# 毕业生英语面试自我介绍and面试时自己我介绍技巧

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*第一篇：毕业生英语面试自我介绍and面试时自己我介绍技巧面试时自己我介绍技巧张小姐和杨小姐都是刚毕业的学生，学的都是英语专业，学习成绩都很突出，二人同时应聘一家独资公司的高级秘书职位。人事经理看了简历以后，难以取舍。于是通知两人面试，考官...*

**第一篇：毕业生英语面试自我介绍and面试时自己我介绍技巧**

面试时自己我介绍技巧

张小姐和杨小姐都是刚毕业的学生，学的都是英语专业，学习成绩都很突出，二人同时应聘一家独资公司的高级秘书职位。人事经理看了简历以后，难以取舍。于是通知两人面试，考官让她们分别做一个自我介绍。

张小姐说：“我今年22岁，刚从某大学毕业，所学专业是英语。浙江人。父母均是高级工程师。我爱好音乐和旅游。我性格开朗，做事一丝不苟。很希望到贵公司工作。”

杨小姐介绍说：“关于我的情况简历上都介绍得比较详细了。在这我强调两点：我的英语口语不错，曾利用假期在旅行社做过导游，带过欧美团。再者，我的文笔较好，曾在报刊上发表过6篇文章。如果您有兴趣可以过目。”最后，人事经理录用了杨小姐。

当应聘到外企或其他用人单位时，求职者往往最先被问及的问题就是“请先介绍介绍你自己”。这个问题看似简单，但求职者一定要慎重对待，它是你突出优势和特长，展现综合素质的好机会。回答得好，会给人留下良好的第一印象。回答这类问题，要掌握几点原则：

——开门见山，简明扼要，一般最好不要超过三分钟。——实事求是，不可吹得天花乱坠。

——突出长处，但也不隐瞒短处。

——所突出的长处要与申请的职位有关。

——善于用具体生动的实例来证明自已，说明问题，不要泛泛而谈。——说完之后，要问考官还想知道关于自己的什么事情。

为了表达更流畅，面试前应做些准备。而且由于主考喜好不同，要求自我介绍的时间不等。所以最明智的做法应是准备一分钟、三分钟、五分钟的介绍稿，以便面试时随时调整。

一分钟的介绍以基本情况为主，包括姓名、学历、专业、家庭状况等，注意表述清晰；三分钟的介绍除了基本情况之外，还可加上工作动机、主要优点缺点等；五分钟介绍，还可以谈谈自己的人生观，说些生活趣事，举例说明自己的优点等。

应届毕业生英语面试自我介绍

开场：Ok, I am very glad to have such a wonderful chance to apply for the post of CSP in TXX company.Now I am going to get straight to the topic.基本信息：My name is…I am from…and will graduate…in this july.素质：

工科背景，学习能力：

After nearly 4 years hard study.On one

hand….About…About…About…All these results had proved my preferable learning ability.In addition as an Engineering major student, I hold a good analysis and summarizing ability.I believe if I have the honor to join TNT company I could adapt to the new environment asap and learn the working procedure/job duty quickly.服务意识：

One the other hand, I am also very interesting on some other….such as…I had pay …These commercial related course provide me a sense of value created and service spirit.社团活动：

Besides, I am also very passionate in taking part in all kind of activities on and out of campus.Country side visiting activity, law competition activity, blood donation

activity, curriculum kə\'rikjuləm experiments and so on.Different activities bring me different rewards, especially in the GD 7th collegiate games which was held in DGUT in 2024, I was serve as …..Trained my commitment spirit and team corporation spirit.And I believe all these qualities are required in all industries.交际沟通能力

Except what I mentioned on my resume, here I’d like to emphasize my strength on interpersonal communication and interaction.On the campus I could get along very well with my classmates and roommate,and I am the commissary in charge of study in my class.Is the bridge between the teacher and the student.If ….announcement…if any suggestion on the teaching …..when I serve as the ….When

I …introduce….communicate to understand….persuate….ultimately.个性：

My greatest characteristic is …also I am a hard working and competitive guy.To be the best means a lot to me.Base on the above qualities, I have the confidence to

**第二篇：[面试英语]\_面试时如何自我介绍**

面试时，我们会面对形形色色的问题，而最令人哑口无言的，往往是一些最简单和最常见的题目，比如“请你自我介绍一下”。大多数应征者的反应是--我应该如何作答呢？其实要懂得应对此问题，就要先做好准备

You\'ll have a better chance of impressing the interviewer if you think about this question before the interview.The first thing to realize is that the question, “Tell me about yourself,” provides you with a great chance to promote your strong points.This is particularly important when applying for a job that is different from what you have done in the past.You need to show the interviewer that your previous jobs provide you with skills that can be used in the new job.WHAT TO TALK ABOUT 如何介绍？

你可以选择三个重点来介绍自己，但避免重复履历中曾提及的资料。

Around this skeleton should be the meat of your answer;your less obvious, but important skills.Here are some of the skills that you might want to mention.你可以介绍自己是：

Problem solver 解决问题能手

Creative thinker 充满创意

Accurate 小心谨慎

People person 与人相处融洽

Team player 合群

Organized 组织力高

This doesn\'t mean that you just say, “I\'m a great problem solver.” Instead, explain how you used your problem-solving skills at your previous job.事例比自我夸耀更能说明问题。

自我介绍的时间不要过长，最好是一至三分钟。最初你可能会觉得时间太长，但当你真正要介绍自己三项特质时，你就会发现时间不够用了。

WHAT TO SAY 应说什么？

What you actually say, in terms of the words you use, is something that you have to decide.You need to create an answer that sounds natural and, at the same time, interesting.背答案估计没有人愿意听。The way to determine whether your answer is natural is simply by writing a first draft of the answer and then read it out loud.When you do this, you\'ll probably spot things that you have to change.当你构思答案时，你要想想应该如何说出，内容要令人感兴趣，不沉闷，避免滔滔不绝地只说自己的强项。

Here are some final things to think about when answering the question “Tell me about yourself.”

