

精通職場英文

英文面試成功笈： 自我介紹篇

句式範例



不同背景及經歷中提煉長處

- 剛畢業沒有工作經驗
- 剛畢業沒有工作經驗但有遊學經驗的畢業生
- 剛畢業沒有工作經驗但有實習經驗的畢業生
- 有工作經驗，想轉進外商的科技人
- 有工作經驗，想嘗試去國外工作的人士
- 跨領域想轉換跑道者
- 自由職業者想轉全職工作的專業人士
- 有創業經驗想轉全職工作的專業人士
- 學術或研究人員

英文自我介紹結構

雖然我們提供了一系列的結構化範例，但每個人的經歷都是獨一無二的。所以這些範例應被視為靈感的源泉，而非一成不變的模板。

從這些範例中，我們可以學習到如何在個人經歷中提煉出自己的長處。關鍵在於理解如何將您的經歷、技能和成就轉化為令人印象深刻的敘述。這不僅僅是關於陳述事實，更是關於如何將您的經歷講述得清晰、有邏輯而且引人入勝，同時展現您的個性和專業能力。

在準備自我介紹時，思考您的經歷如何與應聘職位相關，您的哪些特質和經驗對這個職位來說會是獨特的優勢。您的目標是在短時間內給面試官留下深刻而正面的印象，所以精準地表達信息非常重要。

開場

姓名和職業/學術背景：以簡短的方式介紹自己的名字和目前的職業狀態或學術地位。

專業背景或經驗 (Professional Background/Experience)

重要經歷：概述過去的工作經驗或學術研究，特別是與目前目標相關的經驗。

專業成就：提及在過去職位或研究中的關鍵成就或貢獻。

專業技能和專長 (Skills and Expertise)

核心技能：強調特定於自己專業領域的技能和專長。

個人特質：提及與工作或研究相關的個性特質，如創新思維、團隊合作等。

個人動機和目標 (Personal Motivation and Goals)

職業興趣：說明個人的職業興趣和為何對目前的職位或研究領域感興趣。

未來目標：闡述職業上的短期和長期目標。

結尾和感謝 (Conclusion and Thanks)

展望未來：簡短地提及對於未來機會的期待。

剛畢業且沒有工作經驗

當一位剛畢業的學生要進入職場時，可能會面臨沒有工作經驗的情況，不過不用擔心，雇主在面試你的時候已經知道這情況，那麼自我介紹時的重點可以放在學習能力和對行業的熱情，這些都是在沒有工作經驗的情況下很有吸引力的特質。

Hello, my name is [Name]. I recently graduated from [x] University, majoring in [Computer Science]. During my academic journey, I focused on honing my [technical skills] and completed several projects, including a [mobile app] that [simplifies student life on campus]. This project not only [sharpened my coding skills] but also [improved my ability to work effectively in a team]. I am particularly proud of [my final year thesis], which explored [innovative approaches to user experience design].

Although I don't have formal work experience, I am eager to apply my academic learning in a practical setting. I am a quick learner, highly motivated, and passionate about [technology] and its [potential to transform industries]. I am excited about the prospect of starting my professional journey and contributing meaningfully to your team.



I recently graduated from [x] University, majoring in [Computer Science].

這是一種標準的開場自我介紹，提供了基本的教育背景信息。Recently graduated 意味著畢業不久，展現了新鮮感和學習的最新性。

During my academic journey, I focused on honing my [technical skills].

Honing 指的是「精進、磨練」，表達在學習過程中不斷提升技能的過程。

This project not only [sharpened my coding skills] but also [improved my ability to work effectively in a team].

這句話使用了 not only... but also... 的結構，有效地突出了兩個成就：技術技能的提升和團隊合作能力的增強。

I am particularly proud of [my final year thesis], which explored [innovative approaches to user experience design].

Particularly proud of 強調了某件事情的特別成就感。Final year thesis 是畢業論文，而 explored 表示「探索」，展示了主動和深入研究的態度。

Although I don't have formal work experience, I am eager to apply my academic learning in a practical setting.

