] Specific classes you have taken, given by name
    - [ ] Specific professors you have had, especially if well-known in that field
  - [ ] Extracurricular activities in the field
  - [ ] Publications or other professional accomplishments in the field (perhaps conference presentations or public readings)
  - [ ] Explanations about problems in background (if needed)
  - [ ] Explanation of why you have chosen the specific grad school
    - [ ] Mention one or two professors in that school and what you know of and appreciate about their work
    - [ ] Specific features of the grad program which attract you
- [ ] Get advice from several of your professors — philosophical advice as well as specific writing advice
- [ ] Proofread and copyedit; ask friends to proofread and copyedit as well

- [ ] Keep working on the statement of purpose, even after you have already sent it to school(s) with earlier deadline(s)



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