

SHORT-TERM MEMORY SHARPENING STRATEGY IN SIMULTANEOUS INTERPRETATION

Sattarova Nafisa Fayulla qizi

O'zDJTU magistranti

Ilmiy rahbar: f.f.d. prof. X.B.Samigova

Annotation. *Among the many things an interpreter should learn in order to perform simultaneous or consecutive interpretation, memory is an important element that needs training. The article discusses some techniques of improving one's memory, the characteristics of short- and long-term memory, and the way in which they influence the interpreter's performances.*

Keywords: *interpretation, short-term and long-term memory, simultaneous interpretation, mnemonics, strategies.*

Interpreting denotes facilitating communication from one language into another language. The conference interpreter translates the message orally, which is quite different from written translation. In order to perform the task professionally an interpreter has to master who is working upon, and to undergo special training as the job requires not only to perform this task correctly, but also to perform it in real time, which means fast.

Psychological studies of human memory agree that it can be of two types: short-term memory (STM) and long-term memory (LTM). Carolyn Hopper draws our attention to the name of LTM, which is only long-term, never permanent. According to its name, STM is able to retain and recall the information for just a brief period of time because it does not create the neural mechanisms that would be needed for a subsequent storage. On the contrary, LTM occurs once you have created the neural pathways for storing, so the information that you hear can be stored from minutes to months or even years' span. "In actuality long-term memory is the neural pathways and synaptic connections that have stabilized through repeated use" ¹

Short-term memory is the type of memory that holds onto information while we process it. For example, while reading, we need to be able to remember the information at the beginning of a sentence in order to make sense of it once we get to the end. Short-term memory is what does this for us. It tends to last about ten to fifteen seconds (sometimes longer) and consists of about seven items (the length of a phone number or the days of the week). If you're curious how you measure up, you can test your recall of here. I made it to level eight and I'm admittedly not a "numbers person".

Short-term memory affects many of the brain's most important and superior cognitive processes thus, is essential for good cognitive function. Short-term memory directly affects our abilities to:

1. effectively communicate with others
2. learn and store new information
3. accurately carry out movements (motor skills)
4. recalling or retrieving information previous learned.



Strategies to Improve Short-Term Memory Function

The best way we can preserve our memory function as we age, or rehabilitate our memory function after decline, is by exercising our brains in specific ways. Targeting specific functions of the brain to improve memory isn't neuroscience. Read out loud text or verses from your favorite book or practice singing using For brain system. Repetitive use of your voice exercises and trains your brain. These repetitive exercises tap into areas of the Cochlea, which connect through the auditory pathways to your verbal and short-term memory. When you speak or read aloud using the For brain system, your own voice activates these auditory pathways in your brain enabling you to access memory more easily. Daily use of For brain supports improved memory.

Board games that focus on using memorization or matching can be fun and effective ways to exercise your short-term memory. Remember playing the game “Memory” or “Concentration” as a child? LDM Enterprises has bumped it up a notch with their addictive game for ages 6+ called Recall.

There are hundreds of applications that include games focused on improving short-term memory like Lumosity, A Clockwork Brain, and Music Memory, to name a few.

Other games proven to preserve memory function and ward off short-term memory loss include crossword puzzles, Sudoku, and jigsaw puzzles.

Games with numbers are particularly helpful in preserving short-term memory. counting games and math games (or just performing mathematical equations in your head) can be immensely beneficial. As I already mentioned, Sudoku is a great brain-boosting activity to keep your short-term memory functioning well and it's endorsed by the American Alzheimer's Association.

Memory Strategies for Everyday Life. You don't need special equipment to exercise and strengthen your memory. Some of the best work we can do to improve short-term memory is functional. That is to say, it's embedded in the tasks we do in our everyday lives. The following exercises can be easily assimilated to your everyday routine:

-Memorize your grocery list and leave it in your bag while you're shopping.

At the end of the day try to recall the day's events from the moment you woke up until the time you went to bed. Did you miss anything important?

-Concentrate on one task at a time. Attention directly affects memory and the best way to remember something is to focus on it.

-Use mnemonics to remember lists. Mnemonics are tools that help us remember related bits of information.

There are different types of mnemonics like:

- Acronyms: Super Heroes Must Eat Oats (Lake Superior, Lake Huron, Lake Michigan, Lake Erie, Lake Ontario)

- Chunking: Longer strings of information is broken up into smaller “chunks” like the format of phone numbers



- Visualization: Using a symbol or a “scene” to represent information (visualizing the last place you were when you had your keys, or a hairbrush to represent an appointment at the salon)

Surprising Ways to Improve Memory

- Meditate. Meditation helps control certain brain functions that help filter out distractions and create an improved environment for memory function. The Harvard Gazette published an article discussing the direct link between meditation and improved cognition here.

- Change your routine. Small changes such as switching around your morning routine, sitting in a different spot at the dinner table, or driving a different route to work can give your brain the challenge it needs to grow, positively affecting your memory.

- Sleep well, and sleep at night. Experts recommend getting an average of 7-9 hours of sleep each night for optimal cognitive performance. And exactly when you sleep matters. Studies of people who work different shifts have shown that those who are on an evening or night shift schedule suffer cognitive losses that aren’t found in daytime workers.

- Eat Fish. Eating fish may not be enough, so there are fish oil supplements that can help you get the DHA & EPA that you need. Speak to your health care professional before beginning any supplement regimen.

Exercise. Exercise has been shown to improve overall cognitive ability as well as spatial memory (remembering what position our body is in and where). This has a positive effect on memory and has can also help prevent memory decline. Regular exercise can be as easy as a 60-minute walk two times per week.

Short-term memory: acoustic, visual and semantic coding. It is believed that information enters STM as a result of attention to a stimulus, in our case, the attention to the speaker. Studies show that the encoding of information is mainly done through three modalities: acoustic, visual and semantic. The acoustic coding relates closely to what we hear (words, sentences, sounds), without placing the emphasis on the meaning of sentences/words. A source of evidence “for separating long and short-term memory comes from experiments which suggest that material in our short-term memory is processed largely in terms of speech sounds, whereas our long-term memory depends primarily on meaning”. Alan Baddeley states that STM depends mainly on acoustic coding (1966). This means that the interpreter relies a lot on what he hears, while he tries to carry the task properly.

Short-term memory is based especially on the actual hearing of sounds, without always filtering the information, that is why the interpreter has to be careful with the message he conveys further. As interpreter, I make good use of both types of memory, as their training has proved important for the quality of subject message rendering. In this article, the aim was to discuss techniques for memory improvement, as mastering the languages and the general background of the conference are not sufficient. Therefore, we have to encourage memory training through all of its aspects - acoustic, visual, or semantic, which together with the other tools is crucial in the interpreter’s work.

References:

1. Baddeley, A. Essentials of Human Memory, East Sussex: Psychology Press Ltd.1999
2. Leeson, L. “Making the Effort in Simultaneous Interpreting” in Topics in Signed Language Interpreting: Theory and Practice, ed. by Terry Janzen, Benjamins, Philadelphia-2005
3. Thomas, A. “How to Develop a Super Powered Memory”.1958
available at: <http://interpreters.free.fr/consecmemory/linking.htm>
4. Zhong, W. “Memory Training in Interpreting” in Translation Journal,
available at: <http://translationjournal.net/journal/25interpret.htm>.2003