

毕业生快乐转型职场人：5招让你笑傲职场 PDF转换可能丢失  
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[https://www.100test.com/kao\\_ti2020/646/2021\\_2022\\_\\_E6\\_AF\\_95\\_E4\\_B8\\_9A\\_E7\\_94\\_9F\\_E5\\_c96\\_646816.htm](https://www.100test.com/kao_ti2020/646/2021_2022__E6_AF_95_E4_B8_9A_E7_94_9F_E5_c96_646816.htm) 毕业生转型职场人并不容易，如何在生活的重要转折期保持乐观心态，笑傲职场？保持和周围人的联系，勇敢地迈向职场，专注于摆在你面前的光明未来，这才是一个新新职场人的姿态！ The shift from college to real life can be a tough one, but if you ' re able to maintain a positive outlook, it can also be a fun, exciting time. Hoping to amp up your optimism and get ahead? You ' ll thrive during the postgrad transition by following these mood-boosting tips: 从校园生活到现实生活的转变过程可能会非常艰难，但是如果你能保持乐观的心态，这段时间也可以是充满乐趣、令人兴奋的。想要提升你的乐观情绪并取得进步吗？遵循以下这些能让你保持乐观情绪的建议，你将会在从校园到职场的转型期里茁壮成长。 Connect With Fellow Grads 和大学同学保持联系 After four years of roommates, cafeterias, and constant companions, the postgrad life can feel like an awfully lonely road. Feeling a little lost? Look for someone who truly understands what you ' re going through and reach out to friends who can offer an empathetic ear. 和大学的好伙伴们同吃同住同行度过了四年，毕业后的生活确实让人感觉十分寂寞。是否有些失落呢？找一个能真正理解你内心煎熬的朋友，也可以向那些和你有同感的朋友倾诉。 Build a Professional Network 建立一个职业网络 Finding a job can definitely be stressful, so make the task easier on yourself by establishing a strong network of young professionals. The

more people you know, the more likely you are to have a valuable, job-securing connection. Begin by reaching out via LinkedIn or Facebook, then send an email to friends and parents who may be able to help. Every little effort will make you feel productive and just a bit more self-assured. 找工作无疑会让你压力巨大，建立一个年轻专业人员的强大网络会让你的求职变得容易些。你认识的人越多，你就越有可能获得一种有价值的关系，这将有助于你找到工作。刚开始可以在商务化人际关系网（LinkedIn）或社交网络（Facebook）上寻找联系人，之后可以给可能会帮助你的朋友和父母发电子邮件。每一点努力都会让你感到成就感，也会让你多一份自信。

Learn From the Experts 向专家学习

Feeling defeated and uninspired? Do a bit of research to find local lectures related to your field. Attend panels, join job-related groups, and read as much as possible about the industry you hope to join. Taking a few (or several) steps in the right direction will reinvigorate your professional passions and kick-start your enthusiasm. 有挫败感，毫无创意？搜索一下，寻找当地和你的工作领域相关的讲座。出席专题讨论会，加入和工作相关的团体，并且尽可能多地阅读你渴望加入的产业相关的书籍。朝着正确的方向迈进几步会让你重燃职业激情，并且让你的热情迸发。

Remember to Look Forward 记住要向前看

It's only natural to get nostalgic every once in a while, but don't let yourself long for the glory days too often. Instead, map out your dream life. Decide where you want to be in five, 10, 15 years, then create an inspiration board to keep your eyes on the prize. 偶尔怀旧一下还算正常，但不要让自己总是沉湎于过去的光辉岁月。

相反你应该筹划一下梦想的生活。决定未来的5年、10年、15年你想要成为什么样的人，然后制作一块鼓舞人心的标牌，一直盯着你可能收获的那些回报。 Take Steps Toward Your Goal 朝着目标步步为营 It ' s easy to say what you want, but real happiness comes from acting on that desire. Fantasize about your future as an event planner? Throw parties to showcase your talent, start a blog to build a following, and reach out to experts to find a mentor you respect. Gaining credibility is sure to strengthen your confidence, so you ' ll be back on the optimistic path in no time. 说出自己想要什么很容易，但真正的幸福来自于为这种渴望付出的行动。像一名规划师那样幻想你的未来吗？举办聚会来展现你的才能，开通博客来吸引一群粉丝，多和专家接触来寻找你尊敬的良师益友。收获信誉度毫无疑问会增强你的自信心，这样你很快就会回归乐观的轨道。 The bottom line: Transitions aren ' t easy, so it ' s important to cut yourself some slack as you move through the gray area. Tuck away the scrapbooks for another time, and for now, just remember to stay connected, put yourself out there, and focus on the bright future that lies ahead of you. 结束语：从毕业生到职场人的转型并不容易，所以当你穿过这片灰色地带时，克服自身的懒散非常重要。把相册先收起来留着以后用，现在只要记住，保持和周围人的联系，勇敢地迈向职场，专注于摆在你面前的光明未来。 更多推荐：  
#0000ff>参加求职面试？交出Facebook密码先 #0000ff>想成功的你，会给自己设定目标吗？ #0000ff>面试中十大肢体语言错误：别让细节毁了面试 #0000ff>六种同事让人极度厌烦（双语） #0000ff>拒绝是个技术活：教你怎样礼貌对别人说

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