Although 是一個轉折連接詞，用來引入一個對比或轉折的情況。在這裡，我們主動提出沒有正式的工作經驗。Formal work experience 指的是正式的、官方認可的工作經歷，而 eager to 表示渴望做某事或對某事感到熱切。這裡用來表達強烈的願望或動力去應用所學。

Academic learning 指的是在學術環境中或通過學術途徑獲得的知識。In a practical setting 表示在實際的、非學術的環境中，通常指的是職場或真實世界的情境。這句話的整體意思是希望將在學校學到的知識應用到實際工作中。

I am a quick learner, highly motivated, and passionate about [technology] and its [potential to transform industries].

Quick learner 和 highly motivated 是常見的自我介紹詞彙，用來描述自己學習迅速和有高度動力。Passionate about 可以用來顯示對某個領域的熱情。

I am excited about the prospect of starting my professional journey and contributing meaningfully to your team.

Excited about 表達對某事的興奮或期待。The prospect of 指的是對未來可能發生的事情的期待。組合在一起，這句話表達了對開始新事物的樂觀和積極的心態。Contributing 意為作出貢獻或參與。Meaningfully 增加了貢獻的價值和深度，意味著這不僅僅是參與，而是希望能夠作出有意義和重要的貢獻。To your team 指的是對聘用者的團隊作出貢獻。

剛畢業、沒有工作經驗但有遊學經驗的畢業生

對於剛畢業的學生要進入職場，雖然沒有工作過，但有遊學過，這時可以突出了候選人的國際視野以及能夠快速適應多元文化環境的能力，是在全球化職場環境中極具價值的特質。

Hello, my name is [Name]. I hold a degree in [International Business] from [x] University. During my studies, I had the valuable opportunity to study abroad in [Germany] for a semester, an experience that greatly expanded my [global perspective] and [intercultural communication skills].

Even though my work experience overseas is limited, I completed a short-term internship with a [small marketing firm in Berlin]. This role, though brief, provided me with hands-on experience in an international setting, enhancing my [adaptability and problem-solving skills]. My time abroad also allowed me to develop a [high level of proficiency] in English and a basic understanding of [German].

I am particularly proud of my ability to quickly integrate into diverse teams and environments. I am keen to bring my unique insights and international experience to your team.



I hold a degree in [International Business] from [x] University.

Hold a degree in 表示擁有某個領域的學位，這是一種正式且專業的表達方式。這裡強調了教育背景，為後續提到的國際經驗打下基礎。

During my studies, I had the valuable opportunity to study abroad in [Germany] for a semester.

Valuable opportunity 強調了這次經驗的重要性。Study abroad 指的是海外學習經驗，這類經驗通常與提升全球視野和適應性相關聯。

This role, though brief, provided me with hands-on experience in an international setting.

使用 though brief 表示儘管時間短暫，經驗仍然寶貴。Hands-on experience 指實際操作的經驗，特別是在國際環境中。

I am particularly proud of my ability to quickly integrate into diverse teams and environments.

Quickly integrate into diverse teams and environments 突出了求職者的適應性和團隊合作能力。

I had the opportunity to intern at a [well-respected non-profit organization].

Had the opportunity to 表示有機會做某事，用來表達能夠在一家受到尊敬的非營利組織實習是一個寶貴的經驗。這種表達方式顯示了這段經歷的重要性和價值。

This experience allowed me to [develop strong organizational] and [communication skills].

Allowed me to 用來描述這段經歷給予了個人發展特定技能的機會。這裡強調了組織和溝通能力的提升，這兩項技能在職場上極為重要。

I was particularly involved in a [campaign] to [promote environmental awareness].

Particularly involved in 這個表達強調了對某項活動的深度參與和貢獻。這裡的 campaign 指的是一項特定的活動或運動，展現了候選人積極參與和對特定議題的關注。

I bring with me a [passion for social impact] and a proven ability to work [collaboratively] in dynamic environments.

Bring with me 指的是我可以帶到新工作中的資質或特質，強調了對社會影響的熱情和在變化多端的環境中協作的 ability。

I am enthusiastic about the opportunity to bring my unique perspective and dedication to your organization.

