

如何应对面试压力 (4) 实用英语考试 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/560/2021\\_2022\\_\\_E5\\_A6\\_82\\_E4\\_BD\\_95\\_E5\\_BA\\_94\\_E5\\_c96\\_560091.htm](https://www.100test.com/kao_ti2020/560/2021_2022__E5_A6_82_E4_BD_95_E5_BA_94_E5_c96_560091.htm) To many job seekers, "stress" is synonymous with "job interview." 对许多求职者来说，“压力”就是“面试”的代名词。 Job seekers stress over landing an interview. Then they stress over preparing for it. And then they stress over what to wear, what to say, if the interviewer will like them and more. 求职者在为获得面试机会而努力时有压力。在准备面试时也有压力。然后他们为该穿什么、该说什么，面试官是否会喜欢他们，以及其他许多方面而倍感沉重。 But the worst stress of all often occurs during the interview. This is the stress that can cause you to blow it. It can make you freeze, panic, chatter aimlessly, lose your train of thought or perspire profusely. 但是最糟糕的压力出现在面试过程中。这会导致你面试失败。它使你全身冰凉、惊恐、乱说一气、思维混乱、冷汗不断。 So how can job seekers keep cool when it counts? Relax. A few simple techniques can help calm frayed nerves and sooth interview jitters. 那要怎样才能重要的面试中保持风度呢？别紧张，一些简单的技巧能让你放松紧绷的神经，缓解对面试的高度紧张。 Pause, Don ' t Panic 停下来，不要慌张 In every interview, there comes a moment that doesn ' t go according to plan. There ' s an awkward silence. You stumble over your words. You flub a tough question. 每次面试中都会有没有预料到的时刻。沉默令人尴尬。你语无伦次，对疑难问题束手无策。 Don ' t panic. Now ' s the time to put your relaxation skills into overdrive. 不要慌张。

此刻正是你的放松技巧“一展身手”的时刻。It's much easier to control fear and panic as it starts to build than to calm yourself down once they've begun to spiral out of control. 在恐惧和慌张刚出现苗头的时候就控制住要比在它们愈演愈烈而失去控制后再让自己冷静下来要容易得多。When you feel yourself starting to panic and lose focus, pause. Tell yourself silently that you can do this. Take a deep breath. Refocus. And then resume interviewing. 当你发现自己开始惊慌、注意力不集中时，先暂停一下。默默地告诉自己你能成功。深呼吸。重新把注意力集中起来。然后继续面试。A quick ten-second pause can be all you need to regain your composure and get back in control. And the interviewer likely won't even notice. 一次十秒钟的短暂停歇就足以让你重新获得镇定和对局面的控制。而面试官甚至察觉不到。(the end) 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](http://www.100test.com)