Mention major awards or accomplishments that relate to your career;

阐述工作上的重要成就或奖项

Promote your strengths, but do not mention any of your weaknesses;

推销自己的长处，但不要提及自己的弱点

Try to be funny if you can, but don\'t force it;

可以的话，尽量说得幽默有趣

Summarize your career and education, but don\'t recite a list;

概括说出你的工作经验和学历，但切勿背诵

Don\'t start with your date of birth;

不用提及你的出生日期

Avoid information that is not career-related.The fact that you own a dog won\'t get you a job避免说一些与职业无关的事，例如：你有一只狗，这并不能为你争取到工作

Always answer this question

经常思考和解答这条问题

Try to sound natural

对答要自然

Relax and enjoy yourself!

放松心情，尽力而为。祝你面试成功！

自我介绍－面试问题现在－将来－过去包括工作模式、优点、技能，突出成就、专业知识、学术背景等。但有一点必须紧记：话题所到之处，必须突出自己对该公司做出的贡献，如增加营业额、减低成本、发掘新市场等。

1、我们为什么要聘用你――测试你的沉静与自信 我能做好我要做的事情，我相信自己，我想得到这份工作。

2、为什么你想到这里来工作――这是所有应征者必先遇到的问题，以积极、正面的答案回答，除说明公司的待遇、福利等条件吸引人之外，可进一步说明此工作可活用自己的专长。

3、这个职位最吸引你的是什么――回答应使考官确认你具备他要求的素质。

（这是一个表现你对这个公司、这份工作看法的机会。）

5、谁曾经给你最大的影响

选一个名字即可，最好是你过去的老师等，再简短准备几句说明为什么。

7、你将在这家公司呆多久

回答这样的问题，你该持有一种明确的态度，即：能待多久待多久，尽可能长，“我在这里继续学习和完善自己。

8、什么是你最大的成就

准备一两个成功的小故事。

9、你能提供一些参考证明吗

你该准备好一些相关的整洁的打印件，并有现在的电话和地址。

10、从现在开始算，未来的五年，你想自己成为什么样子？或者：告诉我，你事业的目标 回答一定要得体，根据你的能力和经历。

11、你有和这份工作相关的训练或品质吗

说明要短，举两三个最重要的品质，要有事实依据。

12、导致你成功的因素是什么

回答要短，让考官自己去探究，比如只一句话：“我喜欢挑战性工作。

13、你最低的薪金要求是多少

因为你和你的考官出于不同考虑都十分关心它。）聪明的做法是：不做正面回答。强调你最感兴趣的是这个机遇和挑战并存的工作，避免讨论经济上的报酬，直到你被雇用为止。

14、你还有什么问题吗

你必须回答“当然。你要准备通过你的发问，了解更多关于这家公司、这次面试、这份工作的信息。

这里有一些供你选择的问题：

2、这家公司（这个部门）最大的挑战是什么？

3、公司的长远目标和战略计划您能否用一两句话简要为我介绍一下？

4、您考虑这个职位上供职的人应有什么素质？

5、决定雇用的时间大致期限要多久？

6、关于我的资格与能力问题，您还有什么要问的吗？

7．公司对于录用的大学毕业生有何培训计划，是否重视他们的职业发展规划？

面试自我介绍范文

一段短短的自我介绍，其实是为了揭开更深入的面谈而设计的。

一、两分钟的自我介绍，犹如商品广告，在有限的时间内，针对客户的需要，将自己最美好的一面，毫无保留地表现出来，不但要令对方留下深刻的印像，还要即时引发起购买欲。

1、自我认识

想一矢中的，首先必须认清自我，一定要弄清以下三个问题。你现在是干什么的？你将来要干什么？你过去是干什么的？

这三个问题不是按时间顺序从过去到现在再到将来，而是从现在到将来再到过去。其奥妙在于：如果你被雇用，雇主选中的是现在的你，他希望利用的是将来的你，而这将来又基于你的历史和现状。

所以，第一个问题，你是干什么的？现在是干什么的？回答这个问题，要点是：你是你自己，不是别的什么人。除非你把自己与别人区别开来，在共同点的基础上更强调不同点，否则你绝无可能在众多的应征求职者中夺魁。对于这第一个问题，自我反省越深，自我鉴定就越成功。

随后，着手回答第二个问题：你将来要干什么？如果你申请的是一份举足轻重的工作，雇主肯定很关注你对未来的自我设计。你的回答要具体，合理，并符合你现在的身份，要有一个更别致的风格。

然后，再着手回答最后一个问题：你过去是干什么的？你的过去当然都在履历上已有反映。你在面试中再度回答这个问题时，不可忽略之处是：不要抖落一个与你的将来毫不相干的过去。如果你中途彻底改行，更要在描述你的执着、职业目标的一贯性上下些功夫。要做到这一点，又要忠实于事实和本人，最简单的方法是：找到过去与将来的联系点，收集过去的资料，再按目标主次排列。

