

臺北市 114 學年度技術型高中英語簡報競賽 獲獎名單

語文組

名次	學校	出場序
冠軍	臺北市立松山高級商業家事職業學校	語文組 1
亞軍	臺北市立士林高級商業職業學校	語文組 5
季軍	臺北市立士林高級商業職業學校	語文組 4
佳作	臺北市私立金甌女子高級中學	語文組 6
佳作	臺北市私立靜修高級中學	語文組 2
佳作	臺北市立內湖高級工業職業學校	語文組 3
佳作	臺北市私立靜修高級中學	語文組 7

非語文組

名次	學校	出場序
冠軍	開南學校財團法人臺北市開南高級中等學校	非語文組 3
亞軍	臺北市立士林高級商業職業學校	非語文組 5
季軍	臺北市立大安高級工業職業學校	非語文組 9
佳作	臺北市立松山高級工農職業學校	非語文組 6
佳作	臺北市立大安高級工業職業學校	非語文組 4
佳作	臺北市立松山高級工農職業學校	非語文組 7
佳作	臺北市立大安高級工業職業學校	非語文組 1
佳作	臺北市私立金甌女子高級中學	非語文組 2
佳作	臺北市立松山高級工農職業學校	非語文組 8

臺北市 114 年度技術型高中英語簡報比賽簡介 (語文科別)

出場 順序	校名	指導 老師	參賽者	簡介
1	臺北市立松山高級 商業家事職業學校	蔡○怡	李○祐	<p>Name of the Powerpoint Slides: The Hidden Power Within</p> <p>This presentation explores the power of emotional intelligence, emphasizing its importance in personal growth, communication, and professional success. It introduces the three key components of emotional intelligence and connects them with professional courses Kids English and Tourism English. Through these subjects, we learn to express empathy, communicate effectively, and understand others' emotions. Emotional intelligence enables us to face challenges calmly and build stronger relationships. It is not only a practical skill but also a form of wisdom that makes lives warmer, more meaningful, and more powerful.</p>
			許○恩	
			李○頤	
			林○希	
2	臺北市私立靜修 高級中學	姚○好	郭○玟	<p>Understanding Emotions: Challenges and Solutions</p> <p>The high school stage is a period of intense emotional development. Students often feel anxious or stressed due to academic pressure, interpersonal relationships, and self-identity issues. Without proper emotional management skills, they may experience emotional outbursts or engage in avoidance behaviors. By developing emotional awareness, seeking support, and establishing healthy coping strategies, adolescents can better handle stress, learn to express their feelings and adjust their mindset, thereby enhancing psychological resilience and overall well-being.</p>
			陳○卉	

3	臺北市立內湖高級 工業職業學校	顧○美	李○妤	<p>The Vibrant Spectrum of Emotions</p> <p>Overview</p> <p>“The Vibrant Spectrum of Emotions” explores the fascinating world of human emotions—their nature, importance, and influence on our lives. Guided by Sinyu and Roxane, the presentation reveals how emotions shape our thoughts, behaviors, relationships, and learning experiences. It introduces the six basic emotions—joy, sadness, anger, fear, disgust, and surprise—and explains their psychological and physiological roles. By understanding how emotions affect focus, motivation, and communication, learners can develop emotional intelligence to improve both personal growth and interpersonal connections. The presentation emphasizes that emotions are not obstacles but essential guides that help us survive, connect, and thrive in life’s colorful emotional landscape.</p>	
4	臺北市立士林高級 商業職業學校	陳○貞	李○言		<p>This presentation explores how three high-schoolers harnessed the power of Emotional Intelligence (EI) to transform language learning and the world. Through their English Presentation, Reading & Writing, and Project Learning courses, challenges were turned into opportunities. With a growth mindset inspired by a great English teacher, breathing techniques, and mindful practices, stage fright became stage presence. EI turned writing frustrations into creative inspirations and classroom differences into meaningful discoveries. Ultimately, these English majors learned to speak from the heart—using words that connect, inspire, and move others to action toward building a more empathetic and compassionate world.</p>
			吳○諭		
			陳○甯		
			劉○恩		

5	臺北市立士林高級 商業職業學校	黃○如	彭○閱	This presentation explores the importance of emotional intelligence in everyday school life. Emotional intelligence is not about being the smartest, but about understanding ourselves and others. It helps us recognize feelings, stay motivated, and make thoughtful decisions. In learning, emotional intelligence allows us to face challenges with confidence and turn failure into growth. In teamwork, it helps us communicate respectfully, solve conflicts calmly, and build trust. Most importantly, emotional intelligence supports mental well-being by helping us accept emotions and transform stress into strength. By developing emotional intelligence, we can learn better, cooperate better, lead better, and create a more positive and caring school environment for everyone.
			杜○濶	
			林○辰	
6	臺北市私立金甌 女子高級中學	陳○伶	潘○昀	“EQ: The Superpower You Already Have” shows emotional intelligence as the power to understand feelings and connect with others. It guides audiences to master inner calm, contrasts positive actions with negative reactions, and reminds that EQ needs daily practice. Citing Goleman and the RULER approach, it ends with a call to “Feel, Understand, and Thrive.”
			張○唯	
			周○霈	
			黃○綺	
7	臺北市私立靜修 高級中學	姚○好	吳○晞	This presentation explores emotions themselves. People experience many different emotions, and anxiety is just one of them. Through this presentation, we aim to help everyone understand how to handle and face these emotions.
			周○凌	