Enthusiastic about 表達了對某事的熱情和興趣。這句話展現了求職者對於加入新組織並貢獻自己獨特觀點和奉獻精神的期待。

剛畢業、沒有工作經驗但有實習經驗的畢業生

實習經驗可以成為他們踏入職場的重要優勢。透過實習可以展現在多元環境中有效溝通和協作的的能力。並著重於如何將實習經驗轉化為職場上的實際能力。

Hello, my name is [Name], a recent graduate from [x] University with a degree in [Sociology]. During my studies, I had the opportunity to intern at a [well-respected non-profit organization], where I was involved in [community outreach] and [event planning]. This experience allowed me to [develop strong organizational] and [communication skills], as I [coordinated with different teams] and [engaged with diverse community groups]. I played a key role in a [campaign] aimed at [raising awareness about environmental issues], which [effectively reached a broad audience] and [attracted considerable attention from the media]. This experience has not only improved my [project management skills] but also instilled in me a [strong sense of social responsibility].

I am new to the workforce, but I bring with me a [passion for social impact] and a proven ability to work [collaboratively] in dynamic environments. I look forward to applying my distinct perspective and steadfast commitment to your organization.



I had the opportunity to intern at a [well-respected non-profit organization].

Had the opportunity to 表示有機會做某事，表達能夠在一家受到尊敬的非營利組織實習是一個寶貴的經驗，顯示這段經歷的重要性和價值。

This experience allowed me to [develop strong organizational] and [communication skills].

Allowed me to 描述這段經歷給予了個人發展特定技能的機會，強調組織和溝通能力的提升，這兩項技能在職場上極為重要。

I played a key role in

表示在某事中扮演了關鍵或重要的角色。這表示個人在該活動或項目中的貢獻是顯著且影響深遠的。

[Campaign] aimed at [raising awareness about environmental issues]

Campaign 指的是一連串的活動，通常是為了達成特定目標。Aimed at 意味著目標或目的是，這裡用來指這個活動的目的是 raising awareness about environmental issues（提高對環境問題的認識）。

Effectively reached a broad audience

Effectively reached 指有效地觸及或影響到。A broad audience 指的是廣泛的聽眾群體，表明這個活動成功地吸引了各種不同的人。

Attracted considerable attention from the media

Attracted considerable attention 意味著吸引了大量的關注。From the media 指的是來自新聞媒體的關注，這通常意味著活動或成就得到了公眾和新聞界的認可。

I look forward to applying my distinct perspective and steadfast commitment to your organization.

I look forward to 表達期待或期望在未來做某事。

Applying my distinct perspective

Applying 表示應用或實踐，distinct perspective 指獨特的觀點或方法。

Steadfast commitment

Steadfast 意為堅定不移。Commitment 指的是承諾或奉獻。

有工作經驗，想轉進外商的科技人

這類求職者在自我介紹時可以著重展現他們在技術創新、團隊合作及跨文化溝通方面的能力，並強調如何將這些技能應用於全球化的工作環境中，為外商企業帶來價值。

Hello, my name is [Name]. I am an experienced [software engineer] with a strong background in [developing scalable and efficient technology solutions]. Over the past [x] years, I have worked with [x company], where I honed my skills in [software development, project management, and team collaboration].

My journey at [x company] involved working on diverse projects, ranging from [cloud computing solutions] to [AI-driven applications]. One of my key accomplishments was [leading a team] to [develop a machine learning-based tool] that [optimized operational efficiency by 25%]. This experience not only [sharpened my technical expertise] but also [enhanced my project leadership] and [problem-solving skills].

I am now seeking new challenges in an international setting, particularly with a focus on [innovative technology and digital transformation]. I am drawn to the [dynamic work environment] and [diverse culture at global tech firms]. My fluency in both Mandarin and English, combined with my [technical proficiency and adaptability], makes me well-suited for a role in an international tech company.

I am enthusiastic about the opportunity to contribute to cutting-edge projects and collaborate with global teams. My goal is to leverage my technical knowledge and industry experience to drive impactful solutions and foster technological innovation.



I am an experienced [software engineer] with a strong background in [developing scalable and efficient technology solutions].

Experienced 表示具有豐富經驗，strong background 強調在某領域有堅實的基礎，用來描述在軟體工程和技術解決方案開發方面的專業背景。

I honed my skills in [software development, project management, and team collaboration].

Honed 意味著磨練或提升技能，強調在軟體開發、項目管理和團隊協作等方面技能的提升。

One of my key accomplishments was [leading a team] to [develop a machine learning-based tool] that [optimized operational efficiency by 25%].

Key accomplishments 強調重要成就，描述領導團隊開發機器學習工具並提升運營效率的經驗。

I am drawn to the [dynamic work environment] and [diverse culture at global tech firms].