用这样的方法，以现在为出发点，以将来为目标，以过去为证实，最重要的是加深了你的自我分析和理解。其实，在面试的时候不一定有机会或者有必要照搬你的大作，但这三个问题的内在联系点一定会体现在自我表述的整体感觉中，使你的形象栩栩如生。

2、投其所好

清楚自己的强项后，便可以开始准备自我介绍的内容：包括工作模式、优点、技能，突出成就、专业知识、学术背景等。

好处众多，但只有短短一分钟，所以一切还是与该公司有关的好。如果是一间电脑软件公司，应说些电脑软件的话题；如是一间金融财务公司，便可跟他说钱的事，总之投其所好。但有一点必须紧记：话题所到之处，必须突出自己对该公司可以作出的贡献，如增加营业额、减低成本、发掘新市场等。

3、铺排次序

内容的次序亦极重要，是否能抓住听众的注意力，全在于事件的编排方式。所以排在头位的，应是你最想他记得的事情。而这些事情，一般都是你最得意之作。与此同时，可呈上一些有关的作品或纪录增加印像分。

面试自我介绍范文

中文面试自我介绍材料

尊敬的各位考官、各位评委老师： 通过考试，今天，我以本岗位笔试第一的成绩进入了面试。对我来说，这次机会显得尤为珍贵。

我叫\*\*\*，今年27岁。1997年7月我从\*\*师范学校艺师美术专业计划内自费毕业。由于从97年起国家不再对自费生包分配，使我与“太阳底下最光辉的职业”失之交臂。幸好，当时河西马厂完小师资不足，经人介绍，我在该完小担任了一年的临时代课教师。回想起那段时光真是既甜蜜又美好，虽然代课工资很低，但听着同学们围在身旁“老师”、“老师”的叫个不停，看着那一双双充满信任的眼睛，那一张张稚气的小脸，生活中的所有不快都顿时烟消云散了。我原想，即使不能转正，只要学校需要，就是当一辈子代课教师我也心甘情愿。不料，1998年起国家开始清退临时工和代课教师，接到了学校的口头通知后，我怀着恋恋不舍的心情，悄悄地离开了学校。

今天，我想通过此次考试重新走上讲坛的愿望是那样迫切！我家共有三姊妹，两个姐姐在外打工，为了照顾已上了年纪的父母，我一直留在他们身边。我曾开过铺子，先是经营工艺品，后又经营服装。但不论生意做得如何得心应手，当一名光荣的人民教师始终是我心向往之并愿倾尽毕生心血去追求的事业。我曾多次参加考试，但都由于各种原因而未能实现梦想，但我暗下决心，只要有机会，我就一直考下去，直到理想实现为止。

如今的我，历经生活的考验，比起我的竞争对手在年龄上我已不再有优势，但是我比他们更多了一份对孩子的爱心、耐心和责任心，更多了一份成熟和自信。教师这个职业是神圣而伟大的，他要求教师不仅要有丰富的知识，还要有高尚的情操。因此，在读师范时，我就十分注重自身的全面发展，广泛地培养自己的兴趣爱好，并学有专长，做到除擅长绘画和书法外，还能会唱、会说、会讲。“学高仅能为师，身正方能为范”，在注重知识学习的同时我还注意培养自己高尚的道德情操，自觉遵纪守法，遵守社会公德，没有不良嗜好和行为。我想这些都是一名教育工作者应该具备的最起码的素养。

假如，我通过了面试，成为众多教师队伍中的成员，我将不断努力学习，努力工作，为家乡的教育事业贡献自己的力量，决不辜负“人类灵魂的工程师”这个光荣的称号。

强人的自我介绍（中英对白，强推~~！！）

A position with your company would be both a learning experience and a great opportunity.I look forward to becoming part of the Action team.Thank you.如果能够进入贵公司工作，对我来说将是个大好机会，又可以好好继续学习。我希望能成为Action电器公司的一员，谢谢。?

1、自我介绍（中英文版）

任何单位都必问的第一个问题。看似简单，却是最重要的问题，因为他是面试官了解你的窗口，通过这个窗口而对你产生第一印象。正所谓好的开始，是成功的一半，如果你的自我介绍给他留下了深刻的印象，那接下来的面试会更加的朝着你预期的好的方向发展；而如果你的自我介绍很平庸，让人看不到亮点，那么你基本上已经失败了，因为面试官不可能主动去发现你的亮点。尽管自我介绍每个人都会准备，但是好坏却有质的差别。

首先要明确，你应该向面试官介绍些什么。个人认为，应该把自己简历中的亮点和闪光点有层次、有条理的介绍给面试官，让他在第一时间对你发生兴趣，引导他去看你简历的对应部分，对你进一步发问。切记：1）要简明扼要、有条理的介绍自己的经历，不要说的过于详细；2）对于应聘这份工作没用的信息，不要介绍，例如：对家乡的介绍，以及个人爱好的介绍。

然后把自己抽取出来的亮点记录下来，用最有逻辑的方式表达出来，一般可以分几个方面来介绍，如“学习方面”，“学生工作方面”，“社会实践方面”，“学术比赛方面”。最后，最好加上对自己性格特点的总结，以及自己的职业生涯规划。下面是我实际使用的自我介绍，因为我没有拿过正规的奖学金，所以，我把自己的奖学金经历隐藏在了下面的三个方面。大家好，我叫xx，中山大学工商管理本科，09年7月份毕业。我想从三个方面介绍自己：

