

复试课第 4 节：中英文自我介绍

考 研 复 试 手 册

课程目录

板块	标题	内容	课时
复试导学	1. 复试导学	初步了解复试（流程形式）+课程如何使用	5min
	2. 复试综合指导	①复试加分项 ②复试形式、评分表、准备材料、常见Q&A	15min
	3. 复习规划（精确到每天）	50天复试规划、30天复试规划、课程安排	3min
复试英语	4. 中文+英文自我介绍	①英语万能模板 ②4种类型介绍（学渣版、学霸版、跨考版、在职版）③中文自我介绍	35min
	5. 生活英语（万能模板）	①复试英语提问自查表 ②高频口语问题（一个秒所有）	7min
	6. 专业英语（结构化问答）	①提问回答逻辑（政治思维角度教你回答）②结构化的过渡句、万能句	10min
	7. 英语复试一张纸(出分后发)	真的只背一个，懒人适用！	8min
	8. 传统18种常见回答	内容较多，作为补充资料	5min
联系导师	9. 怎么选导师？	①挑导师方法（自用）②大学老师职称科普	12min
	10. 怎么做简历？	①50份简历模板 ②三无考研人简历 ③可加分证书 ④可加分兴趣爱好	4min
	11. 邮件模板	①邮件格式 ②自荐内容框架+模板 ③面对不同的导师回复，如何应对？	6min
复试礼仪	12. 礼仪&穿着	①穿着 ②礼仪（结构化回答） ③加分减分细节	4min
复试专业课	13. 专业课笔试（技巧）	①专业课问题解答思路（文科类、工科类...）	6min
	14. 专业课面试（结构化）	①专业词汇及加分表达 ②结构化回答思维逻辑	10min
综合面试	15. 刁难问题问答		8min
独家！	16. 【985 文科博导 +211 工科硕导】亲授经验	①自我介绍如何出彩？②没有学术经历怎么办？③专业复试自救（遇到不会的）	7min
调剂	17. 调剂流程+规划	流程表、重要时间、25新规解析、怎么给研究生院打电话、常见QA	40min
读研	18. 三年读研规划：研一、二、三计划+目标+毕业要求		6min
	19. 期刊科普		6min
	20. 高质量论文获取（中文）	@空卡空卡空空卡	2min
	21. 高质量论文获取（英文）		2min
	22. 降重方法		1min
	23. 文献整理方法、文献引用方法（如何做文献笔记）		5min
	24. 论文投稿流程（含回复意见信模版）		1min
	25. 辅助工具	①专业公众号、②科研软件	2min
合计		考研复试课程	2h40min
		调剂课程时长	40min
		读研课程时长	25min

《考研复试手册》

第四节 复试英语——中英文自我介绍

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一、英语面试形式

形式：自我介绍 1-2min + 老师提问 3min+听力（较少）+笔试（极少极少）

占分：换算成 100 分制，英语面试一般不超过 10 分【有少数学校少数专业占比大，请一定仔细查看报考院校复试细则】 @空卡空卡空空卡



*有少数学校少数专业占比大，仔细看报考院校复试细则（复试导学中讲过）

二、英语面试内容，准备资料

- (1) 自我介绍：分块组合，不怕重复
- (2) 生活问题(万能模板)：只背一个！！

背1个，解决8个问题

你有什么**兴趣**爱好？
介绍一下你的**家庭**
介绍一下你的**家乡**
你喜欢的**书籍**是？
你的**优/缺点**？
介绍你的**本科院校**
介绍一下你的**朋友**
你的**大学生活**如何？

8个问题
过渡句



万能模版

背1个，解决9个问题

毕业论文/设计
 最喜欢的专业课
 为什么考研
 为什么选我们学校
 为什么跨考
 读研计划
 落选怎么办
 是否读博
 未来规划

9个问题
过渡句



万能模版
 猛夸目标院校

(3) 专业问题(万能模板)：结构化，必有话讲！

(4) 英语复试一张纸：一个对所有！

(5) 18个口语问题：费时间，不推荐

★三、英语口语复试自查表

英语口语复试自查表

一、日常英语

关键词	提问句	是否掌握
家庭family atmosphere / family / parents / members	①Could you tell me something about your family? ②Please introduce your family.	<input type="checkbox"/> 已掌握
家乡hometown / local food / local customs / famous person	① What is your hometown like? ② Can you give me a brief introduction of your local food?	<input type="checkbox"/> 已掌握
爱好hobby / sport / music/ novel / film	①Do you have any hobbies? ② What are you interested in?	<input type="checkbox"/> 已掌握
书籍what books / What kind of books, / like	①What kind of books do you usually like to read? ② What books do you usually enjoy reading?	<input type="checkbox"/> 已掌握
优缺点advantages / honesty/ endeavor/ disadvantages	①What are your strengths/weaknesses? ② What advantages/disadvantages do you have?	<input type="checkbox"/> 已掌握
本科学校college/university/ environment/atmosphere	①Please give a brief introduction of your college. ② Please briefly introduce your college.	<input type="checkbox"/> 已掌握
人物 friend/ best friend/ story	①Please give a brief introduction of your best friend. ②What's the story between you and your best friend?	<input type="checkbox"/> 已掌握
大学生活college life/ canteen/ library/ playground	①How do you spend a day in college life? ②What do you usually do in college life?	<input type="checkbox"/> 已掌握

