

如何克服面试恐惧心理，轻松应对面试的技巧 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/131/2021_2022__E5_A6_82_E4_BD_95_E5_85_8B_E6_c96_131444.htm

It worked! The cover letter, the resume, the research, the prayers - its all come together, youve got the interview. Not the job, just the interview. 兴奋吗？紧张吗？还是心里没底、忐忑不安？ Now all you have to do is go face-to-face with some super-important suit and persuade him that youre the most desirable thing hes clapped eyes on (看见，遇到) since he met his executive parking space. 很多人对面试都怀有恐惧心理，结果导致在面试的时候紧张不安、语无伦次，甚至闹出笑话。其实，面试并不可怕，而是应试者对面试的看法出了问题。下面就教您轻松应对面试的技巧，你一定会做好的！来源：考试大 What is an interview?来源：考试大 The best way to look at an interview is as a conversation rather than an interrogation. In a conversation, information flows both ways and after all, you want to learn about the company you may be working for as much as they want to learn about you. You want to make sure the job fits you no less then they want to be sure you fit the job. If you can think of the interview as an opportunity to check them out, youll show that youre interested in the company, youll feel more relaxed, youll perform better and youll increase your chances of getting an offer. What kind of interview are you in for? There are a number of different approaches an interviewer can take. Perhaps the most common is the clarification interview, in which the interviewer asks general questions about points on your resume that hed like to know

more about. You may get asked what your career goals are, or what you think you can bring to the job. Know your resume, know how to make it fit the job and interviews like this should be a walk in the park. 来源：考试大

An interviewer may also throw in some doubt-resolving questions: "Why did you leave your last job? ", "Are you always this late? ", "Where it says on your resume, "manufacturing mailbags for the government", where exactly was that? "Be aware of the weaknesses on your resume and prepare some nice flowery words to cover any career cracks and flatten the interviewers unfounded fears.来源：考试大

Increasingly popular are behavioral interviews, an approach which consultants claim is used by a quarter of interviewers. You may be asked to describe an incident in which you had to use your initiative under pressure, deal with a difficult worker or work as part of a small team. The idea is that your past behavior will predict your future actions in similar situations and the questions the interviewers ask will highlight skills they believe are important to the job. 来源：考试大

To handle questions like these, think about your work experiences, and retell them in STAR order: Situation/Task, Action and Result. Identify the situation or task you were dealing with, explain the action you took and describe the results. Preparation is the best way to beat behavioral interviews. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com