1）学生工作方面。在学院担任ＸＸ，班级担任ＸＸＸ，学校担任XXXX，负责了学校学院和班级的多项活动。凭借着优异的工作，我获得了XXXX学生干部奖学金。

2）学术竞赛方面。参加挑战杯获得XXX，花旗论坛获得ＸＸＸ等。

3）社会实践方面。我曾经在XXX公司实习，而实习的经历让我明白了公司对人才的要求，也让我自己不断提高自我要求。

接下来就是靠对公司的认识，结合自己的某些事例，拉近自己和公司的距离。最后一句一般都是，相信通过自己在贵公司的学习，一定可以成为XXXX！

怎么样让自我介绍在最开始的时候吸引面试官的注意和兴趣？个人觉得有二：一，新颖的自我介绍方式；在面试中国银行的时候，我的自我介绍是通过三个英文字母展开的，BOC（中行的英文简称），分别代表balance、opportunity、collaboration，然后把自己的经历融合进去。面试新华信正略钧策咨询（今天还通知我去final，唉）的时候，我采用了正略钧策的核心竞争力模型—RISE来介绍，分别代表responsibility，strength，integrity，enforcement。面试中行自我介绍后，就有一位面试官对我微笑了。二，和公司套近乎；任何个人都会有虚荣心，代表公司的面试官也是，而虚荣心的体现就是，当你在自我介绍的过程中，说出一些值得公司骄傲的事情，或者你和公司的一些渊源的时候，面试官肯定感兴趣。尤其是讲的故事把自己包括在内，面试官的注意力会高度集中。得到了面试官的注意，接下来的事情就容易多了。

准备英文自我介绍

英文自我介绍非常关键，很多公司会要求你用英文作自我介绍，这个必须要提前准备，否则面试时临场发挥肯定是不行的。具体的方法可以把中文自我介绍翻译成英文，再根据英文的习惯作一些改动。最后，把整体思路理清楚，脱稿背几遍。注意：不要一字不差的背下来，只要把大体内容记下来即可。以下是我的英文自我介绍：

My name is xx, a postgraduate student from Tianjin University, and will get my master degree in March 2024.I\'d like to summarize myself from 3 aspects:

First, I\'m an excellent learner.In my sophomore year, I passed the entrance examination to the Excellent Student Program in Tianjin University and was recommended as the postgraduate student with special courses, and then I joined the IBM Center in Tianjin University.After finishing my undergraduate courses, my GPA was 3.8 out of 4.5.Second, I\'m an excellent problem-solver.During the last 4 years, I have finished 5 projects, including the Hydraulic Engineering Project Management System, and so on.And I took part in the Mathematical Contest in Modeling in 2024 and won the second prize in Tianjin region.Last, I\'m an excellent team player.I\'ve been serving as the monitor for 6 years and team leader for 2 years.And besides taking more responsibilities, I also placed great emphasis on teamwork, in order to meet the team\'s go l.

**第三篇：博士面试时英语自我介绍技巧**

博士面试时英语自我介绍技巧

一、第一句话（first word）见到考官的第一句话，很关键，不用说的很复杂。可以是一个简单句，但一定要铿锵有力。展示出自信和实力。千万不要来一句“sorry, my English is poor”.常见的开头有:1.Good morning!may I introduce myself..2.I am glad to be here for this interview.First let me introduce myself.I’m peter white, my NO is „(北大清华等学校参加面试的考生很多，可能对考生有一个编号，说一下自己的编号显得很职业，也很正式。)

二、作自我介绍——成长经历（making a self-introduction ——developing history）有很多学校要求做一个自我介绍，这一问题并非在请你大谈你的个人历史。考官是要在你的介绍中寻找有关你性格、资历、志向和生活动力的线索。来判断你是否适合读MBA。你可以先介绍一下成长的经历，出生地和毕业学校等内容。在这一部分要介绍的有些特色，让老师在听几十个人流水帐式的介绍中增加一点乐趣，就权且当作MBA人际关系管理的第一个挑战吧！

I come from \*\*\*\*\*\*,the capital of \*\*\*\*\*\*\*Province.I graduated from the \*\*\*\*\*\*\* department of \*\*\*\*\*University in July ,1997.（很简单的一句话，一定要发音准确！要把毕业学校的英文准确名字搞清楚了。）

你可以借光一下家乡的名人，可以用这句高水平的话，展示高超你高超的口语。You know, there is a saying that “The greatness of a man lends a glory to a place”.I think the city really deserves it.另外在介绍性格和爱好的时候，适合把家庭介绍结合在一起，可以说父母给了你哪些方面良好的影响。不要流水帐似的介绍家庭成员。可以这么说:

Just like my father, I am open-minded ,quick in thought and very fond of history.Frequently I exchange ideas with my family during super.In addition , during my college years, I was once the chairman of the Student Union.These work have urged me develop active and responsible characters.在这里给出描述个人品质常用词汇的中英文对照，可以参考。

able 有才干的，能干的adaptable 适应性强的active 主动的，活跃的aggressive 有进取心的ambitious 有雄心壮志的amiable 和蔼可亲的amicable 友好的analytical 善于分析的apprehensive 有理解力的aspiring 有志气的，有抱负的audacious 有冒险精神的capable 有能力的，有才能

careful 办理仔细的candid 正直的competent 能胜任的constructive 建设性的cooperative 有合作精神的creative 富创造力的dedicated 有奉献精神的dependable 可靠的diplomatic 老练的，有策

disciplined 守纪律的dutiful尽职的well-educated 受过良好教育的efficient 有效率的energetic 精力充沛的expressivity 善于表达

faithful 守信的，忠诚的frank 直率的，真诚的generous 宽宏大量的genteel 有教养的gentle 有礼貌的humorous 有幽默

impartial 公正的independent 有主见的industrious 勤奋的ingenious 有独创性的motivated 目的明确的intelligent 理解力强的learned 精通某门学问的logical 条理分明的methodical 有方法的modest 谦虚的objective 客观的precise 一丝不苟的punctual 严守时刻的elastic 实事求是的responsible 负责的sensible 明白事理的sporting 光明正大的steady 踏实的systematic有系统的purposeful 意志坚强的sweet-tempered性情温和的temperate 稳健的tireless 孜孜不倦的三、作自我介绍——职业发展（making a self-introduction ——career development）这是很关键的一部分，也是MBA考官会重点考察的一部分。要把工作经历和MBA的学习以及职业发展方向作为一个整体来谈，让老师感到你选择MBA是一个理性的选择而不是一时冲动，选择MBA是职业发展中的一个必然选择，而不是因为找不到工作。

你可以用这些句型:

1、In the past years, I’ve worked at IBM as a software engineer.In my work, I found communication and management is very important.I always believe that one will easily lag behind unless he keeps on learning.So I choose MBA!if I am given a chance to study MBA in this famous University, I will stare no effort to master a good command of communication and

management skill.（在过去的几年中，我作为一个软件工程师在IBM工作。在工作中，我发现交流和管理非常的重要。我一直认为一个人很容易落后，如果不持续学习的话，所以我选择了MBA！如果我有机会在这个著名的大学学习MBA，我会不遗余力的掌握沟通和管理的技能。）

附英文自我介绍一篇

ControlTheoryandControlEngineering

Good morning, my name is ———, You can call me ——（英文名）if you like.It is really a great honor to have this opportunity for a interview ,Iwould like to answer whatever you may raise, and I hope I can make a good performance today.I am —— years old, reside in ————.I am young, bright, energetic and confident.I feel that my strongest asset is my ability to stick to things to get them done.I feel a real sense of accomplishment when I finish a job and it turns out just as I’d planned.I have lots of

interest, such as singing,reading and cooking.I think I\'m a good team player and also I am able to work under greatpressure.That’s all.It is my great pleasure to have a chance to present myself to you.Thank you!

介绍自己

Good afternoon!Professors ：

I am honored to introduce myself.My name is \*\* 30 years old, born in \*\* city, \*\* province.In year 2024 and 2024, I received my Bachelor degree and Master degree in \*\*i University.I major in \*\*．

After my graduation, I got a job in \*\*.In the past three years, I was involved in several research projects, such as \*\*。Owning to my hard work, I was rewarded the Excellent Prize in the successive three years.However, with time going on, the more I experienced, the clearer I realized that I am really interested in the exchange process of \*\*.I find that the similar and complicated problems rise in my study subject, so I’m eager to cognize more about this field and I hope I can study further in this University ．

So I am standing here now.I am really excited.I believe what I am doing is a right thing.Thank you!

博士面试英文自我介绍

Morning, sir!My name is \*\*\*, it is really a great honor to have this opportunity for a interview, Iwould like to answer whatever you may raise, and i hope i can make a good performance today, eventually enroll in this prestigious university in september.now i will introduce myself briefly,i am \*\* years old,born in\*\*\*province ,northeast of china,and i am curruently a senior student at \*\*\* XX uni.my major is packaging engineering.and i will

receive my bachelor degree after my graduation in june.in the past 4 years,i spend most of

my time on study,i have passed CET4/6 with a ease.and i have acquired basic knowledge of packaging and publishing both in theory and in practice.besides, i have attendseveral packaging exhibition hold in Beijing, this is our advantage study here, i have taken a tour to some big factory and company.through these i have a deeply understanding of

domestic packaging industry.compared to developed countries such as us, unfortunately, although we have made extraordinary progress since 1978,our packaging industry are still underdeveloped, mess, unstable, the situation of employees in this field are awkard.but i have full confidence in a bright future if only our economy can keep the growth pace still.i guess you maybe interested in the reason itch to law, and what is my plan during graduate study life, i would like to tell you that pursue law is one of my lifelong goal,i like my major packaging and i won“t give up,if i can pursue my master degree here i will combine law with my former education.i will work hard in thesefields ,patent ,trademark, copyright, on the base of my years study in department of p&p, my character? i cannot describe it well, but i know i am optimistic and confident.sometimes i prefer to stay alone, reading, listening to music, but i am not lonely, i like to chat with my classmates, almost talk

everything ,my favorite pastime is valleyball,playing cards or surf online.through college life,i learn how to balance between study and entertainment.by the way, i was a actor of our amazing drama club.i had a few glorious memory on stage.that is my pride.为什么考

I am interested in \*\*.I find that the similar and complicated problems rise in my study subject, so I’meager to cognize more about this field and I hope I can study further in this University ．

介绍你的学习计划

Firstly, I hope I can form systematic view of \*\*.Secondly, I wish to find a way to solve the complicated problem in my study subject.如何毕业并发表论文