二、学术类

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关键词	提问句	是否掌握
毕业论文graduation thesis/ framework/ significance	①Please give a brief introduction of your graduation thesis.	<input type="checkbox"/> 已掌握

科目 favourite course/ major	①What is your favourite undergraduate course in your major? ②What's your favourite course in your major?	<input type="checkbox"/> 已掌握
三、考研类		
跨考原因 change your major/ interest/ enthusiasm / future/ previous	①Why do you want to change your major? ②How is this major different from your previous one?	<input type="checkbox"/> 已掌握
择校原因 choose/ our school/ think of	①Why do you choose this major of our school? ②What do you think of our school?	<input type="checkbox"/> 已掌握
考研原因 postgraduate/ reason/ knowledge/ graduate school	①Why do you choose to take postgraduate exams? ②Tell us why you chose to go to graduate school.	<input type="checkbox"/> 已掌握
四、读研规划类		
目标 goals/ course/ next stage/ plan/ next three years	①What is your plan for the next three years? ②What are your goals for the next stage	<input type="checkbox"/> 已掌握
落榜 fail/ future/ this time/ perseverance	If you fail this time, what are you going to do for the near future?	<input type="checkbox"/> 已掌握
读博 PhD; apply for	①Do you have any plans to apply for a PhD? ②Have you thought of doing a PhD?	<input type="checkbox"/> 已掌握
规划 plans/ achieve/ next five years	①Can you talk about your plans for the next five years? ②What do you want to achieve in the next five years?	<input type="checkbox"/> 已掌握
五、专业英语类 @空卡空卡空空卡		
人工智能 AI tools/ ChatGPT/ What do you think about	①What do you think about the emergence of AI tools like ChatGPT? ②What are your thoughts on the emergence of AI tools like ChatGPT?	<input type="checkbox"/> 已掌握
专业前景 digital age/ major/ impact/ influence	①How do you view the impact of the digital age on our major? ②How do you see the influence of the digital age on our major?	<input type="checkbox"/> 已掌握
名词解释 understanding/ concept/ definition	①Please tell me your understanding of _____. ②What is the concept of _____. ③Please explain the definition of _____.	<input type="checkbox"/> 已掌握
A&B 关系 relationship/ difference/ similarities	①Please talk about the relationship between A and B. ②What do you think is the difference between A and B ③What do you think are the similarities between A and B	<input type="checkbox"/> 已掌握

★四、自我介绍模板（15句搞定，中英文）

考研复试 英语自我介绍 万能模板（15 句搞定）

1.打招呼	Good <u>morning</u> / <u>afternoon</u> , dear <u>teachers</u> / <u>professors</u> ! 各位老师/教授，早上/下午好！
2. 表达感谢 (三选一)	I am glad to be here. 很高兴参加这次面试。 It's my great honor to be here for this interview. 很荣幸参加这次面试。 Thank you for giving me the opportunity for this interview. 感谢给我参加这次面试的机会
3. 基本信息 姓名+年龄+家乡+报考专业	①My name is _____, _____ years old and I come from <u>(城市)</u> , <u>(省份)</u> province. My intended major is _____. Nanchang, Jiangxi ②I am _____. I am _____ years of age. I am from <u>(城市)</u> , <u>(省份)</u> Province. The major I am applying for is _____. 我叫 XX，XX 岁，来自 XX 省 XX 市。我报考的专业是 xx。
4. 考研成绩 (排名前一半可说)	In the preliminary exam, I achieved a score of XX and was placed in the XXth position. 我的初试成绩是 XXX，排名第 xx。 @空卡空卡空空卡
5. 衔接话术 (如果状态好，加这句)	Now I will introduce myself from the following three aspects: my educational background, my academic experience and my postgraduate study plan. 我将从以下 3 个方面介绍自己：教育背景、学术经历、读研计划。
6. 教育背景 (如果不好可不选)	应届： 我是 XX 学校的一名大四学生，我的专业是 XX。 ①I am a senior student in <u>本科学校</u> , and my major is <u>专业名称</u> . ②I am in my final year of undergraduate studies at <u>本科学校</u> , majoring in <u>专业名称</u> . 非应届： 我本科毕业于 XX 学校 XX 专业。 ①I completed my undergraduate studies in <u>专业</u> at <u>学校</u> . ②I graduated from <u>学校</u> with a bachelor's degree in <u>专业</u> .
7. 理论基础 (根据自身情况选一种)	【成绩好】 During my time in university, I did really well in all of my classes. My grades in college were in the top _____ all four years. Especially in the course called <u>课程名称</u> I got a really high score. This has laid a solid theoretical foundation for my future research. 大学期间，我的成绩优异，大学四年的成绩均排在前____名。其中特别是 xx 课我取得了高分，这为未来的研究打下了坚实的理论基础。 @空卡空卡空空卡

