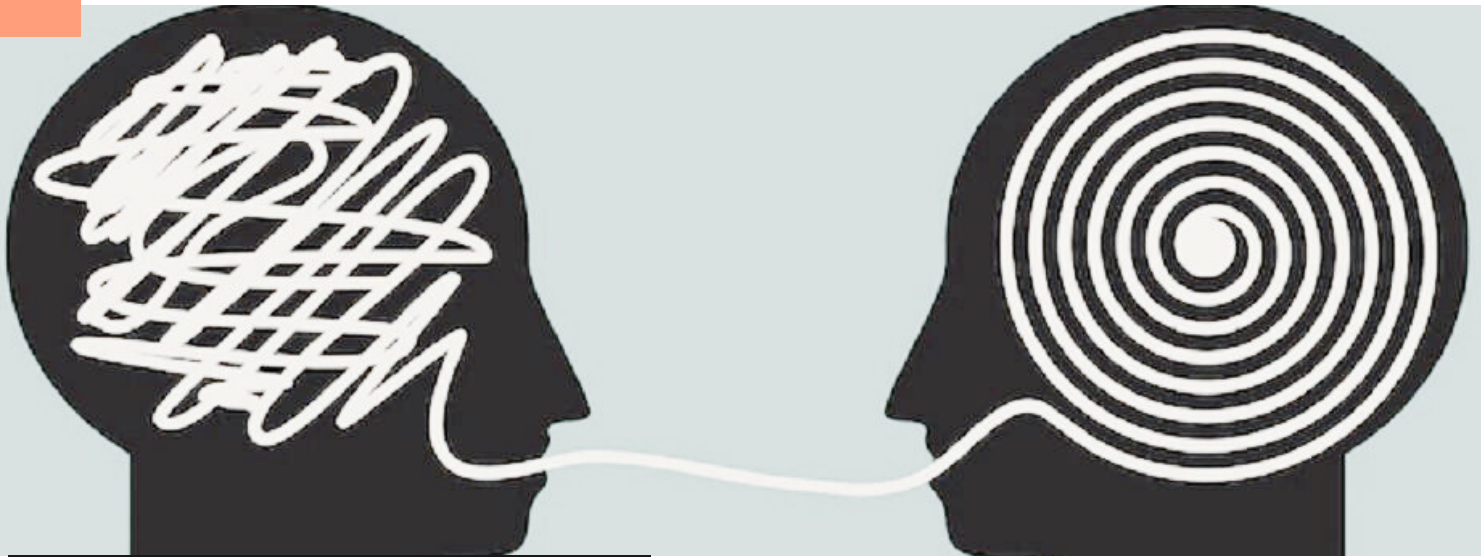




THE MULTILINGUAL VOICE



What's Inside ?

RESILIENCE

Humans are resilient beings, but how much can a person take or handle to be considered resilient? Read on to find out more about how resilience is changing human behaviors and thinking.

WHAT'S UP WITH ARTIFICIAL INTELLIGENCE (AI)?

An experienced interpreter can interpret for up to 45 minutes without a break in consecutive mode while delivering an accurate message. This drops by half if interpreting simultaneously. A translator is able to translate as much as 2000 words per day. AI can interpret and translate indefinitely, how will this new technology impact the translation and interpreting world?

AMERICAN SIGN LANGUAGE

American Sign Language has been picking up momentum in recent years thanks to the talented and experienced individuals striving to provide language access to those unheard. This momentum has allowed for an eye-opening demand for more trained professionals in the field...

WELCOME TO THE MULTILINGUAL VOICE

ALL YOUR LANGUAGE NEWS IN ONE PLACE

As the new school year starts and you settle into the daily dynamics, we hope this newsletter provides you with updates, information, tips and tricks, and some giggles to help you navigate the adventures and challenges ahead. We wish you a successful school year!

Take a look inside and learn about the latest trends in the field! Resilience, the future of AI technology and its impact on the profession, ASL and the long road, trending words to translate in the English language, fun facts about language, 5 questions in 5 minutes, and so much more!