Drawn to 表示被吸引。這句話表達了對於充滿活力的工作環境和全球科技公司多元文化的興趣。

My goal is to leverage my technical knowledge and industry experience to drive impactful solutions and foster technological innovation.

Leverage 是有效利用，表達了希望在變化多端的環境中應用其多元技能集的願望。

有工作經驗，想嘗試去國外工作的人士

當你在台灣工作上有經驗，想去嘗試國外工作的話，透過你累積的豐富工作經驗，可以強調在本土累積的專業技能，以及適應新環境的能力和國際視野。

Hello, I'm [Name]. With [x] years of professional experience in [marketing and business development] within Taiwan's [competitive tech] industry, I am now seeking to expand my career horizons internationally. My journey so far has equipped me with a [deep understanding of market trends], [strategic planning], and [cross-cultural communication], making me well-prepared for the global market.

In my current role at [x company], I led [multiple marketing campaigns] that successfully [penetrated new market segments], resulting in a [20% increase in overall sales]. My ability to [analyze market data and trends] has been crucial in [shaping effective marketing strategies].

Moreover, I have been actively involved in [developing partnerships with international clients], which has not only sharpened my [negotiation skills] but also enhanced my [adaptability and understanding of diverse business practices].

I am enthusiastic about the opportunity to bring my [marketing] expertise and [innovative thinking] to an international organization. My goal is to contribute to a team where I can further develop my skills while making a significant impact in the global market.

—

With [x] years of professional experience
表示擁有多年的職業經驗。

Seeking to expand my career horizons internationally
Expand my career horizons 指擴大職業視野，這裡特別強調在國際層面上。

Equipped me with
意指提供所需技能或知識。

Well-prepared for the global market

指對於全球市場已有充分的準備。

Penetrated new market segments

成功進入新的市場領域。

Actively involved in

積極參與。

Diverse business practices

不同的商業習慣和方法。

Bring my [marketing] expertise and [innovative thinking]

將我的行銷專業知識和創新思維帶入。

My goal is to contribute to a team

Goal 指目標。Contribute to a team 表示對團隊作出貢獻，顯示願意參與並對團隊有所裨益。

Further develop my skills

Further 作為副詞，意味著進一步或更多地。Develop my skills 指的是提升或增強個人技能。

Making a significant impact in the global market

Making a significant impact 意味著產生重大的影響。Global market 指全球市場，強調影響的範圍是全球性的。

跨領域想轉換跑道者

跨領域的職業轉換通常具備多元的技能和經驗，他們在自我介紹時可以展現如何將過去的經驗轉化為新領域的優勢，並強調學習與適應的能力。

Hello, my name is [Name]. With a background in [mechanical engineering] and a recent transition into [data science], I bring a [unique blend of analytical skills] and [technical knowledge]. Over the past [x] years, I have worked as a [mechanical engineer] at [XYZ Corp], where I developed a [strong foundation] in [problem-solving] and [project management]. My passion for [data] and its potential to [drive innovation], which led me to pursue further education in data science.

During my [postgraduate studies], I not only gained proficiency in [programming languages] such as [Python and R] but also honed my skills in [machine learning] and [data analytics]. My capstone project, which focused on [predictive maintenance] for industrial [machinery], was a bridge between my [past experience] and [new expertise], demonstrating my ability to apply [data-driven insights] to [practical engineering problems].

I am now seeking opportunities where I can leverage my diverse skill set in a dynamic environment, combining my [engineering background] with my newfound passion for [data science]. I am particularly excited about roles that involve [data analysis] to [improve efficiency] and [innovation in engineering projects]. My journey across different fields has equipped me with a versatile perspective and a unique ability to adapt and thrive in interdisciplinary roles.

With a background in [mechanical engineering] and a recent transition into [data science], I bring a [unique blend of analytical skills] and [technical knowledge].

強調跨領域的背景, Unique blend 表示獨特的技能組合, 用來描述將機械工程和數據科學的知識結合的能力。

My passion for [data] and its potential to [drive innovation], which led me to pursue further education in data science.

My passion for [data]

Passion for 指對某物的熱情或強烈興趣。這裡用來表達對「數據」的興趣和熱愛。

Its potential to [drive innovation]

Potential to 表示有能力或可能性去做某事。Drive innovation 指推動創新，強調數據在促進創新方面的重要作用。

Led me to pursue further education in data science

Led me to pursue 意味著促使某人去追求或從事某事。這裡指因為對數據的熱愛和認識到其創新潛力，促使這個人進一步學習數據科學。

I developed a [strong foundation] in [problem-solving] and [project management].