	<p>【成绩一般】</p> <p>In college, I devoted myself to studying courses like _____ and _____, from which I have learned the knowledge of _____ and mastered the skills of _____. They've given me a strong theoretical base for my future research.</p> <p>大学期间，我认真学习了_____课和_____课（列举和读研相关的专业课），从中我学习了_____的知识，掌握了_____的技能，这为我未来的研究打下了坚实的理论基础。 @空卡空卡空空卡</p> <p>【跨专业的，但是专业课分高】（分数一般可以省略 achieved a high score 这个部分）</p> <p>Despite coming from a different field, I immersed myself in studying _____ during the preparation period and achieved a high score of _____, and I have built a strong theoretical foundation in the process.</p> <p>虽然我是跨专业的，但备考期间我认真学习_____专业课并取得了_____的高分，在这个过程中奠定了坚实的理论基础。</p>
<p>8. 实践经验</p> <p>（根据实际情况选择一种）</p>	<p>【有科研经历】：时间+地点+人物+项目主题+成就</p> <p>In 年份, under the guidance of my respected teacher, Professor 老师的姓, at xx University, I conducted a research project titled "科研项目名字" and made some achievements in 成果. xx 年，我曾在 xx 大学/学院 xx 教授的指导下，进行了题为 xx 的科研项目，并取得了 xx 成就。</p> <p>【无科研经历】（可写本科毕业论文的课题）</p> <p>Since last year, I have been researching the 论文课题 and have gained some research experience. In this subject, I adopted the method of _____, conducted a study on _____, and finally found _____, which solved the problem of _____.</p> <p>我从去年开始一直在研究 XXX 课题，积累了一些的科研经验。对于这个课题，我采用了_____的研究方法，对_____进行了研究，并且解决了_____的问题。</p> <p>【工作经历】（根据实际情况填写自己的职业及工作单位）</p> <p>①工作经历和报考专业相关：</p> <p>After graduation, I worked as a software engineer / teacher / ... in 某个地方 ..., and my job duties mainly involve XXX and XXX, so I have some practical experience in this field.</p> <p>毕业后，我在 XXX 地方成为了一名软件工程师 / 教师 /，我的工作内容主要是 XXX 和 XXX。所以我在这个领域具备了一些实践经验。</p>

	<p>②工作经历和报考专业无关(可用这句一笔带过)：</p> <p>After graduation, I worked hard and made some achievements. 毕业后，我努力工作，取得了一些成就。</p> <p>【学生工作经历】</p> <p>During my undergraduate years, I served as the monitor of my class/League secretary of my class / vice-president of Student Union /...</p> <p>在校期间，我担任过班长 / 团支书 / 学生会副主席 / ...</p>
<p>9. 【最后落到为读研提供了什么品质和习惯】</p>	<p>Based on these experiences, I have developed XXX and XXX. 这些经历培养了我 XXX 和 XXX 的品质。</p> <p>(可以摘取替换下面的优点)</p> <p>比如：①Based on these experiences, I have developed a reliable and steady work ethic, as well as good teamwork skills. 这些经历培养了我沉稳踏实的工作习惯和良好的团队合作能力。</p> <p>②I have realized the importance of ____ in my ____ years of study/work. 在长达____的学习/工作中，我意识到 xx 品质的重要性。</p> <p>【优点】（可以说，等着老师问）</p> <p>对专业有热情： I am passionate about my major, so I will definitely dedicate myself to diligent learning and research during my postgraduate studies. 我对自己的专业充满热情，因此我一定会在研究生学习期间努力学习和做研究。</p> <p>团队协作能力： I have strong teamwork skills and I believe I can collaborate effectively with other students in the research group. 我有很强的团队合作能力，我相信我能在课题组中与其他学生进行有效合作。</p> <p>合作精神： I have good cooperative spirit, so I am confident in my ability to foster effective collaboration with my peers in the research group. 我具有良好的合作精神，因此我有信心能够在课题组中促进与同伴的有效合作。</p> <p>自驱力： I have strong self-motivation. It drives me to consistently strive for excellence and take initiative in my study. @空卡空卡空空卡 我有很强的自驱力。它促使我不断追求卓越，并在学习中发挥主观能动性。</p> <p>抗压能力： I am capable of working effectively under pressure, maintaining composure and delivering results even in challenging situations. 我能够在压力下有效工作，保持沉稳，即使在充满挑战的情况下也能取得成果。</p>

