

Exercise

Title Coping Strategies
Areas of Work / Skills clarifications, message not understood, fillers,
Duration
Resources Required (eg. Equipment, people, source material, assignment, room..) Paper and pen, piece of BSL.
Related information (eg. Recommended reading, follow-up ideas...)
Detail (step-by-step explanation of the task) <u>Meta Comments</u> - brainstorm a list of meta-comments (comments about the interpreting process, such as ‘there will be an interpretation in a minute’) and try them out. Keep the ones that suit you, that you find easier to say. Practise them over and over so that in the situation you don’t have to think, you can just come out with them. <u>Pauses and Space</u> - Watch / listen to a piece, and if you are unsure of the information or are having receptive problems or difficulty in producing an interpretation, say nothing! Continue consecutively, use a meta comment or pause, (lower your hands maybe to indicate this), say nothing and carry on. <u>Fillers</u> – Make a list of all the fillers that you use eg. Urrrrmmm... from both your everyday life and exercises and assignments. Look at how you use them. Remember they are a part of natural speech and that they are useful tools for filling in gaps or giving us thinking time. Monitor however whether you are using them too much as this can convey a feeling of uncertainty where there isn’t any.
Progression / Variation (eg. Are there more advanced or different ways of approaching the same task?) Listen out for useful phrases used by other interpreters and make a note of them. Consciously try out different ways of asking / clarifying / gaining time.
What materials did you use for this task? Any other recommendations? Use a fairly challenging piece of BSL that you haven’t seen before to practise how to deal with difficulties in comprehension.
Review (was it simple / effective / would you recommend it?)