



It's All About the Drills! Preparing for Certification the Deliberate Way

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Certification Prep



Trainable
skills



Abundant
resources



Performance-based
profession

2

Components

 Language Skills	 Analytical Skills	 Listening & Recall	 Interpersonal Skills
 Ethical Behavior	 Speaking Skills	 Cultural Knowledge	 Subject Knowledge

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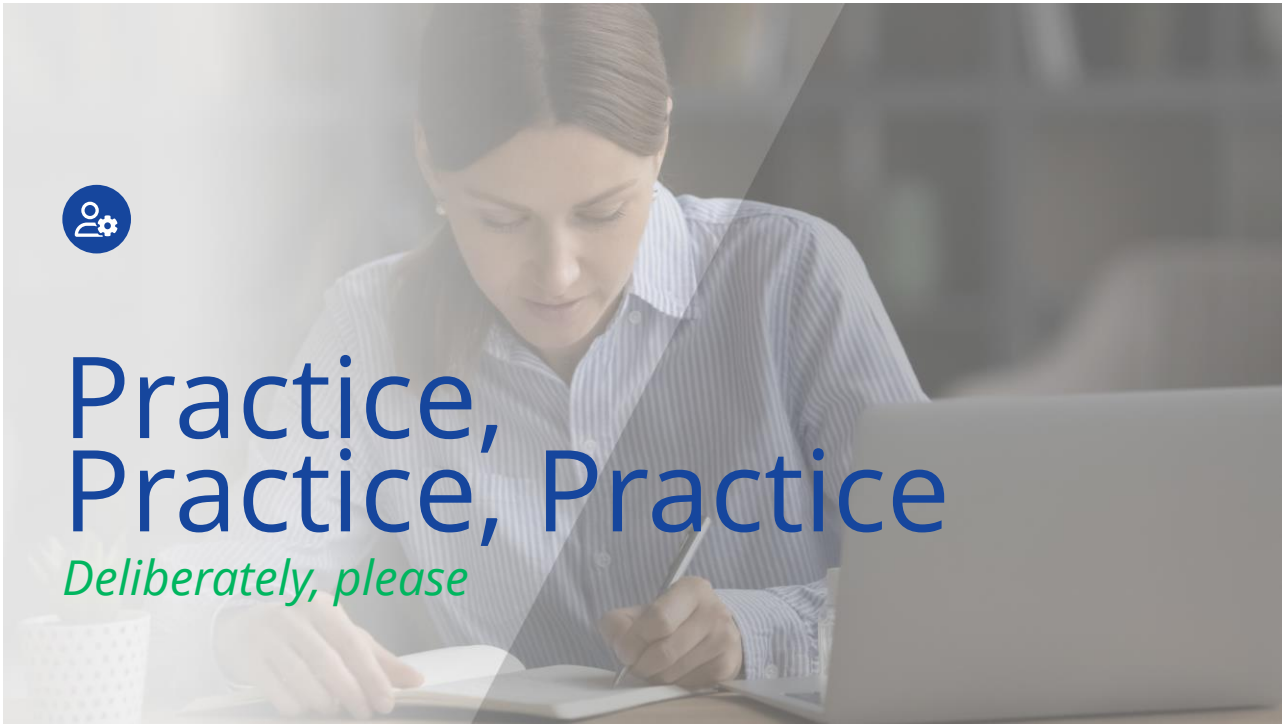
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Components

 Language Skills	 Analytical Skills	 Listening & Recall	 Interpersonal Skills
 Ethical Behavior	 Speaking Skills	 Cultural Knowledge	 Subject Knowledge

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Practice, Practice, Practice

Deliberately, please

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Practice makes perfect



Study the exam format



Understand each section of the exam



Find old versions of it for practice



Identify your weakness and intensify practice for it



Find an accountability partner

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Practice makes perfect



Use tools to help hone your skills



Find reading material in the exam topic



Find videos in the exam topic



Create glossaries, if that makes sense for the type of exam

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Practice: Basic Needs



Source videos or audios, with transcripts



Accountability partner



Recording device



Reflection



Time

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Deliberate Practice

①

Regular

②

Reflective

③

Incremental
Difficulty

④

Small goals,
each session

⑤

Accountability

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Certification Prep for CCHI's ETOE

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CCHI ETOE Restate the meaning

What the section is like:

- Listen to a recording in English of a short sentence on a healthcare topic
- Restate (paraphrase) it in English
- You may listen to the audio up to two times
- You are allowed to take notes
- Record your answer



“Reye syndrome is a rapidly worsening brain disease. Symptoms may include vomiting, personality changes, confusion, seizures, and loss of consciousness. It usually begins shortly after recovery from a viral infection, such as influenza or chickenpox.”

