

BBC Learning English – Ask About Britain

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Job Interview 工作面试

Jo: Feifei, see if you can guess what we're talking about in today's Ask About Britain.

Feifei: Try me, Jo.

Jo: Well, it's something that's often nerve-wracking and scary and it can ultimately change your life, any ideas?

Feifei: Oh I know! it must be a job interview.

Jo: Yes, job interview. In today's Ask About Britain, we are answering a question from John in China. He wants to know what British people think of job interviews and what to do if you are very nervous at an interview. I'm Jo.

Feifei: 欢迎收听这期《英国问答》，我是冯菲菲。今天节目里我们要回答来自中国的这位听友 John 提出的问题，他想知道英国人是怎么看待工作面试这个非常让人紧张的事情，还有就是怎么克服过于紧张的情绪。

Jo: Nearly every one of us who has had an interview before would say it is a very nerve-wracking experience. The BBC interviewed Tim Campbell, who took part in and won a BBC reality TV show to win a good job with a great salary.

Feifei: Jo 说凡是参加过面试的朋友们都同意整个面试过程非常 **nerve-wracking** 精神紧张的。BBC 采访了 **Tim Campbell**，他参加并且赢得了《学徒》真人秀节目，经过长达 3 个月漫长的面试最终获得了在英国著名企业家也是百万英镑富翁 **Alan Sugar** 的公司高薪就职的机会。我们听听他是怎么说的。

Insert

You always get to that stage where you've said something and you think how did it come across, how was it articulated? But the reality is that people are allowed to be nervous in interviews, it's a nervous situation, and the person the other side understands that.

Feifei: So according to Tim, it is perfectly normal to be nervous in interviews.

Jo: Yes, it is. He said we often get to the stage where we think how our answers come across to the interviewers and how were they articulated.

Feifei: 他说我们在面试过程中会对自己的答案质疑，会揣测面试官听了我的答案是怎么想的，我刚才这个答案语言表达的清楚吗？**Articulate** 说的清楚的，明白的。

Jo: **Tim also pointed out that the person on the other side, the interviewers, understand that you are nervous.**

Feifei: **Interviewer 面试官。Here is one tip from Tim to help you stop feeling so nervous.**

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So the fact is people get very nervous and anxious, and that causes people to trip up sometimes. It is gonna to be nervy, but you gotta remember that they want you there, they've called you there for a reason, there's something about you they like, you've just got to go in there and sell on top of that.

Jo: **Tim said people trip up because they get very nervous and anxious.**

Feifei: 大家在面试的时候非常紧张，非常焦虑 **anxious**，这样难免就会犯错误，说错话 **trip up**。

Jo: **But he said you've got to remember that they want you there, they called you to the interview so there's something they must like about you, so you've just got to go in there and sell yourself on top of that.**

Feifei: **Tim** 说的这一点格外有意思，他说大家一定要记住之所以你会去参加面试就是因为他们看到了你身上值得他们喜欢的地方，他们希望你就是所要找的最佳人选，所以才会让你去面试，那么这时候你就应该在此基础上更加努力的去说服他们你就是那个人。

Jo: **Here is another tip from Tim Campbell.**

Insert

We've also got to remember that interviews aren't that reliant in terms of getting the best person for the job, there's only one aspect of the actual application process and there's a very low reliability rate for people who actually got successful just based on interview. It needs to be aptitude tests, other aspects of their personality, are they gonna fit in with your culture?

Jo: **He said that interviews are not that great in terms of getting the best person for the job, because that's only one aspect of the whole application process.**

Feifei: **Tim** 说面试只是整个招聘过程的一个方面，用人单位不会只通过面试来挑选最适合的人选。

Jo: **He also said there's a very low reliability rate for people who actually got a job just based on interview.**

Feifei: **Low reliability rate** 可信度低，他说几乎没有人只是因为面试表现的很好就获得了工作。

- Jo: Tim said aptitude tests, aspects of the candidates' personality and whether or not the candidate will fit in with the organisation's culture are also taken into the consideration when finding the best person for the job.
- Feifei: **Aptitude test** 能力测试, **candidates' personality** 求职者的性格。决定谁最适合某个工作的时候, 个人能力测试成绩, 个人的性格和是否能融入和适应这个企业的文化 **the culture of the organisation** 等等的很多方面都会被参考。
- Jo: **So be confident and be yourself when you are in an interview.**
- Feifei: 是的, 自信的表现出真实的自己肯定没问题。如果你也有问题, 欢迎发邮件给我们, 邮箱地址是 chinaelt@bbc.co.uk.
- Jo: **Good luck to you and see you next time.**
- Feifei: 感谢收听, 也祝你好运。再会。

Glossary

articulate 表达清楚的, 明白的	interviewee 接受面试的人
anxious 焦虑	trip up 犯错误, 说错话
low reliability rate 可信度低	aptitude test 能力测试
nerve-wracking 精神紧张的 (also spelled nerve-racking)	candidates' personality 求职者的性格