MENTAL

AWARENESS
ADAPTABILITY
DECISION-MAKING
POSITIVE THINKING



PHYSICAL

ENDURANCE
NUTRITION
RECOVERY
STRENGTH



SOCIAL

FAMILY
COMMUNICATIONS
CONNECTEDNESS
SOCIAL SUPPORT
TEAMWORK



SPIRITUAL

CORE VALUES
PERSEVERANCE
PERSPECTIVE
PURPOSE

Resilience Provides Balance to Life

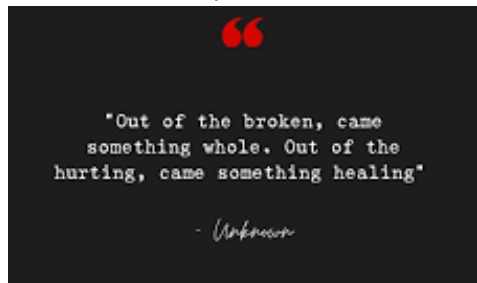
Photo by: Tim Norton

THE RESILIENT FACTOR

Is it human nature to be resilient? Are we all equipped to handle various situations and bounce back as quickly as we were impacted? It is a common misconception that all human beings can and should be resilient. However, as many learned through the pandemic, resilience has been at the forefront of mental health, progress, and moving past the changes and challenges brought about by COVID-19. Humans faced uncertainty, death, and trauma and were quickly desperate (or expected to) to bounce back to life as usual.

The New Normal

Many mental health professionals have pinpointed the new "normal" to the resilience shown by humankind in bouncing back from a traumatic and life-altering worldwide event. So, it is human nature to be resilient and learn to adapt.¹



Dr. Shree Walker

The book "The Resilient Walker" written by Dr. Shree Walker, gives an insight into her life, her struggles, her trauma, and how her resilience pushed her above and beyond the societal expectations of her failures. Her motivational presentations have provided a new outlook on resilience in the era of constant change.



Resilient Walker

"To be resilient is to be one who can persevere through the midst of the storm. Resiliency means to be able to withstand homelessness, abandonment, rape, sexual abuse, a nomadic lifestyle, loss of family members, survivor's remorse, and social injustice."² -Dr. Shree Walker

What does it mean to be resilient?

"To be resilient is to be flexible, to be bendable, but unbreakable. To walk is to stay in motion, to proceed through, to press forward, perpetually. To be a Resilient Walker is to walk through pain and heartbreak into joy and comfort, to proceed through trials and tears, to stop, to smile and play, to withstand torment, to sing loudly, to be present, to show empathy, to withstand the evil in order to do a greater good."² - Dr. Shree Walker

1. Source: forbes.com
2. Source: resilientwalker.com

What's Up With Artificial Intelligence (AI)?

"All my life, my mother told me the storm was coming - Judgement Day, the beginning of a war between man and machines." - John Connor (The Terminator: Judgement Day)

Growing up, the future created by movies such as Star Wars, The Terminator, and Back to the Future planted an image of technology that seemed so far away. Surprisingly enough, the world of "hoverboards" and "flying cars" is now. We live in the age of technology, and the movies that envisioned that distant future gave us a glimpse of what could be.

Fast forward three to four decades and technology has surpassed even the wildest of imaginations. Technology is improving and growing at an alarming rate, and humans are racing to catch up. But, is there a war between man and machines? Are the machines taking over? The short answer is probably not, and we will not be getting a visit from the Terminator any time soon. It is important to recognize, nonetheless, that technology, paired with AI, works together to facilitate, improve, and aid humans in progressing toward a better, more efficient future.

However, the latest technology developed in AI for translation and interpretation has professionals in the field questioning its impact. The concern is valid. Research has shown that humans can interpret for up to 45 minutes in consecutive mode and up to 30 minutes simultaneously, without a break, before the performance begins to be affected. In translation, a professional translator can translate 1,500-2,000 words per day provided it is a text of general nature with no special formatting.¹ In contrast, machines are just that, machines. They don't need breaks, they don't get tired, and they can perform in both consecutive and simultaneous modes or translate* large projects without a preference or a need for a break as it is programmed to do so.

The fear of interpreters and translators of losing their livelihood to machines (or AI) is accurate; nevertheless, machines lack what humans are born with; compassion, heart, and the ability to connect emotionally with other human beings. AI does not and cannot carry this characteristic so, rest assured that human interpreters and translators will continue practicing in the field. One tip though, as part of this and any field, staying up to date with the latest trends, technological advancements, and programs or software available for the profession is one's responsibility. You can stay on top of what's new and research what's coming. You can read more about AI in the [interpreting and translating fields](#) or watch [this video](#) of Barry Slaughter Olsen as he tests AI interpreting.²

WHEN TO SAY NO

Almost all interpreters and translators have had to do a task or interpret something outside their capabilities just for being bilingual. It is common to deal with the challenge of knowing when to say no, particularly in educational settings. Administrators and professionals in education are just now learning the ethics, standards, and guidelines of working with interpreters, translators, and bilingual staff. However, there is still more to do. It is the interpreter and translator's job to know when to say no. Here are some tips on how to do so respectfully:

1. **Be gracious** – Thank you for the opportunity; thank you for thinking of me, etc.
2. **Offer choices** – Let's look at this option; we could find a more qualified individual to cover this assignment, etc.
3. **Give reasons** – I am not qualified to interpret a legal meeting; I cannot sight translate this document without the presence of an administrator; I am not qualified to translate this document because of the legal terminology, etc.³

1. Source: <https://multi-languages.com>

2. Source: International Interpreting Agency.

3. Source: The Community Interpreter International®

• No machine or software-generated translation is 100% accurate.

