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https://www.100test.com/kao_ti2020/579/2021_2022__E5_B0_B1_E4_B8_9A_EF_BC_9A_E6_c96_579141.htm It ' s no secret that some of the biggest industries in the U.S. have fallen on hard times. From the auto industry to the financial sector (and several others in between) , fortunes have shifted for a lot of workers, who are left wondering if they ' ll still have a job in the next six months。 在美国，一些支柱型产业已经跌落到了艰难时代，这不是什么秘密了。对于从汽车行业到金融(还有二者中间的一些其他的行业)中很多人来讲，好运气已经用完了，他们不知道在未来的六个月内还能不能再得到一份工作。 If the industry in which you work is experiencing a downturn, Lauren Milligan, founder of ResuMAYDAY, says, "Don ' t panic! Panic really only works well in action movies." Instead, consider these four options。 如果你所在的行业正在经历这种下滑，ResuMAYDAY的创办者劳伦米丽根说，“别惊慌！惊慌只有在动作片中才有用。”取而代之的是，你要注意下面这四个方面：1. Narrow Your Focus。 1。集中精力 If a lot of major employers in the same market let go of thousands of employees, the companies that are still hiring will be seeing a significant increase in applications. Milligan advises job seekers to avoid trying to be all things to all employers: "People want to tell employers, ' I can do this and this and this and this! ' But that ' s too big of a message for your resume. You should narrow your view significantly." 如果一个行业的很多大雇主都解雇了上千员工，那么那些仍然在招聘的公司一定会在申请中寻找一

个最有增长实力的。米丽根建议求职者不要试图成为雇主的万金油：“人们希望告诉雇主说‘我能做这个，还有这个这个和这个！’但这对于你的简历来说信息量太大了，你应该集中火力。” She recommends focusing on one or two niche areas or skills that you 're particularly effective at and that will boost an employer 's bottom line。她建议把精力集中在你特别擅长的一两个方面，这将提升雇主的底线。

2. Let Your Network Be Your Net.

2. 让关系成为你的网络。

When you 're looking for work or fear for your job, you must reach out to your network. Milligan notes, "There are people who are very self-conscious about asking their networks for help in tough times, but most people don 't mind lending a hand. If you 're uncomfortable with reaching out, get over it! If you don 't ask for help, you 'll never receive it!" 当你在找工作或者为工作担忧的时候，你必须求助于你的关系网。米丽根说道，“很多人在困难时期会羞于向他们的关系网求助，但是大部分人并不介意伸出援手。如果你觉得求助很不舒服，克服这种情绪！如果你不开口求助，你就永远得不到帮助！” She points out, "Between Facebook and Twitter, it 's never been easier to stay in touch with people -- and staying top of mind is what will help you get your next job!" You can use blogging, microblogging, and even your status on Facebook to tactfully keep your search on people 's radars. "Something simple, such as, ' Sandra is seeking an employer who values highly certified HR professionals, ' can raise awareness." 她指出，“有了Facebook和Twitter，和人保持联系再简单不过了指导思想就是能帮助你找到下一份工作。” 你可以用博客、微博客，甚

至是你在Facebook上的身份都能把你寻求的东西精确定位在人们的雷达上。“一些简单的事情就能提升人们的注意力，比如‘桑德拉在寻找一位重视HR职业资格的雇主。’” 3. Find out If You Need to Further Your Education. 3. 想好你是否需要进修 You may assume that you 'll need to go back to school to switch industries -- but that isn ' t always true. Milligan says, "Talk to people directly in that industry. Tell them, ' Here ' s what I know. Am I qualified for a position? Do I need more training? ' I ' m not convinced that everyone needs to earn another certification," states Milligan。你可能会假定你需要回到学校学习来转行但这不总是对的。米丽根说，“直接和那个行业的人们聊聊。告诉他们说，‘这是我现在会的东西，我够格得到这个职位吗？我还需要接受培训吗？’我不确定每个人都需要多拿一个证书。” Job shadowing can be a great way to try on a career before committing to more schooling. She advises, "You don ' t want to sign up for a \$10,000 vet tech course only to find out later that you faint at the sight of puppy blood!" If you have difficulty finding an employer who ' ll let you job shadow, she recommends seeking help through your local chamber of commerce。在接受更多的培训之前做做观察员是一个很好的方法。她建议说，“你也不想报名上了一万美金的兽医课，结果只发现你晕血！”如果你找不到一个能让你做观察的雇主，她推荐你通过当地的商会寻求帮助。 4. Start Diversifying Now. 4. 现在就尝试各种东西 If you ' re worried about being pigeonholed in a particular industry -- today or tomorrow -- start volunteering in different industries. Hospitals continually seek volunteers as do

almost all non-profit organizations. Milligan notes, "Your local chamber of commerce can help you make a solid introduction." 如果你担心自己被限制在某个特定的行业的话今天或者明天尝试在不同的行业做做志愿者吧。医院会一直招募志愿者，还有所有的公益组织。米丽根说，“你所在地的商会能帮助你做一份可靠的介绍。” Having hands-on experience in a variety of industries will help build a stronger resume and make your transferable skills that much more obvious to a hiring manager. She adds, "If you 're an accountant who 's been downsized, look for the same job in a different industry. You 'll be exposed to new software systems, new client-vendor relationships, and new contacts." The more diverse your experience, the less vulnerable you are to an industry downturn。 在各种行业都有实际经验将帮助你打造一份强大的简历，让你可转化的能力更容易被招聘者看到。她补充说，“如果你是一个被精简的会计，你可以在其他行业寻找同样的工作。你能得到新的软件系统、新的雇佣关系和新合同。” 你的经验越丰富，你在行业下滑中受到的冲击就越小。 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