Bilingual Script with Subtitle Timing: U.S. College Application Overview

## ⏱ 0:00–0:20

Hello! This video is for students who want to go to college in the U.S.  
Even if writing is hard, or you feel shy, or it’s hard to focus — your story matters.  
Let’s look at how U.S. colleges read your application, and how you can show your strengths.

你好！本视频是为想要申请美国大学的学生准备的。  
即使写作对你来说很困难，或者你很害羞，或者难以集中注意力——你的故事仍然很重要。  
我们将一起看看美国大学如何评估申请，以及你如何展示自己的优势。

## ⏱ 0:20–1:10

U.S. colleges care about more than just your grades.  
They want to know:  
- Who are you?  
- What do you care about?  
- How do you grow?  
You can show this in your essays, projects, and how you tell your story.

美国大学不仅仅看成绩。  
他们想了解：  
- 你是谁？  
- 你关心什么？  
- 你是如何成长的？  
你可以通过文书、项目以及讲述你自己的方式来展示这些内容。

## ⏱ 1:10–2:00

Most applications include:  
- School grades  
- English test (like TOEFL)  
- Letters from teachers  
- Personal essays  
- Activities (even helping family counts!)  
Not all schools ask for all things. Don’t worry — we can help.

大多数申请包括：  
- 学校成绩  
- 英语考试（如托福）  
- 老师推荐信  
- 个人文书  
- 活动（即使是帮助家人也算！）  
不是所有学校都要求全部内容。别担心——我们可以帮助你。

## ⏱ 2:00–2:40

You don’t have to choose your major right away.  
You can try different classes.  
They support all kinds of students, including those with anxiety, ADHD, or language needs.  
You can learn by reading, building, or creating — your way.

你不需要一开始就决定专业。  
你可以尝试不同的课程。  
学校支持各种学生，包括有焦虑、多动症或语言困难的学生。  
你可以用自己的方式学习——无论是阅读、动手还是创作。

## ⏱ 2:40–3:20

Popular majors are:  
- Engineering  
- Science  
- Psychology  
- Literature and Design  
You can even make your own major. What you care about matters more than what it’s called.

热门专业包括：  
- 工程  
- 科学  
- 心理学  
- 文学与设计  
你甚至可以自己设计专业。你关心什么，比专业名称更重要。

## ⏱ 3:20–4:30

Start small. Pick a moment that changed you. Tell your story in your words.  
You don’t need to be perfect. Just be real.  
Ask for help if you need it. You are not alone.

从小处开始。选择一个改变了你的时刻。用自己的语言讲述你的故事。  
你不需要完美，只要真实。  
需要帮助时请开口。你并不孤单。