Strong foundation 意思是堅實的基礎，強調在解決問題和項目管理方面的基本技能。

My capstone project, which focused on [predictive maintenance] for industrial [machinery], was a bridge between my [past experience] and [new expertise].

Capstone project 是指求學中最頂尖、傑出的項目，它作為過去經驗與新技能之間的橋樑，展示了如何將數據驅動的見解應用於實際的工程問題。

My journey across different fields has equipped me with a versatile perspective and a unique ability to adapt and thrive in interdisciplinary roles.

Versatile perspective 和 unique ability to adapt 強調了多領域經歷帶來的靈活視角和適應能力，這對於跨學科角色特別重要。

自由職業者想嘗試全職工作的專業人士

對於自由職業者來說，在自我介紹時可以著重於如何將在自由職業期間所培養的獨立工作能力、多元思維及專業技能應用於未來的工作環境中。

Hello, I'm [Name]. As a freelance [digital marketing consultant], I have carved a niche for myself in the competitive world of [online branding and social media strategy]. My journey began with a [small startup focused on eco-friendly products], where I learned the ins and outs of [building a brand from the ground up]. This experience ignited my passion for [digital marketing].

Over the past [x] years, I have worked with [a diverse range of clients], from [startups to established businesses], helping them [develop and implement effective digital marketing strategies]. My expertise lies in [creating targeted content, leveraging social media platforms for brand growth, and analyzing consumer data to drive engagement and sales]. I pride myself on being a [creative thinker, constantly exploring new trends and technologies] to stay ahead in the fast-paced digital world. As a freelancer, I have honed the skills of [self-management, adaptability, and communication, essential for successfully managing projects and client relationships].

I have [expanded my services internationally], collaborating with clients from various cultural backgrounds. My goal is to help [businesses harness the power of digital marketing] to achieve their objectives and [grow their online presence]. I'm excited about the opportunity to bring my [entrepreneurial spirit] and [digital expertise] to [new ventures and collaborations].

As a freelance [digital marketing consultant], I have carved a niche for myself in the competitive world of [online branding and social media strategy].

Carved a niche 指的是在特定領域中創造了一個獨特的位置。這句話表達了作為一名自由職業者在線上品牌和社交媒體策略領域取得成功的情況。

I learned the ins and outs of [building a brand from the ground up].

The ins and outs 指的是所有細節和特點。From the ground up 意味著從零開始建設。這句話描述了從零開始建立品牌的全面學習過程。

My expertise lies in [creating targeted content, leveraging social media platforms for brand growth, and analyzing consumer data to drive engagement and sales].

Expertise lies in 用於表明專業技能所在領域。這裡強調了在創建針對性內容、利用社交媒體平台增長品牌和分析消費者數據以促進互動和銷售方面的專長。

I have honed the skills of [self-management, adaptability, and communication, essential for successfully managing projects and client relationships].

Honed 意味著磨練或提升技能。這句話強調了自我管理、適應性和溝通技能在成功管理項目和客戶關係方面的重要性。

I have [expanded my services internationally], collaborating with clients from various cultural backgrounds.

Expanded my services internationally 表示將業務拓展到國際市場。這裡強調了與來自不同文化背景的客戶合作的經驗。

有創業經驗想嘗試全職工作的專業人士

創業經驗豐富的專業人士通常擁有卓越的領導能力、創新思維和解決問題的能力。在尋求轉入全職工作時，可以強調這些特質如何能夠為新工作環境帶來價值，以及他們對於團隊合作和組織發展的貢獻。

Hello, my name is [Name]. I am an experienced professional with a [distinctive blend of entrepreneurial flair and corporate acumen]. My career took root in the [tech industry], where I spent [several years] in [project management] and [business development], working with [established companies]. Driven by a desire to challenge myself and seize new opportunities, I embarked on an [entrepreneurial venture], [co-founding a startup in the digital marketing arena].

This endeavor proved to be immensely enriching, not only [sharpening my strategic planning] and [market analysis skills] but also teaching me the value of [adaptability] and [resilience] in the business world.

