



目標達成取決於自我要求

Achieving Goals Depends on Self-Discipline

著者／符姍妤 Fu, Pi-Yu

海軍官校正期 114 年班 Naval Academy, Class 114

每個人在不同的階段，會設定不同的目標。18 歲那年，我誤打誤撞進入了海軍官校，而「活出自我」這四個字，最能概括我這四年的官校生活。

起初，我嚮往軍人精實的生活，渴望透過軍校鍛鍊體能，追求興趣，成為一個成績優異、受老師喜愛的學生。為此，我投入大量時間調整自己，將嚴謹的官校作息延伸至假日，甚至連假期都安排滿滿的學習與訓練。我經常抱著厚厚的《論語》與基礎化學課本回家，依照計畫輪流研讀；

吃飯、運動、學習，一切皆按部就班。憑藉這份堅持，一年內，我成功鍛鍊出理想的體態，獲得年班金輝的榮譽，並參與 2022 年高雄港都盃龍舟隊混合組比賽及嘉義管樂節。然而，升上二年級後，我的目標逐漸轉向了不同的方向。

那年暑假，我意外加入了應用科學系的專題研究，這次經歷使我的暑假變得與眾不同。我開始接觸論文，從紙本閱讀轉向電子文獻，也因研究需求，電腦成了我不可或缺的工具。每週的會議、進度報告，

以及學長姐與同學的指導，迫使我不斷學習，從數據分析、資料整理到儀器操作與軟體應用，這些都成為我的基本技能。學習的過程並不容易，我需要在研究與休閒間取捨，然而，「學習的動機」與「自我要求」讓我持續前行，也為未來的道路增添了更多可能性。從校內研究，到參與校外競賽，甚至逐步拓展至國際舞台，這一切都源於我在研究領域的熱忱與努力。

當然，在這段旅程中，我也遇到了不少挑戰。尤其是剛開始被老師指派任務時，經常毫無頭緒，不知從何處著手。就像知道自己即將啟程，但不清楚終點在哪裡，也不確定哪條路最快、最安全。那時，爸爸對我說：「做就對了！與其呆坐浪費時間，不如先行動，讓大家看到你的努力。」或許最初的嘗試不會帶來理想的成果，但透過不斷試錯，我能知道哪些方法行不通，而這本身就是研究的一部分。起初，我認為這樣很浪費時間，但後來我發現，這正是必要的過程。許多事情，唯有親身嘗試，才能真正理解其中的邏輯與訣竅。而在這個研究旅程中，並非一開始就充滿熱情，而是隨著知識的累積、發現新方向，我對研究的興趣逐漸加深，進而產生責任感與使命感，渴望將自己的研究推

向更高的層次。

三、四年級時，我的心態發生了極大的轉變，開始懂得去表達、懂得去聆聽、懂得去珍惜。學校提供了許多舞台，加上中山大學的支援，使我們應科系的專題研究生擁有豐富的資源深入鑽研，並有機會展示研究成果。在校期間，我參與了三次海報競賽，並於 2023 年代表學校參加海洋年會海報競賽，榮獲第三名。雖然台上的講解僅短短三至五分鐘，但台下的準備卻經歷了數月的努力。由於不擅長在觀眾面前表達，曾嘗試死記演講稿，日以繼夜地練習，但仍因緊張而失序。所幸，經過一次次的鍛鍊，逐漸將內容融會貫通，最終在 2024 年參與第 21 屆亞洲大洋洲地球科學年會，挑戰英文口頭海報競賽。同年十月，更獲得代表本校參加美國海軍官校科工研討會的資格。這些機會對我來說十分珍貴，而我深信，機會永遠留給有準備的人。這段時間的努力，驗證了我的付出，我不後悔選擇這條路，而是會持續奮鬥，讓未來的道路更加精彩！

At different stages of life, people set different goals. At the age of 18, I unexpectedly entered the R.O.C Naval Academy, and the phrase "Living True to



Myself" best encapsulates my four years of academy life.

At first, I was drawn to the rigorous life of a soldier, eager to strengthen my physical fitness, pursue my interests, and become an outstanding student favored by my instructors. To achieve this, I devoted a significant amount of time to self-discipline, extending the academy's strict daily routine into my weekends and even filling my holidays with learning and training. I often carried thick copies of *The Analects* and basic chemistry textbooks home, rotating through them according to my study plan. Everything—eating, exercising, and studying—was scheduled meticulously. With persistence, I successfully achieved my ideal physique within a year, earned the prestigious Class Golden Glory award, and participated in the 2022 Kaohsiung Port Cup Dragon Boat Mixed Team Competition and the Chiayi Wind Music Festival. However, as I advanced to my second year, my goals began to shift in a new direction.

That summer, I unexpectedly joined a research project in the Department of Applied Science, making my summer vacation unlike any other. I started engaging with academic papers, gradually transitioning from reading printed texts to electronic literature. Due

to the demands of research, computers became an indispensable tool for me. Weekly meetings, progress reports, and guidance from senior students and peers pushed me to continuously learn—from data analysis and organization to equipment operation and software application—all of which became fundamental skills. The learning process was not easy; I had to balance research and leisure. However, my motivation for learning and self-discipline kept me going, adding more possibilities to my future path. From conducting research within the academy to competing in external events and even stepping onto the international stage, all of these opportunities stemmed from my passion and dedication to research.

Of course, this journey was not without its challenges. Especially at the beginning, when assigned tasks by my instructors, I often had no clue where to start—like knowing I was about to embark on a journey but not knowing the destination or the best route to take. During that time, my father often told me: "Just do it! Instead of sitting idly and wasting time, take action so others can see your effort." Perhaps my initial attempts did not yield ideal results, but through constant trial and error, I learned what didn't work—an essential part of research. Initially, I thought

this was a waste of time, but I later realized that this process was necessary. Many things can only be truly understood through hands-on experience. In this research journey, I did not immediately develop a passion for my work; rather, as I accumulated knowledge and discovered new directions, my interest grew. Eventually, I developed a strong sense of responsibility and mission to complete my research and take it to the next level.

During my third and fourth years, my mindset underwent a significant transformation—I learned to express myself, to listen, and to appreciate opportunities. The academy provided various platforms, and with the support of National Sun Yat-sen University, our department's research students had access to abundant resources, allowing us to delve deeper into our studies and showcase our research findings. During my time at the academy, I participated in three poster competitions and represented the school in the 2023 Ocean Annual Conference Poster Competition, where I won third place. Although the presentation lasted only three to five minutes, the preparation behind it took months of effort. Since I was not naturally confident in public speaking, I initially tried to memorize my script, practicing tirelessly day and night. However,

nervousness still caused me to lose my train of thought. Fortunately, through repeated practice, I eventually internalized the content and, in 2024, participated in the 21st Asia Oceania Geosciences Society (AOGS) Annual Meeting, challenging myself with an English oral poster presentation. In October of the same year, I was honored to be selected as a representative of my academy at the U.S. Naval Academy's Science & Technology Conference. These opportunities were incredibly valuable to me, and I firmly believe that opportunities always favor those who are prepared.

This period of effort and dedication validated my hard work. I do not regret the path I have chosen; instead, I will continue to push forward, making my future even more vibrant and fulfilling! 🇺🇸🇯🇵