Firstly, I will work harder than before.I believe I am industrious man and “Time is money”.Secondly, my dissertation can rely on my study subject, they have similarity, so time can be saved.Finally, I will read enough English papers to finish my SCI paper.What is your greatest strength?（你最突出的优点是什么？）

这是很多面试考官喜欢问的一个问题，这是你”展示自己“的最佳机会，不要吹嘘自己或过于自负，但要让雇主知道你相信自己，你知道自己的优点。如可答：“我认为我最大的优点是能够执着地尽力把事情办好。当做完一件工作而其成果又正合我的预想时，我会有一种真正的成就感。我给

自己定了一些高目标。比如说，我要成为出色的毕业生。尽管在大学一年级时我启动慢了些，但最终我以优等论文完成了学业。”

I feel that my strongest asset is my ability to stick to things to get them done.I feel a real sense of accomplishment when I finish a job and it turns out just as I’d planned.I’ve set some high goals for myself.For example, I want to graduate with highest distinction.And even though I had a slow start in my freshman year, I made up for it by doing an honor’s thesis.What is your greatest weakness?（你最大的弱点是什么？）

你不应该说你没有任何弱点，以此来回避这个问题。每个人都有弱点，最佳策略是承认你的弱点，但同时表明你在予以改进，并有克服弱点的计划。可能的话，你可说出一项可能会给公司带来好处的弱点，如可说：“我是一个完美主义者。工作做得不漂亮，我是不会撒手的。”

I\'m such a perfectionist that I will not stop until a job is well done.How do you feel about your progress to date?”（对于你至今所取得的进步你是怎样看的？）

绝不要对你以前的所作所为表示内疚。如可答：“我认为我在学校表现不错。事实上，有好几门功课我的成绩居全班第一。在某公司实习时，我获得了该公司数年来给予其雇员的好几项最高评价。”

I think I did well in school.In fact, in a number of courses I received the highest exam scores in the class.As an intern for the X Company, I received some of the highest evaluations that had been given in years.General Introduction

I am a third year master major in automation at Shanghai Jiao Tong University, P.R.China.With tremendous interest in Industrial Engineering, I am writing to apply for acceptance into your Ph.D.graduate program.Education background

In 1995, I entered the Nanjing University of Science & Technology(NUST)--widely considered one of the China’s best engineering schools.During the following undergraduate study, my academic records kept distinguished among the whole department.I was granted First Class Prize every semester,In 1999, I got the privilege to enter the graduate program waived of the admission test.At the period of my graduate study, my overall GPA(3.77/4.0)ranked top 5% in the

department.In the second semester, I became teacher assistant that is given to talented and matured students only.This year, I won the Acer Scholarship as the one and only candidate in my department, which is the ultimate accolade for distinguished students endowed by my university.Presently, I am preparing my graduation thesis and trying for the honor of

Excellent Graduation Thesis.Research experience and academic activity

When a sophomore, I joined the Association of AI Enthusiast and began to narrow down my interest for my future research.With the tool of OpenGL and Matlab, I designed a simulation program for transportation scheduling system.It is now widely used by different research groups in NUST.I assumed and fulfilled a sewage analysis & dispose project for Nanjing sewage treatment plant.This was my first practice to convert a laboratory idea to a commercial product.In retrospect, I find myself standing on a solid basis in both theory and experience, which has prepared me for the Ph.D.program.My future research interests include: Network Scheduling Problem, Heuristic Algorithm research(especially in GA and Neural network), Supply chain network research, Hybrid system performance analysis with Petri nets and Data Mining.

**第四篇：博士面试时英语自我介绍技巧**

一、第一句话（first word）见到考官的第一句话，很关键，不用说的很复杂。可以是一个简单句，但一定要铿锵有力。展示出自信和实力。千万不要来一句“sorry, my English is poor”.常见的开头有:1.Good morning!may I introduce myself..2.I am glad to be here for this interview.First let me introduce myself.I’m peter white, my NO is „(北大清华等学校参加面试的考生很多，可能对考生有一个编号，说一下自己的编号显得很职业，也很正式。)

二、作自我介绍——成长经历（making a self-introduction ——developing history）有很多学校要求做一个自我介绍，这一问题并非在请你大谈你的个人历史。考官是要在你的介绍中寻找有关你性格、资历、志向和生活动力的线索。来判断你是否适合读MBA。你可以先介绍一下成长的经历，出生地和毕业学校等内容。在这一部分要介绍的有些特色，让老师在听几十个人流水帐式的介绍中增加一点乐趣，就权且当作MBA人际关系管理的第一个挑战吧！

I come from \*\*\*\*\*\*,the capital of \*\*\*\*\*\*\*Province.I graduated from the \*\*\*\*\*\*\* department of \*\*\*\*\*University in July ,1997.（很简单的一句话，一定要发音准确！要把毕业学校的英文准确名字搞清楚了。）

你可以借光一下家乡的名人，可以用这句高水平的话，展示高超你高超的口语。You know, there is a saying that “The greatness of a man lends a glory to a place”.I think the city really deserves it.另外在介绍性格和爱好的时候，适合把家庭介绍结合在一起，可以说父母给了你哪些方面良好的影响。不要流水帐似的介绍家庭成员。可以这么说: Just like my father, I am open-minded ,quick in thought and very fond of history.Frequently I exchange ideas with my family during super.In addition , during my college years, I was once the chairman of the Student Union.These work have urged me develop active and responsible characters.三、作自我介绍——职业发展（making a self-introduction ——career development）这是很关键的一部分，也是MBA考官会重点考察的一部分。要把工作经历和MBA的学习以及职业发展方向作为一个整体来谈，让老师感到你选择MBA是一个理性的选择而不是一时冲动，选择MBA是职业发展中的一个必然选择，而不是因为找不到工作。