ASL and the Long Road to Recognition

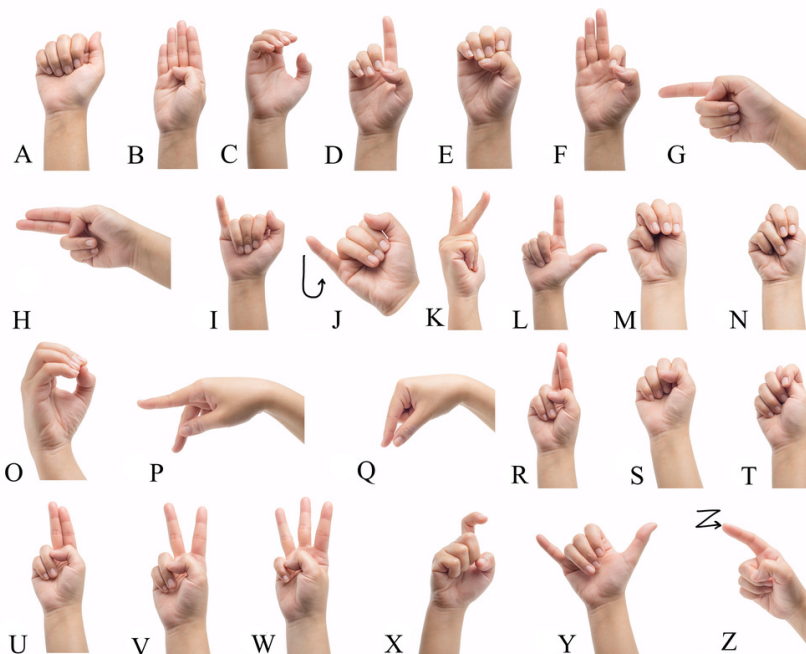
"American Sign Language (ASL) is a visual language. With signing, the brain processes linguistic information through the eyes. The shape, placement, and movement of the hands, as well as facial expressions and body movements, all play important parts in conveying information. Sign language is not a universal language – each country has its own sign language, and regions have dialects, much like the many languages spoken all over the world. Like any spoken language, ASL is a language with its own unique rules of grammar and syntax. Like all languages, ASL is a living language that grows and changes over time." – National Association of the Deaf.

The National Association of the Deaf (NAD) was established in 1880 in the United States by deaf leaders. The NAD has been actively engaged in the passage of key civil rights laws, including the Individuals with Disabilities Education Act, the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, and in more recent years, the Twenty-first Century Communication and Video Accessibility Act.

American Sign Language has been picking up momentum in recent years thanks to the talented and experienced individuals striving to provide language access to those unheard. This momentum has allowed for an eye-opening demand for more trained professionals in the field. Memorable ASL interpreters have impacted the community with their talented renditions and incredible ability. Knowing ASL is a challenging task and it requires years of training, practice, and a lot of passion. If you have had the pleasure of working with an ASL interpreter, you know the importance of their work. If you or anyone you know is interested in learning more about ASL, visit www.nad.org

Below are some requirements if you choose to pursue a career in this rewarding field:

1. **Bachelor's Degree** – regardless of the field, to be able to take the National Interpreter Certification (NIC) exam.
2. **Certification** – the NIC exam is given jointly by the NAD and the Registry of Interpreters for the Deaf (RID).
3. There are levels to ASL. **Level I & II** and **level III & IV** interpreters will be classified as such depending on their years of academic and professional experience as well as focus in a specific field of ASL, such as education and legal.



Tips for a Successful Interpreting Encounter in Education or Community Settings

Feeling great after any interpreting encounter is less common than most people think. Having a sense of failure because of that one word you could not come up with, or that phrase that threw your entire focus off happens more often than we'd like. However, we have heard your stories, concerns, and tips and compiled them here to help you prevent freeze frames during interpreting encounters.