Throughout my time as an [entrepreneur], I [cultivated a deep understanding of the digital landscape] and [adeptly steered my team] through various phases of growth, including [product development], [securing funding], and [expanding operations]. My role required [extensive cross-functional collaboration], significantly bolstering my [leadership] and [communication abilities].

I am now keen to transfer this diverse array of experiences back to the corporate sector. Roles that capitalize on my background in [strategy, innovation, and leadership] particularly intrigue me. My stint in entrepreneurship affords me a unique vantage point in [tackling challenges] and [spearheading projects proactively]. I am enthusiastic about the prospect of [contributing to] and [making a meaningful impact] within a dynamic team.

—

I am an experienced professional with a [distinctive blend of entrepreneurial flair and corporate acumen].

Distinctive blend 表示獨特的結合，這裡用來描述結合創業精神和企業商業智慧的特殊技能組合。

Driven by a desire to challenge myself and seize new opportunities, I embarked on an [entrepreneurial venture].

Embarked on 意味著開始一個新的旅程或項目，這裡用來表達因為追求挑戰和機會而開始的創業之旅。

This endeavor proved to be immensely enriching, not only [sharpening my strategic planning] and [market analysis skills] but also teaching me the value of [adaptability] and [resilience] in the business world.

Immensely enriching 強調這段經歷非常有價值，不僅提升了策略規劃和市場分析的技能，也學會了商業世界中適應性和韌性的重要性。

I [cultivated a deep understanding of the digital landscape] and [adeptly steered my team] through various phases of growth.

Cultivated 指培養或發展，這裡用來描述深入理解數位領域。adeptly steered 表示熟練地引導，指的是有效領導團隊通過各種成長階段。

Roles that capitalize on my background in [strategy, innovation, and leadership] particularly intrigue me.

Capitalize on 意為利用或發揮優勢。這裡指尋求能夠發揮其在策略、創新和領導力方面背景的工作角色。

學術或研究人員

學術或研究人員的優勢在於深厚的專業知識和研究能力。可以在自我介紹時突出如何將這些學術成就和研究經驗轉化為實際工作環境中的應用價值，並展現對於持續學習和創新的熱情。

Hello, I'm [Name], a dedicated and passionate researcher with a [Ph.D. in Biomedical Engineering]. My academic journey began at [x] University, where I developed a deep interest in [medical imaging technologies]. Over the past [x] years, I have been actively involved in [cutting-edge research], contributing to advancements in [MRI techniques] and their applications in [early disease detection]. Currently, I am a [postdoctoral] researcher at [XYZ], where my work focuses on [developing non-invasive imaging methods] for [neurological disorders].

My research has been published in several high-impact scientific journals, and I have presented at [international conferences], sharing my findings with [the global scientific community].

Apart from my core research, I am passionate about [mentoring young scientists] and have been involved in [supervising graduate students]. My teaching philosophy revolves around [encouraging critical thinking] and [fostering a hands-on approach] to [solving complex scientific problems].

I am skilled in [collaborating with international research teams]. My goal is to [continue contributing to the field of biomedical research], with a focus on [developing technologies] that can have a tangible impact on [patient care]. I am excited about the opportunity to collaborate with other [researchers and institutions] that share my commitment to [advancing medical science].

—

A dedicated and passionate researcher with a [Ph.D. in Biomedical Engineering].

Dedicated and passionate 描述了研究者對其領域的奉獻和熱情。

Ph.D. in Biomedical Engineering 指出了其在生物醫學工程領域的高等學位，彰顯了專業知識和學術成就。

Actively involved in [cutting-edge research], contributing to advancements in [MRI techniques].

Cutting-edge research 指的是前沿或尖端的研究，突顯研究者參與在業界領先技術的開發。
這裡特別提到了對於 MRI 技術的貢獻。

Developing non-invasive imaging methods for [neurological disorders].

Non-invasive imaging methods 指的是無需身體侵入的成像技術，常用於醫學診斷。這裡的焦點是開發用於神經系統疾病的新技術。

My teaching philosophy revolves around [encouraging critical thinking] and [fostering a hands-on approach].

Teaching philosophy 是教學理念，這裡強調了促進批判性思維和實踐操作方法的重要性。

Skilled in [collaborating with international research teams].

Skilled in 表示在某方面有技能或熟練。這裡突出了研究者在跨國研究合作中的專長。



**Motivation is what gets you started.
Habit is what keeps you going.**