	<p>【通用缺点】（可以说，等着老师问）</p> <p>缺乏自信： I sometimes lack confidence, particularly when it comes to xxx. But I am confident I will improve myself in the postgraduate studies and get along well with other students in the research group.</p> <p>我有时会缺乏自信，特别是遇到_____的时候，但相信一定能在研究生阶段的学习里得到提高，和课题组的同学们相处愉快！</p> <p>时间管理差： I am not very good at time management and sometimes I sleep late and have an irregular routine. But I've tried to change it, for example, by setting a fixed time for myself and making sure I fall asleep before that time.</p> <p>我时间管理能力比较差，有时睡得很晚，作息不规律。但是我已经开始尝试改变，例如我会给自己设定一个固定时间，并确保自己在这个时间以前入睡。</p> <p>不复盘： Sometimes I'm not used to reviewing and reflecting on what I'm doing. However, in the process of preparing for the exam, I gradually realized how helpful this habit is to me, and I have begun to consciously cultivate this habit. I will strengthen this ability during my postgraduate studies to ensure the integrity of my research.</p> <p>我做事有时缺乏复盘的习惯。但是在备考过程中，我逐渐意识到了这个习惯对我的帮助，并且已经开始有意识地培养这个习惯。在读研期间我会继续着重加强这个能力以确保科研的完整性。 @空卡空卡空空卡</p>
<p>10. 奖项</p>	<p>【奖学金】</p> <p>I was awarded the first class scholarship / the National Encouragement Scholarship/... for <u>次数</u> time(s), and I have received the second class scholarship / university scholarship twice in a row.</p> <p>我曾 XXX 次获得一等奖学金 / 国家励志奖学金，连续两次获得二等奖学金 / 校级奖学金。</p> <p>【荣誉称号】（有被选为“优秀学生”之类的可以加上这句）</p> <p>Also, due to my excellent performance at university, I was awarded the title of "Excellent Student Cadre/ Outstanding Student".</p> <p>同时，由于出色的在校表现，我被评为了“优秀学生干部/优秀学生”。</p>

<p>11. 证书</p>	<p>【四六级】</p> <p>I have basic /good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently.</p> <p>我具备了基本的/良好的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。</p> <p>【计算机证书】</p> <p>I'm good with computers. I passed National Computer Level 2 Examination and have some basic programming and data analysis skills.</p> <p>我熟练使用计算机，通过了计算机二级考试，有一定的编程及数据分析基础。</p> <p>【教师资格证】</p> <p>I'm really good at self-studying, and during my time at university, I obtained a teaching qualification certificate by self-studying.</p> <p>我自学能力较强，在校期间自学考取了教师资格证。</p> <p>【CPA】</p> <p>I have solid accounting knowledge and have obtained the CPA qualification.</p> <p>我有扎实的会计知识，并且获得了注册会计师资格</p> <p>【教师资格证】</p> <p>I have a solid legal foundation. I passed China's National Unified Legal Professional Qualification Examination and obtained the Certificate of Legal Professional Qualification.</p> <p>我拥有扎实的法律基础。我通过了法考并且取得了法律职业资格证书。</p>
<p>12. 技能</p>	<p>【读研软件】（具体软件在空卡复试急救课第 22 节）</p> <p>During my time at university, I learned how to use some professional software such as MATLAB/Origin/...</p> <p>在校期间，我学会了 MATLAB/origin/...（专业软件）的使用。</p> <p>【Office 技能】（一般别说） @空卡空卡空空卡</p> <p>I'm skilled at using office software, including PowerPoint and Word.</p> <p>我熟练使用 office 等办公软件，擅长 PPT 和 Word 文稿的制作。</p>

<p>13. 兴趣爱好 爱好+影响 (二选一)</p>	<p>①During my spare time, I enjoy running/playing basketball/dancing/hiking/swimming... Regular exercise is essential for building a strong physical foundation to support future learning and research.</p> <p>业余时间, 我喜欢跑步/打篮球/跳舞/爬山/游泳.....。坚持锻炼能为未来的学习和研究奠定良好的身体基础。</p> <p>②During my free time, I enjoy photography/drawing/singing. This hobby helps me effectively strike a balance between exertion and rest.</p> <p>业余时间, 我喜欢摄影/画画/唱歌, 这个爱好让我有效实现劳逸结合。</p>
<p>14. 科研兴趣 (老师很有可能 针对此课题提 问)</p>	<p>I am particularly interested in <u>感兴趣的方向</u> among all the research areas in <u>专业</u>. I hope to make significant strides in the "XX 课题" through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor.</p> <p>在 xx 专业的众多研究领域, 我对 <u>xx 方向</u> 比较感兴趣。希望通过研究生三年的理论学习和实践探索, 能在导师的指导下在“<u>xx 课题</u>”方面有所建树。</p>
<p>15. 结语 (二选一)</p>	<p>①That's all for my introduction. I really hope that all the professors will give me a chance to pursue my postgraduate studies.</p> <p>我的自我介绍完毕, 希望各位老师能给我这次读研的机会。</p> <p>②That's all about me. If I am lucky enough to be admitted, I will devote myself to the study and research in the next three years.</p> <p>我的自我介绍完毕。如果我有幸被录取, 我将在未来三年内全身心地投入到学习和研究中。 @空卡空卡空空卡</p>