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1	臺北市立大安高級 工業職業學校	曾○婷	潘○諭 黃○綾 邱○珩 曹○傑 黃○宥	Using a common example from daily life to illustrate the close relationship between emotions and outward behavior. Explaining what emotions are, why they influence our actions, and how we should respond.
2	臺北市私立金甌 女子高級中學	盧○芬	吳○淇 江○縈 陳○寧	This presentation, "Against All Odds: Finding Comfort in Chaos", explores The Power of Emotional Intelligence (EI). We detail how daily academic pressures, such as design deadlines or crowded hallways, made us feel frustrated and beyond our control. The turning point came through discovering that emotions are simply signals. We learned a two-step method—to Clarify the Emotion and Focus on the Task . By applying these EI skills and linking them to our professional studies, we demonstrate how to actively manage our responses and maintain stability, achieving inner comfort amidst chaotic current.
3	開南學校財團法人 臺北市開南高級 中等學校	鄒○慈	林○光 蔡○翰 陳○中	Emotions are important feelings that help us understand ourselves and others. Teenagers experience strong emotions because of physical, mental, and social changes. These emotions affect their behavior, learning, and relationships. Positive emotions like confidence and curiosity help them learn better and build strong friendships, while negative emotions such as stress or anger can cause problems or conflicts. By understanding and managing emotions, teenagers can stay positive, improve learning, and build healthy relationships.

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4	臺北市立大安高級 工業職業學校	黃○華	簡○容	The power of Emotional Intelligence highlights that EQ, more than IQ, defines how we live, lead, and connect. It involves self-awareness, self-management, and empathy – understanding emotions, transforming them into positive energy, and building genuine human connections. Emotional intelligence helps us grow through challenges, stay kind under pressure, and create not just smart minds, but also compassionate hearts.
			李○序	
			張○珊	
5	臺北市立士林高級 商業職業學校	黃○盛	吳○儀	We explore from self-awareness—understanding, managing, and controlling one's own emotions to external awareness—recognizing others' emotions and building positive interpersonal relationships. Also, we will discuss how these concepts can be integrated into our daily life as follows: 1.How emotions influence behavior and decisions: a low exam score. 2.Learning to express emotions positively: rhetorical questions. 3.Experiencing empathy and growth in a genuine interpersonal relationship: a girl with a mask. 4.Applying EQ to our daily life and work with professional learning: a student-run shop project.
			曾○婷	
			許○鳳	
			黃○捷	
			虞○慧	

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6	臺北市立松山高級 工農職業學校	張○恩	吳○灃	Emotional intelligence (EI) is a valuable skill that helps high school students understand both themselves and others. During this stage of life, students may face academic expectations, friendship changes, and personal identity problems. It is an essential skill for high school students as they navigate academic pressures, social challenges, and personal growth. When students learn to notice how they feel and why they react a certain way, they can make healthier choices and respond more calmly. Understanding others' emotions also supports stronger friendships and reduces conflicts. This presentation will highlights simple strategies to practice emotional intelligence in daily school life, such as reflective thinking, active listening, and supportive communication.
			張○溱	
			余○霆	
			紀○皓	
			蔡○翰	
7	臺北市立松山高級 工農職業學校	陳○英	黃○婷	Emotional intelligence helps us understand and manage our emotions and build good relationships with others. People with emotional intelligence can stay calm, solve problems, and show empathy. They treat others with care, just like taking care of plants. Based on our major, horticulture, we also learn to use this power. For example, horticultural therapists use emotional intelligence to help people release stress and find peace of mind through gardening.
			林○誼	
			莊○嫻	

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8	臺北市立松山高級 工農職業學校	張○敏	孫○丞	This presentation explains the importance of emotions and emotional intelligence from a positive view. It summarizes five main parts: self-awareness, self-regulation, motivation, empathy, and social skills. It also highlights that learning with positive feelings, making friends, and using digital tools well can help us become happier, more confident, and build a better future.
			姜○誼	
			陳○理	
			高○茗	
			柯○丞	
9	臺北市立大安高級 工業職業學校	曾○婷	陳○嘉	Emotions are not mistakes to fix. They are unique systems that need understanding and careful management. Psychologists call this emotional intelligence, and it's essential for personal growth.
			陳○坤	
			陳○謙	
			楊○豪	