你可以用这些句型:

1、In the past years, I’ve worked at IBM as a software engineer.In my work, I found communication and management is very important.I always believe that one will easily lag behind unless he keeps on learning.So I choose MBA!if I am given a chance to study MBA in this famous University, I will stare no effort to master a good command of communication and management skill.（在过去的几年中，我作为一个软件工程师在IBM工作。在工作中，我发现交流和管理非常的重要。我一直认为一个人很容易落后，如果不持续学习的话，所以我选择了MBA！如果我有机会在这个著名的大学学习MBA，我会不遗余力的掌握沟通和管理的技能。）附英文自我介绍一篇

Control Theory and Control Engineering

Good morning, my name is ———, You can call me ——（英文名）if you like.It is really a great honor to have this opportunity for a interview ,I would like to answer whatever you may raise, and I hope I can make a good performance today.I am —— years old, reside in ————.I am young, bright, energetic and confident.I feel that my strongest asset is my ability to stick to things to get them done.I feel a real sense of accomplishment when I finish a job and it turns out just as I’d planned.I have lots of interest, such as singing,reading and cooking.I think I\'m a good team player and also I am able to work under great pressure.1

That’s all.It is my great pleasure to have a chance to present myself to you.Thank you!

Good afternoon!Professors ：

I am honored to introduce myself.My name is zjz, 32years old.In the year 2024 and 2024, I received my Bachelor degree and Master degree in sdust.I major in mathematics.After my graduation, I got a job in Qingdao Technological University.In the past 3 years, I was involved in China Undergraduate Mathematical Contest in Modeling, and the teams I directed was rewarded the first Prize in Shandong Contest District both in this year and last year.However, with time going on, the more I experienced, the clearer I realized that I am lack of knowledge.I really interested in economics and management.I find that the similar and problems rise in my study subject, so I’m eager to cognize more about this field and I hope I can study further in BeiHang University.So I am standing here now.I am really excited.I believe what I am doing is a right thing.That’s all.Thank you for giving me the chance to present myself!

博士面试英文自我介绍

Morning, sir!My name is \*\*\*, it is really a great honor to have this opportunity for a interview, I would like to answer whatever you may raise, and i hope i can make a good performance today, eventually enroll in this prestigious university in september.now i will introduce myself briefly,i am \*\* years old,born in\*\*\*province ,northeast of china,and i am curruently a senior student at \*\*\* XX uni.my major is packaging engineering.and i will receive my bachelor degree after my graduation in june.in the past 4 years,i spend most of my time on study,i have passed CET4/6 with a ease.and i have acquired basic knowledge of packaging and publishing both in theory and in practice.besides, i have attendseveral packaging exhibition hold in Beijing, this is our advantage study here, i have taken a tour to some big factory and company.through these i have a deeply understanding of domestic packaging industry.compared to developed countries such as us, unfortunately, although we have made extraordinary progress since 1978,our packaging industry are still underdeveloped, mess, unstable, the situation of employees in this field are awkard.but i have full confidence in a bright future if only our economy can keep the growth pace still.i guess you maybe interested in the reason itch to law, and what is my plan during graduate study life, i would like to tell you that pursue law is one of my lifelong goal,i like my major packaging and i won“t give up,if i can pursue my master degree here i will combine law with my former education.i will work hard in thesefields ,patent ,trademark, copyright, on the base of my years study in department of p&p, my character? i cannot describe it well, but i know i am optimistic and confident.sometimes i prefer to stay alone, reading, listening to music, but i am not lonely, i like to chat with my classmates, almost talk everything ,my favorite pastime is valleyball,playing cards or surf online.through college life,i learn how to balance between study and entertainment.by the way, i was a actor of our amazing drama club.i had a few glorious memory on stage.that is my pride.为什么考

I am interested in \*\*.I find that the similar and complicated problems rise in my study subject, so I’m

eager to cognize more about this field and I hope I can study further in this University ．

介绍你的学习计划

Firstly, I hope I can form systematic view of \*\*.Secondly, I wish to find a way to solve the complicated problem in my study subject.如何毕业并发表论文

Firstly, I will work harder than before.I believe I am industrious man and “Time is money”.Secondly, my dissertation can rely on my study subject, they have similarity, so time can be saved.Finally, I will read enough English papers to finish my SCI paper.What is your greatest strength?（你最突出的优点是什么？）

这是很多面试考官喜欢问的一个问题，这是你”展示自己“的最佳机会，不要吹嘘自己或过于自负，但要让雇主知道你相信自己，你知道自己的优点。如可答：“我认为我最大的优点是能够执着地尽力把事情办好。当做完一件工作而其成果又正合我的预想时，我会有一种真正的成就感。我给自己定了一些高目标。比如说，我要成为出色的毕业生。尽管在大学一年级时我启动慢了些，但最终我以优等论文完成了学业。”