衔接词

表示首先: Firstly, First of all, To begin with

表示补充: In addition, Furthermore, Also, Besides, What's more

表示比较: In the same way, Likewise, Similarly, Equally

表示强调: Certainly, Of course, Actually, Especially

表示总结: So, All in all, In summary, Therefore

五、学渣版本自我介绍

学渣版本自我介绍

打招呼+表达感谢	Good morning , dear professors! I am glad to be here. 各位老师，早上好！很开心能参加这次面试。
基本信息	My name is _____, _____ years old and I come from _____ (城市), _____ (省份) Province. The major I am applying for is _____. 我叫 _____，_____ 岁，来自_____省份_____城市。我的报考专业是 _____。
衔接话术	Now I will introduce myself from the following three aspects: my educational background, my academic experience and my postgraduate study plan. 我将从以下 3 个方面介绍自己：教育背景、学术经历、读研计划。
教育背景	My undergraduate school is _____ 本科学校, and my major is _____ 专业名称. 我的本科学校是_____, 我的专业是_____。
理论基础	In college, I devoted myself to studying courses like _____ and _____. They've given me a strong theoretical base for my future research. In the process of learning, I learned about the topic of _____ and became very interested in it. 大学期间，我认真学习了_____课和_____课（列举和读研相关的专业课），从中我学习了_____的知识，掌握了_____的技能，这为我未来的研究打下了坚实的理论基础。 @空卡空卡空空卡
实践经验+影响	Since last year, I have been researching the _____ 论文课题 and have gained some research experience. In this subject, I adopted the method of _____, conducted a study on _____, and finally found _____, which solved the problem of _____. 我从去年开始一直在研究_____课题, 积累了一定的科研经验。对于这个课题，我采用了_____的研究方法，对_____进行了研究，并且解决了_____的问题。所以我在这个领域具备了一些实践经验。
技能	I'm really good at self-studying. During my time at university, I learned how to use some professional software such as _____. 我自学能力较强,在校期间，我学会了_____等专业软件的使用。

证书	CET4: I have basic English skills in listening, speaking, reading and writing, and I passed CET-4. 我具备基本的英语听说读写能力，通过了英语四级考试。
兴趣爱好	During my spare time, I enjoy _____. Regular exercise is important for building a strong physical foundation to support future learning and research. 业余时间，我喜欢_____。坚持锻炼能为未来的学习和研究奠定良好的身体基础。
科研兴趣	I am very interested in <u>感兴趣的方向</u> among all the research areas in <u>专业名称</u> . I hope to make some achievements in the " <u>XX 课题</u> " through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor. 在_____专业的众多研究领域，我对_____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在“_____课题”方面有所建树。
结语	That's all for my introduction. I really hope that all the professors will give me a chance to pursue my postgraduate studies. @空卡空卡空空卡 我的自我介绍完毕，希望各位老师能给我这次读研的机会。

六、学霸版本自我介绍

学霸版本自我介绍

打招呼+ 表达感谢	Good morning, dear professors! It's my great honor to be here for this interview. 各位老师，早上好！很荣幸能参加这次面试。
基本信息	I am _____, I am _____ years of age. I am from <u>(城市)</u> , <u>(省份)</u> Province. The major I am applying for is _____. 我叫 _____，_____ 岁，来自_____省份_____城市，我的报考专业是 _____。
教育背景	My undergraduate school is <u>本科学校</u> , and my major is <u>专业名称</u> , 我的本科学校是_____, 我的专业是_____。
考研成绩	In the preliminary exam, I achieved a score of _____ and was placed in the _____th position. 我的初试成绩是_____, 排名第_____。
理论基础	During my time in university, I did really well in all of my classes. My grades in college were in the top _____ all four years. Especially in the course called <u>课程名称</u> I got a really high score. This has laid a solid theoretical foundation for my future research. 大学期间，我的成绩优异，大学四年的成绩均排在前_____名，特别是_____课取得了高分，这为未来的研究打下了坚实的理论基础。

