Category

Process Management

Activity Domain/Targeted skill area

Extending Process time. improving short term memory skills

Developed by

Margaret DiMaria Murphy

Step-by-Step Description of Activity

Interpreters often in a desire to get every word/sign being said reduce process time

. Interpreter will listen to the radio, preferably a news or story program (or some broadcast where there is at least 10 minutes of dialogue. The interpreter will listen (not interpret) what is being said and begin to repeat what the speaker is saying. The interpreter will begin to speak 1-3 words behind the speaker (see details of activity). The interpreter will note how long before the process breaks down (using a timer). The interpreter will keep a journal about this activity.

BEFORE THE NEXT MEETING

1. The interpreter will choose an audio recording. It should be something that is either live or, if recorded, has a normal speaking pace to it. .Radio broadcasts work well, as well as newscasts. Audio record several programs without listening. (have someone else record them if necessary to prevent exposure to the source.)
2. The interpreter will listen to these audio selections 10-15 minutes, 2-3 times a week
3. While listening to the audio selections, the interpreter will repeate what the speaker is saying in this order:
    a. WEEK ONE - start to speak ONE word behind the speaker
    b. WEEK TWO - start to speak TWO words behind the speakers
    c. WEEK THREE - start to speak THREE words behind the speaker.
4. After each event, the interpreter will keep a weekly journal containing the following information:
    a. A description of the audio sample (title, number of characters, length)
    b. How long the interpreter was able to keep this up (note the time for each session).
    c. If , as the weeks went on, the interpreter noticed any improvement in their ability to retain information
    d. Level of comfort each time the interpreter did this activity. Did it bring them any stress? How did that affect their process?

Materials

Technology to support video recording. Depending on which technology used, storage for work samples - DVD, thumbdrive etc
Journal
Several English audio texts

Suggested Timelines

1. The interpreter will do the initial activity for 6 weeks or until the amount of process time (in terms of words behind) begins to break down

2. The interpret will work for at least 15 minutes, 2-3 times per week

3. The interpreter will meet with the mentor in six weeks to debrief about activity Interpreter should bring journal to the next mentoring meeting (in 6 weeks) and may have contact in between to discuss successes, challenges, questions, etc.

Next Steps

The interpreter can continue to use this activity as they see fit, adjusting it as skills improve. This is something they should do periodically during the year as a refresher activity to keep their short term memory skills sharpened. The same activity can also apply to ASL, viewing ASL source texts and beginning to repeat the message 1 – 3 signs behind in the same sequence as described above.

Progress Measurements

Success will be measured by:

The Interpreter feels more comfortable with their short term memory ability. There is no one true way to measure this, but a successful activity is one in which the interpreter feels as if they have improved their ability to hold information longer and feel that their short term memory capabilities have improved - this is completely up to the discretion of the interpreter. It would be wise to set a word number to work at (repeating the source text at 6 words behind the speaker, for example)., but since this is only the first time doing the activity it is hard to set those sorts of goals at this point. This will be done for the next session. When the interpreter can at least match the number of words "behind" in English that she can stay behind working from ASL to English, the work can be considered successful.