I feel that my strongest asset is my ability to stick to things to get them done.I feel a real sense of accomplishment when I finish a job and it turns out just as I’d planned.I’ve set some high goals for myself.For example, I want to graduate with highest distinction.And even though I had a slow start in my freshman year, I made up for it by doing an honor’s thesis.What is your greatest weakness?（你最大的弱点是什么？）

你不应该说你没有任何弱点，以此来回避这个问题。每个人都有弱点，最佳策略是承认你的弱点，但同时表明你在予以改进，并有克服弱点的计划。可能的话，你可说出一项可能会给公司带来好处的弱点，如可说：“我是一个完美主义者。工作做得不漂亮，我是不会撒手的。” I\'m such a perfectionist that I will not stop until a job is well done.How do you feel about your progress to date?”（对于你至今所取得的进步你是怎样看的？）

绝不要对你以前的所作所为表示内疚。如可答：“我认为我在学校表现不错。事实上，有好几门功课我的成绩居全班第一。在某公司实习时，我获得了该公司数年来给予其雇员的好几项最高评价。”

I think I did well in school.In fact, in a number of courses I received the highest exam scores in the class.As an intern for the X Company, I received some of the highest evaluations that had been given in years.3

General Introduction

I am a third year master major in automation at Shanghai Jiao Tong University, P.R.China.With tremendous interest in Industrial Engineering, I am writing to apply for acceptance into your Ph.D.graduate program.Education background

In 1995, I entered the Nanjing University of Science & Technology(NUST)--widely considered one of the China’s best engineering schools.During the following undergraduate study, my academic records kept distinguished among the whole department.I was granted First Class Prize every semester,In 1999, I got the privilege to enter the graduate program waived of the admission test.At the period of my graduate study, my overall GPA(3.77/4.0)ranked top 5% in the department.In the second semester, I became teacher assistant that is given to talented and matured students only.This year, I won the Acer Scholarship as the one and only candidate in my department, which is the ultimate accolade for distinguished students endowed by my university.Presently, I am preparing my graduation thesis and trying for the honor of

Excellent Graduation Thesis.Research experience and academic activity

When a sophomore, I joined the Association of AI Enthusiast and began to narrow down my interest for my future research.With the tool of OpenGL and Matlab, I designed a simulation program for transportation scheduling system.It is now widely used by different research groups in NUST.I assumed and fulfilled a sewage analysis & dispose project for Nanjing sewage treatment plant.This was my first practice to convert a laboratory idea to a commercial product.In retrospect, I find myself standing on a solid basis in both theory and experience, which has prepared me for the Ph.D.program.My future research interests include: Network Scheduling Problem, Heuristic Algorithm research(especially in GA and Neural network), Supply chain network research, Hybrid system performance analysis with Petri nets and Data Mining.

**第五篇：面试时如何介绍自己？**

面试时如何介绍自己？

面试中最重要的环节就是自我介绍，基本上每次都少不了。面试时如何介绍自己？这个看似简单的问题，却难倒了很多人?本文小编就为大家介绍一些自我介绍的基础知识。

1、请介绍一下你自己

在面试前用人单位大多都看过了你的的个人简历，一些基本情况都有所了解，所以在自我介绍时要简洁，突出你应聘该公司的动机和具备什么样的素质可以满足对方的要求。

2、你有什么优缺点

充分介绍你的优点，但最好少用形容词，而用能够反映你的优点的事实说话。介绍缺点时可以从大学生普遍存在的弱点方面介绍，例如缺少社会经验。但如果有不可隐瞒的缺陷，也不应该回避，比如曾经受过处分，应如实介绍，同时可以多谈一些现在的认识和后来改正的情况。

3、你是否有出国、考研究生等打算

很 多毕业生在毕业时同时准备考研、就业和出国，先找单位，如果考研或出国成功就与单位解约。从单位的角度来说，招聘毕业生需要时间和费用，而且签约了一位毕 业生就等于放弃了其它，所以在签约前首先确认毕业生是否考了研究生或准备出国，毕业生应如实地表明态度，以免签约后产生纠纷。

应聘者具体应注意以下几点：

1、接到面试通知后，最好在家打个自我介绍的草稿，然后试着讲述几次，感觉一下。

2、自我介绍时首先应礼貌地做一个极简短的开场白，并向所有的面试人员(如果有多个面试考官的话)示意，如果面试考官正在注意别的东西，可以稍微等一下，等他注意转过来后才开始。

3、注意掌握时间，如果面试考官规定了时间，一定要注意时间的掌握，既不能超时太长，也不能过于简短。

4、介绍的内容不宜太多的停留在诸如姓名、工作经历、时间等东西上，因为这些在你的简历表上已经有了，你应该更多的谈一些跟你所应聘职位有关的工作经历和所取得的成绩，以证明你确实有能力胜任你所应聘的工作职位。

5、在作自我简介时，眼睛千万不要东张西望，四处游离，显得漫不经心的样子，这会给人做事随便、注意力不集中的感觉。眼睛最好要多注视面试考官，但也不能长久注视目不转睛。再就是尽量少加一些手的辅助动作，因为这毕竟不是在作讲演，保持一种得体的姿态也是很重要的。

6、在自我介绍完后不要忘了道声谢谢，有时往往会因此影响考官对你的印象。这些都是做自我介绍需要注意的东西，自我介绍看似简单，但是每个人都会有这样的体会，自己在下面背的滚瓜烂熟的，可是等自己面对的时候就是紧张的说不出来。因此，面试前一定要做好充分的准备，自己我介绍尤其要准备好。

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