It may sound silly, but as a first step, it is the most important:

GET SOME SLEEP. Research has shown better focus and brain activity when someone gets enough sleep. Another that may be obvious, yet so many of us need to make the time for is **EATING A HEALTHY MEAL.** Eating a healthy meal before any encounter will ensure your focus stays on the task and not on your grumbling stomach. **BREATHE!** Have you noticed how little you breathe when you're interpreting? Pay attention to your breathing; research shows deep breaths provide your brain with more oxygen, providing you with more clarity.

1. <https://www.cdc.gov>

2. <https://rb.gy/vspvd>

3. <https://tinyurl.com/yc8azcja>



5 Questions in 5 minutes

What is your name and what do you do?

My name is Teresita Ibarra, I am a Spanish translator for the San Diego County Office of Education and the Orange County Department of Education. I am also a parent workshop facilitator for the Parent Institute for Quality Education.

How long have you been working in this field?

I have been working in education for more than 30 years.

What is your favorite thing about what you do?

What I like most about my job is knowing that, in some way, I am contributing to the success of a student, supporting a family arriving in this country, as I did some years ago, to have the information they need to help their children, provided their own language and in the most appropriate and accurate way.

What advice can you give those who are starting in this field?

My advice to those starting out in this field is to love and respect this career. Be the first to recognize the important work they have in their hands. And feel proud and privileged to have the opportunity to make a positive difference in the lives of others.

Do you have any tips for success?

It is important to know that "speaking another language" does not automatically make us translators and interpreters. We need to have the professional qualifications to support it. We must continue to read and write in our first and second language, learn the culture, travel, be aware of the evolution of language, and always study and research the subject to be translated. We must be in constant training, always improving and updating our knowledge and skills. If we have passion for this work, success is guaranteed.

TRENDING WORDS TO TRANSLATE

- **Finfluencer:** an influencer who talks about money-related topics and gives tips regarding them.
- **Sharent:** made up of the words: 'share' and 'parent', this describes a parent who uses social media to talk about their child.
- **Nomophobia:** Fear of the idea that you won't be able to use your mobile phone.
- **Stan:** obsessive fan of a celebrity, made up of the words 'stalker' and 'fan'.
- **Moonlighting:** working a second job without letting your primary employer know.
- **Situationship:** a relationship where you are more than friends but not an official couple.
- **Goblin mode:** unapologetically self-indulgent, lazy slovenly, or greedy, typically in a way that rejects social norms or expectations.
- **Low-key:** an adjective to describe something that you don't want others to know explicitly.

FUN FACTS

- 30% of English terms come from French words.
- People who speak Chinese use both sides of their brains.
- The English term "water" is "air" in Indonesian.
- Ambigrams are words that look the same from different angles.
- Russian was the first language in space.
- Learning a second language can slow aging.
- Linguistics is the scientific study of language.
- English is the most taught and studied language.
- There are over 200 Hawaiian terms for "rain."
- Cryptophasia is the secret language of twins.
- The average person only speaks a few hundred words per day.
- 40 % of languages are endangered.
- The Broca and Wernicke regions of the brain process language. ¹

DID YOU KNOW?

"Dinosaur" comes from Greek words that mean "terrible lizard."

The first dinosaur fossil was discovered in 1677 – not that the man who came upon it realized the magnitude of his find. The English naturalist Robert Plot thought that his discovery had belonged to a giant human, and it wasn't until 1824 that the geologist William Buckland identified the bone for what it was. It took another 18 years for Sir Richard Owen, the most famed paleontologist of his era, to coin the term dinosauria – deinos meaning "terrible" or "fearfully great" in Greek, and sauros meaning "lizard." True lizards and dinosaurs diverged from one another 270 million years ago, but the name stuck nevertheless.

Suffice to say that the schoolteacher who called a young Owen "impudent" would have been surprised by his lasting scientific contributions, which also include describing many new species and founding London's Natural History Museum. Owen later went on to feud with none other than Charles Darwin over their respective views on evolution. Owen developed his own influential theory of how animals developed, and disagreed with how Darwin interpreted it in *On the Origin of Species* – as well as with Darwin's entire concept of natural selection. As a result, Owen's scientific reputation has suffered, but we can still thank him for every 7-year-old's favorite word.²

1.Source: www.ef.edu

2.Source: <https://interestingfacts.com/>



THE LANGUAGE SERVICES TEAM

Natalia Abarca, Program Specialist

nabarca@ocde.us

714-966-4437

Jorge Ibarra, Project Assistant

jibarra@ocde.us

714-966-4394

Stephanie Rock, Project Assistant

srock@ocde.us

714-966-4429

Angela Del Rosario, Administrative Assistant III

adelrosario@ocde.us

714-708-5899

For more information about Language Services, visit www.ocde.us