实践经验 +影响	<p>In <u>年份</u>, under the guidance of my respected teacher, Professor <u>老师的姓</u>, at <u> </u> University, I conducted a research project titled "<u>科研项目名字</u>" and made some achievements in <u>研究成果</u>. In this subject, I adopted the method of <u> </u>, conducted a study on <u> </u>, and finally found <u> </u>, which solved the problem of <u> </u>. Based on this experience, I am passionate about my major.</p> <p><u> </u> 年, 我曾在 <u> </u> 学校 <u> </u> 教授的指导下, 进行了题为 <u> </u> 的科研项目, 并取得了 <u> </u> 成就。对于这个课题, 我采用了 <u> </u> 的研究方法, 对 <u> </u> 进行了研究, 并且解决了 <u> </u> 的问题。基于这个经历, 我对我的专业充满热情。</p>
奖项证书	<p>CET4/CET6: I have good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. I was awarded the scholarship for <u>次数</u> time(s) @空卡空卡空空卡</p> <p>我具备良好的英语听说读写能力, 通过了英语四六级, 能流畅阅读国际期刊论文。我曾 <u> </u> 次获得奖学金。</p>
科研兴趣	<p>I am particularly interested in <u>感兴趣的方向</u> among all the research areas in <u>专业</u>. I hope to make significant strides in the "<u>XX 课题</u>" through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor.</p> <p>在 <u> </u> 专业的众多研究领域, 我对 <u> </u> 方向比较感兴趣。希望通过研究生三年的理论学习和实践探索, 能在导师的指导下在 "<u> </u> 课题" 方面有所建树。</p>
结语	<p>That's all about me. If I am lucky enough to be admitted, I will devote myself to the study and research in the next three years.</p> <p>我的自我介绍完毕。如果我有幸被录取, 我将在未来三年内全身心地投入到学习和研究中。</p>

七、跨专业版本自我介绍

跨专业版本自我介绍

打招呼+表达 感谢	<p>Good morning, dear professors! Thank you for giving me the opportunity for this interview.</p> <p>各位老师, 早上好! 感谢给我参加这次面试的机会。</p>
基本信息	<p>I am <u> </u>, I am <u> </u> years of age. I am from <u>(城市)</u>, <u>(省份)</u> Province. The major I am applying for is <u> </u>.</p> <p>我叫 <u> </u>, <u> </u> 岁, 来自 <u> </u> 省份 <u> </u> 城市, 我的报考专业是 <u> </u>。</p>
教育背景	<p>I am in my final year of undergraduate studies at <u>本科学校</u>, majoring in <u>专业名称</u>.</p> <p>我是 <u> </u> 大学/学院的大四在校生, 我的专业是 <u> </u>。</p>

考研成绩	<p>In the preliminary exam, I achieved a score of _____ and was placed in the _____ position.</p> <p>我的初试成绩是____，排名第____。</p>
跨考原因	<p>I choose to take the cross-examination of this major because I am very interested in _____（专业/领域名称）and have conducted profound research and study on it, which is also the reason why I successfully passed the initial examination.</p> <p>我选择跨考这个专业是因为我对_____这个领域非常感兴趣，并且对此进行了深刻的研究和学习，这也是我顺利通过初试的原因。</p>
理论基础	<p>I immersed myself in studying 专业课名字 during the preparation period and achieved a high score of _____, and I have built a strong theoretical foundation in the process.</p> <p>备考期间我认真学习 _____专业课并取得了_____的高分， 在这个过程中奠定了坚实的理论基础。</p>
奖项证书技能	<p>In addition, I have good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. I was awarded _____ for 次数 time(s).I'm really good at self-studying, and during my time at university, I learned how to use some professional software such as _____.</p> <p>除此以外，我具备良好的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。我曾_____次获得_____。我自学能力较强，在校期间，学会了_____等专业软件的使用。</p>
兴趣爱好	<p>During my free time, I enjoy _____. This hobby helps me effectively strike a balance between exertion and rest.</p> <p>@空卡空卡空空卡</p> <p>业余时间，我喜欢 _____，这个爱好让我有效实现劳逸结合。</p>
科研兴趣	<p>I am particularly interested in 感兴趣的方向 among all the research areas in 专业. I hope to make significant strides in the "XX 课题" through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor.</p> <p>在_____专业的众多研究领域，我对_____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在“_____课题”方面有所建树。</p>
结语	<p>That's all about me. If I am lucky enough to be admitted, I will devote myself to the study and research in the next three years.</p> <p>我的自我介绍完毕。如果我有幸被录取，我将在未来三年内全身心地投入到学习和研究中。</p>

