

如何应对面试压力 (3) 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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"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。Relax 放松 A relaxed job candidate is a confident job candidate. 心态放松的应试者是自信的。Show the interviewer that you 're calm, composed and in command during an interview. He 's likely to assume that you 'll be rock-solid on the job too. 在面试中，向面试官展现你的沉着镇定，你对事情的控制处理能力。他会认为在工作中你也将稳如磐石。Use these tips to

stay relaxed during an interview: 下面的方法让你在面试中保持轻松：

- \* Breathing deeply and slowly (and quietly, of course). 慢慢地做深呼吸（当然是安静地）。
- \* Sit up straight and don't cross your legs or arms. 坐直、不要跷二郎腿或抱臂。
- \* Speak slowly and pause for breath often. 慢慢地说，时不时让自己喘口气。
- \* Keep your hands and jaw relaxed. no clenching. 放松双手、下巴；不要紧绷。
- \* Smile -- it really is contagious! 微笑这非常有感染力！

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