

如何应对面试压力 (2) 实用英语考试 PDF转换可能丢失图片或格式，建议阅读原文

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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。 Picture This 想象自己成功 You can make your dream a reality. Use your imagination to stay calm during a job interview. 你能让梦想成为现实用想象帮你在面试中保持镇定。

Visualization is a relaxation technique in which you create a mental image of a stressful or challenging situation. Then you imagine yourself succeeding in the situation. By doing so, you 're mentally

preparing to handle the event in real life. “视觉化”，是一种当你处在巨大的压力或极具挑战性的环境中的放松技巧，即在心里描绘一幅场景。在这个情景中，你想象你自己是成功的。这样做可以帮你为在现实中处理事情做好心理准备。 You can practice visualization in the days, hours or even minutes before an interview. Simply close your eyes and breathe deeply. Picture yourself greeting the interviewer confidently and answering tough questions with ease. 你可以在面试前几天、前几个小时甚至前几分钟之前练习“视觉化”。只要闭上眼睛然后深呼吸就行了。想象自己自信地和面试官打招呼然后轻松自如地回答困难的问题。 Practice succeeding in your imagination, and soon you 'll be doing it in reality. 先练习在想象中面试成功，很快这便能“梦想成真”。 (to be continued) 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)