八、在职版本自我介绍

在职版本自我介绍

打招呼+表达感谢	Good morning , dear professors! I am glad to be here. 各位老师，早上好！很高兴参加这次面试。
基本信息	My name is _____, _____ years old and I come from _____ (城市), _____ (省份) Province. My intended major is _____. 我叫 _____，_____ 岁，来自 _____ 省份 _____ 城市。我的报考专业是 _____。
教育背景	I completed my undergraduate studies in _____ 专业 at _____ 学校 . 我本科毕业于 _____ 大学/学院 _____ 专业。
考研成绩	In the preliminary exam, I achieved a score of _____ and was placed in the _____ position. 我的初试成绩是 _____，排名第 _____。
理论基础	During my time in university, I devoted myself to studying courses like _____ and _____. They've given me a strong theoretical base for my future research. 大学期间，我认真学习了_____课和 _____ 课（列举和读研相关的专业课）。这为我未来的研究打下了坚实的理论基础。
实践基础	In _____ 年份, under the guidance of my respected teacher, Professor _____ 老师的姓, at _____ _____ University, I conducted a research project titled " _____ 科研项目名字 " and made some achievements in _____ 研究成果. After graduation, I worked as _____ 工作 in _____ 某个地方, and my job duties mainly involve _____ XXX and _____ XXX. Based on these experiences, I have developed a reliable and steady work ethic , as well as good teamwork skills. _____ 年，我曾在_____ 学校_____ 教授的指导下，进行了题为_____ 的科研项目，并取得了_____ 成就。毕业后，我在 _____ 地方成为了一名_____，我的工作内容主要是_____ 和 _____。这些经历培养了我沉稳踏实的工作习惯和良好的团队合作能力。
证书技能	CET4/CET6: I have good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. I was awarded _____ for _____ 次数 time(s) 我具备良好的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。我曾_____ 次获得_____。 @空卡空卡空空卡
兴趣爱好 (可不说)	During my free time, I enjoy _____. This hobby helps me effectively strike a balance between exertion and rest. 业余时间，我喜欢_____，这个爱好让我能有效实现劳逸结合。

科研兴趣	<p>I am particularly interested in <u>感兴趣的方向</u> among all the research areas in <u>专业</u>. I hope to make significant strides in the "<u>XX 课题</u>" through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor.</p> <p>在____专业的众多研究领域，我对____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在“____课题”方面有所建树。</p>
结语	<p>That's all for my introduction. I really hope that all the professors will give me a chance to pursue my postgraduate studies.</p> <p>我的自我介绍完毕，希望各位老师能给我这次读研的机会。</p>

九、背诵版自我介绍

背诵版（请自行填空！）

①学渣版本

Good morning , dear professors! I am glad to be here. My name is _____ , _____ years old and I come from _____ , _____ Province. The major I am applying for is _____ . Now I will introduce myself from the following three aspects: my educational background, my academic experience and my postgraduate study plan. My undergraduate school is _____ , and my major is _____ . In college, I devoted myself to studying courses like _____ and _____ . They've given me a strong theoretical base for my future research. In the process of learning I learned about the topic of _____ and became very interested in it. Since last year, I have been researching the _____ and have gained some research experience. In this subject, I adopted the method of _____ , and conducted a study on _____ , and finally found _____ , which solved the problem of _____ . I'm really good at self-studying. During my time at university, I learned how to use some professional software such as _____ . I have basic English skills in listening, speaking, reading and writing, and I passed CET-4. During my spare time, I enjoy _____ . Admittedly , regular exercise is essential for building a strong physical foundation to support future research. I am very interested in _____ among all the research areas in _____ . I hope to make some achievements in the " _____ " through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor. That's all for my introduction. I really hope that all the professors will give me a chance to pursue my postgraduate studies.

参考译文：

各位老师，早上好！很开心能参加这次面试。我叫_____，_____岁，来自_____省_____市，我的报考专业是_____。我将从以下 3 各方面介绍自己：教育背景、学术经历和读研计划。我的本科学校是_____，我的专业是_____。大学期间，我认真学习了_____课和_____课，这为未来的研究打下了坚实的理论基础。在学习过程中，我了解到_____（论文/实验涉及的领域），并对此非常感兴趣。我从去年开始研究_____课题，积累了一定的科研经验。对于这个课题，我采用了_____的研究方法，对_____进行了研究，发现了_____并且解决了_____的问题。我自学能力较强，在校期间，学会了_____等专业软件的使用。我具备基本的英语听说读写能力，通过了英语四级。业余时间，我喜欢_____，不可否认，坚持锻炼能为未来的学习奠定良好的身体基础。在_____专业的众多研究领域，我对_____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在“_____课题”有所建树。我的自我介绍完毕，希望各位老师能给我这次读研的机会。

② 学霸版本

Good morning, dear professors! It's my great honor to be here for this interview. I am _____, I am _____ years of age. I am from _____, _____ Province. The major I am applying for is _____. My undergraduate school is _____, and my major is _____. In the preliminary exam, I achieved a score of _____ and was placed in the _____ position. During my time in university, I did really well in all of my classes. My grades in college were in the top _____ all four years. Especially in the course called _____ I got a really high score. This has laid a solid theoretical foundation for my future research. In _____, under the guidance of my respected teacher, Professor _____, at _____ University, I conducted a research project titled " _____ " and made some achievements in _____. In this subject, I adopted the method of _____, conducted a study on _____, and finally found _____, which solved the problem of _____. Based on this experience, I am passionate about my major. I have good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. I was awarded _____ for _____ time(s). I am particularly interested in _____ among all the research areas in _____. I hope to make significant strides in " _____ " through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor. That's all about me. If I am lucky enough to be admitted, I will devote myself to the study and research in the next three years.