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How to do it well

MWI tips to ace it:

- Say the same idea using other words
- Do not add, change, or omit any information
- Try to change sentence structure as well

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Examples

Original:

Reye syndrome is a rapidly worsening brain disease. Symptoms may include vomiting, personality changes, confusion, seizures, and loss of consciousness. It usually begins shortly after recovery from a viral infection, such as influenza or chickenpox.

Good paraphrasing:

A brain disease that gets worse quickly is Reye syndrome. It can cause vomiting, changes in personality, confusion, seizures and unconsciousness. It often starts soon after getting over a viral infection, like the flu or chickenpox.

Reye syndrome is a swiftly deteriorating neurological condition characterized by symptoms like vomiting, alterations in personality, disorientation, seizures, and unconsciousness. Typically, it manifests shortly after recuperating from a viral illness such as the flu or chickenpox.

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CCHI ETOE Equivalence of meaning

What the section is like:

- Read the passage and restate (paraphrase) it in English
- You are allowed to take notes
- Record your answer

Obesity is a risk factor in several chronic diseases. Achieving and maintaining a healthy weight is important to reduce the risk of those diseases and improve overall health.

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How to do it well

MWI tips to ace it:

- Paraphrase the entire passage, not only the underlined words
- Think of different ways of saying the same idea

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Examples

Original:

Obesity is a risk factor in several chronic diseases. Achieving and maintaining a healthy weight is important to reduce the risk of those diseases and improve overall health.

Good paraphrasing:

Being overweight can make you more likely to get some long-term health problems. To lower your chances of getting these problems and to improve your overall health, it is important to keep your weight within a healthy range. This condition is called obesity.

Obesity increases the likelihood of developing numerous long-term illnesses. It's crucial to attain and sustain an appropriate weight to lower the chances of such conditions and enhance overall well-being.

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Take away from the live practice



Understanding each exam section is key to manage your time wisely



Practicing the skill for each section will allow you to master it (i.e. paraphrasing)



Deliberate practice will help you identify your weak spots



Having an accountability partner will help you both make progress faster by sharing your ideas

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20% discount for next 7 days

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To Strengthen Analysis, Prediction, Split Attention: Chunking and Key Ideas

- | | |
|---|--------------|
| 1- Another new initiative that we are working on right now is the renewal of those contracts which are scheduled to expire at the end of this year. | [5 segments] |
| 2- Another new initiative that we are working on now is the renewal of contracts that expire at the end of this year. | [4 segments] |
| 3- We are also working on renewing contracts that expire at year's end. | [2 segments] |
| 4- We're also working on year-end contract renewal. | [2 segments] |
| 5- We're renewing year-end contracts as well. | [1 segment] |
| 6- We're renewing contracts too. (Information sacrificed: "year-end") | [1 segment] |

Table 1 Shortcut Strategy: Abbreviating the Idea by Eliminating Redundancies

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Chunking and Salami Technique

Example from Sophie Llewellyn – The Interpreting Coach

For example, in the sentence "Despite severe delays at Manchester airport this morning, most delegates have made it to today's meeting.":

"Despite" is not a unit of meaning.

"Despite severe" is not a unit of meaning.

"Despite severe delays" is not (quite) a unit of meaning – delays with what?

"Despite severe delays at Manchester airport this morning" IS a unit of meaning. You could turn it into "There have been severe delays at Manchester airport this morning".

If you were 'chunking' the sentence, you could say:

"There have been severe delays at Manchester airport this morning, BUT most delegates have made it to today's meeting." (inserting BUT to preserve the meaning of 'despite').

Source: <https://www.theinterpretingcoach.com/an-exercise-to-practise-salami-technique/>

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to maintain your blood sugar levels

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Eat a healthy diet

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3

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with plenty of fruit and vegetables

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maintain a healthy weight,

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and get regular physical activity.

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6



Keep track of your blood sugar levels

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7



to see what makes them go up or down.

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Eat at regular times

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and don't skip meals.

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Drink water instead of juice or soda.

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Limit alcoholic drinks.

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Crafting Exercises Around a Single Speech or Topic

Tips for speeches

- Use ones with transcripts, like YouTube, Ted Talks, most podcasts
- Use more spontaneous speech videos or audio, such as interviews and panel discussions
- Pick a health topic or even a single speech for the week or segment

Suggested scaffolding/sequencing

1. Start with simpler exercises, such as shadowing and chunking, with lots of text analysis
2. Move to more complex tasks, with no interlingual translation
3. Try out interlingual interpreting, consecutive and then simultaneous
4. Simultaneous: Increase decalage and/or salami technique
5. Consecutive: Increase duration of speech – notetaking is crucial!

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Giving Feedback (to Yourself or Others)

Focus on the interpreting, not the person

- Let them go first:
 - What was your goal for the session?
 - What worked for you?
 - What could have gone better?
 - What is a strategy that might work for next time?
- Ask permission before offering your thoughts
- Start with what worked, always
- Offer strategies, sympathy, and specific examples

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Thank you!



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