

Must Haves, Must Dos 潮人潮语

Body language for job interviews

面试肢体语言



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Li: Hey, guess what? I've got a job interview! 我申请了一份工作，已经得到面试通知了。

Chris: Wow, congratulations! Are you prepared?

Li: I think so... but I need to practise. Ask me some questions.

Chris: OK, I'll pretend to be the interviewer... Tell me about your previous work experience.

Li: Well, I've had work experience as a waitress... and then as an airline pilot... then I became a newsreader.

Chris: OK, nice answer. But your **body language** isn't very good.

Li: 什么，我的肢体语言表达的不好？What do you mean my body language isn't good?

Chris: You look awkward. Don't **fold your arms**.

Li: What do you mean, 'fold my arms'? They aren't made of paper!

Chris: Folding your arms is just another way of saying you're holding your arms together across your body – like that.

Li: Oh, don't fold your arms. 不要交叉双臂。

Chris: OK, what are your strengths for this job?

Li: I'm good at writing in English... I'm a great public speaker...

Chris: Stop, stop, stop... why are you looking around the room?

Li: I'm thinking!

Chris: Yes, but it's much better if you **maintain eye contact** with the interviewer. So you need to look at me.

Li: OK. I'll maintain eye contact. 保持眼神交流。

Chris: Also... you are quite serious. Try to **crack a smile** – it'll help to show how friendly you are.

Li: Crack a smile. 时不时地展露笑容。

Chris: Yes. That's better.

Li nervously scratches her nose and plays with her hands.

Chris: Interviews usually make people nervous. But you must remember to stop **fidgeting**.

Li: Fidgeting? 不必要的小动作?

Chris: Fidgeting is when you make nervous movements – like that!

Li: Oh fidgeting... I must stop fidgeting.

Chris: What we're looking for is a really strong manager who is decisive and competent...

Li: Yes... yes... yes...

Chris: Whoa, whoa... why are you **pointing your finger** at me like that?

Li: 我手指的动作就表示同意呀! I'm agreeing with you. Pointing my finger helps.

Chris: Don't **point your finger**. If you agree with something the interviewer says you should gently **nod your head**.

Li: 我应该点头同意就够了。Oh yes, I should nod my head.

Chris: That's better. Practise those tips and I'll think you'll do alright.

Li: Thanks... well, I'd better get going. Wish me luck.

Chris: **Break a leg!**

Li: What?! I don't want to break my leg! 别说这不吉利的话!

Chris: No, don't worry. It's just a way of saying good luck. Good luck! 祝你好运!

Vocabulary:

Body language	肢体语言
Fold your arms	交叉双臂
Maintain eye contact	保持眼神交流
Crack a smile	展露笑容
Fidgeting	小动作
Point your finger	用手指人
Break a leg	预祝成功