参考译文:

各位老师，早上好！很荣幸参加这次面试。我叫_____，_____岁，来自_____省_____市，我报考的专业是_____。我的本科学校是_____，我的专业是_____。我的初试成绩是_____，排名第_____。大学四年，我的成绩都排在前_____名。特别是_____课取得了高分。这为未来的研究打下了坚实的理论基础。_____年，我曾在_____大学/学院_____教授的指导下，进行了题为_____的科研项目，并取得了_____成就。对于这个课题，我采用了_____的研究方法，对_____进行了研究，最终发现了_____，并且解决了_____的问题。基于这个经历，我对我的专业充满热情。我具备良好的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。我曾_____次获得_____奖学金。在_____专业的众多研究领域，我对_____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下，在“_____课题”有所建树。我的自我介绍完毕。如果我有幸被录取，我将在未来三年内全身心地投入到学习和研究中。

③跨专业版本

Good morning, dear professors! Thank you for giving me the opportunity for this interview. I am _____, I am _____ years of age. I am from _____, _____ Province. The major I am applying for is _____. I am in my final year of undergraduate studies at _____, majoring in _____. In the preliminary exam, I achieved a score of _____ and was placed in the _____ position. I choose to take the cross-examination of this major because I am very interested in _____ (专业/领域名称) and have conducted profound research and study on it, which is also the reason why I successfully passed the initial examination. Despite coming from a different field, I immersed myself in studying _____ during the preparation period and achieved a high score of _____, and I have built a strong theoretical foundation in the process. In addition, I have good English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. I was awarded _____ for _____ time(s). I'm really good at self-studying, and during my time at university, I learned how to use some professional software such as _____. During my free time, I enjoy _____. This hobby helps me effectively strike a balance between exertion and rest. I am particularly interested in _____ among all the research areas in _____. I hope to make significant strides in the “_____” through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor. That's all about me. If I am lucky enough to be admitted, I will devote myself to the study and research in the next three years.

参考译文:

各位老师，早上好！感谢给我参加这次面试的机会。我叫_____, _____岁，来自_____省_____市，我报考的专业是_____。我是_____学校的大四在校生，专业是_____。我的初试成绩是_____, 排名第_____。我选择跨考这个专业是因为我对_____这个领域非常感兴趣，并且对此进行了深刻的研究和学习，这也是我顺利通过初试的原因。虽然我是跨专业的，但是备考期间我认真学习_____专业课并取得了_____的高分，在这个过程中我奠定了坚实的理论基础。除此之外，我具备良好的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。还曾_____次获得_____奖学金。我自学能力较强，在校期间，学会了_____等专业软件的使用。业余时间，我喜欢_____，这个爱好让我有效实现劳逸结合。在_____专业的众多研究领域，我对_____方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在“_____”课题方面有所建树。我的自我介绍完毕。如果我有幸被录取，我将在未来三年内全身心地投入到学习和研究中。

④在职版本

Good morning , dear professors! I am glad to be here. My name is _____, _____ years old and I come from _____, _____ Province. My intended major is _____. I completed my undergraduate studies in _____ at _____. In the preliminary exam, I achieved a score of _____ and was placed in the _____ position. During my time in university, I devoted myself to studying courses like _____ and _____. They've given me a strong theoretical base for my future research. In _____, under the guidance of my respected teacher, Professor _____, at _____ University, I conducted a research project titled " _____ " and made some achievements in _____. After graduation, I worked as _____ in _____, and my job duties mainly involve _____ and _____. Based on these experiences, I have developed a reliable and steady work ethic, as well as good teamwork skills. I have basic English skills in listening, speaking, reading and writing. I passed both CET-4 and CET-6, and I can read international journal articles fluently. At the same time, I learned how to use some professional software such as _____. I am particularly interested in _____ among all the research areas in _____. I hope to make significant strides in the " _____ " through theoretical learning and practical exploration in the next three years, with the guidance of my supervisor. That's all for my introduction. I really hope that all the professors will give me a chance to pursue my postgraduate studies.

参考译文:

各位老师，早上好！很高兴参加这次面试。我叫 _____， _____ 岁，来自 _____ 省 _____ 市，我的报考专业是 _____。我本科毕业于 _____ 大学 _____ 专业。初试成绩是 _____，排名第 _____。大学期间，我认真学习了 _____ 课和 _____ 课（列举和读研相关的专业课）为我未来的研究打下了坚实的理论基础。 _____ 年，我曾在 _____ 大学/学院 _____ 老师的指导下，进行了题为 _____ 的科研项目，并取得了 _____ 的成就。毕业后，我在 _____ 成为了一名 _____，我的工作主要内容是 _____ 和 _____。这些经历培养了我沉稳踏实的工作习惯和良好的团队合作能力。我具备基本的英语听说读写能力，通过了英语四六级，能流畅阅读国际期刊论文。同时，我学会了 _____ 等专业软件的使用。在 _____ 专业的众多研究领域中，我对 _____ 方向比较感兴趣。希望通过研究生三年的理论学习和实践探索，能在导师的指导下在 “ _____ 课题” 方面有所建树。我的自我介绍完毕，希望各位老师能给我这次读研的机会。