Exercises and techniques to improve the effectiveness of students' as a future interpreter

Xalilova Guzal Abdupattahovna
Uzbekistan State University Of World Languages, Tashkent, Uzbekistan
xalilovaguzal@gmail.com

Abstract

Purpose: This article aims to examine exercises and techniques that enhance interpreters' effectiveness by strengthening cognitive, linguistic, and practical skills. The study emphasizes the significance of active listening, memory retention, and quick decision-making in real-world interpreting contexts.

Research methodology: A qualitative descriptive approach was employed, synthesizing insights from professional guidelines, theoretical frameworks, and practical training experiences. Various strategies such as memory enhancement exercises, shadowing techniques, and simultaneous interpretation drills were analyzed to determine their relevance and applicability.

Results: The findings indicate that interpreters benefit significantly from consistent practice using diverse materials, including speeches, interviews, and real-time conversations. These practices improve fluency, accuracy, and the ability to manage stress under time pressure. Furthermore, combining theoretical knowledge with practical application reinforces professional communicative competence.

Conclusions: Continuous professional development is essential for interpreters to maintain and advance their performance. Structured training, coupled with exposure to authentic communication scenarios, ensures both adaptability and long-term proficiency.

Limitations: The study is conceptual and does not include empirical testing with a specific sample of interpreters, which limits generalizability. Future research should integrate experimental or longitudinal data to strengthen validation.

Contribution: This article provides a comprehensive framework of exercises and strategies that can serve as a practical guide for interpreter training programs and individuals seeking to refine their professional competence.

Keywords: *Competence, Fluency, Memory, Professionalism, Training*

How to Cite: Abdupattahovna, X. G. (2025). Exercises and techniques to improve the effectiveness of students' as a future interpreter. *Universal Teaching and Learning Journal*, 1(2), 137-147.

1. Introduction

Interpreting is a complex task that requires a combination of language proficiency, cultural awareness, good memory, and mental agility. Interpreters must be able to quickly and accurately perceive and process information while simultaneously conveying it to the target audience in an accurate and culturally appropriate manner. To perform well as an interpreter, it is necessary to develop and maintain certain skills and abilities, including short-term memory, concentration, and the ability to take quick notes. By engaging in exercises and techniques that improve these skills, interpreters can become more confident, effective, and accurate in their work. Whether you are a professional interpreter or just starting out, taking the time to invest in your own development can reap significant

rewards in terms of increased efficiency and job satisfaction (Babcock, Capizzi, Arbula, & Vallesi, 2017; Kingscott, 1997).

By engaging in exercises and techniques that improve these skills, interpreters can become more confident, effective, and accurate in their work. Whether you are a professional interpreter or just starting out, taking the time to invest in your own development can reap significant rewards in terms of increased efficiency and job satisfaction. It is important to remember that everyone's learning style is different, and what works for one person may not work for another. The key is to find what works for you and be consistent in your practice. It is also important to continually evaluate and improve your skills, as the interpreting field is constantly evolving (Hewitt, 1994). Short-term memory is an important aspect of interpreting because interpreters must be able to remember and recall large amounts of information in a short period of time. This includes not only the content of the original message, but also cultural details, idiomatic expressions, and other nuances that may be difficult to understand or translate. Interpreters with good short-term memory work more efficiently because they can retain information and recall it when needed, rather than having to pause to look up words or phrases (Seleskovitch, 2011; Рихсиева, 2018). Interpreting is not merely about converting words from one language to another. It is an intricate process that requires the interpreter to act as a cultural mediator, bridging gaps between speakers of different backgrounds. This role demands an advanced level of bilingual or multilingual proficiency, but also an in-depth understanding of the socio-cultural context of both the source and target languages. For instance, humor, idioms, or proverbs may carry meanings that cannot be translated literally. An interpreter with cultural competence can reconstruct these messages so that the target audience experiences a similar effect to the original. This highlights that the interpreter's responsibility goes beyond lexical substitution; it encompasses the preservation of meaning, intent, and emotion.

The task of interpreting places exceptional cognitive demands on the human brain. Unlike written translation, interpreting requires real-time processing, where the interpreter must listen, comprehend, analyze, and reproduce messages almost simultaneously. Cognitive psychologists describe this process as a dual-task activity, where listening and speaking occur in parallel. Because human working memory has limited capacity, interpreters are constantly at risk of cognitive overload. This makes short-term memory capacity and concentration skills vital for effective performance. Without these abilities, interpreters may omit details, distort meaning, or misrepresent nuance, which could have serious implications in contexts such as international diplomacy, courtroom proceedings, or medical consultations. Short-term memory, also referred to as working memory, enables interpreters to hold information temporarily while deciding how best to reformulate it in the target language. The span of working memory is typically only a few seconds, making it critical for interpreters to sharpen this ability. For example, when interpreting a political speech, an interpreter must remember not just the words but also the speaker's tone, emphasis, and underlying message. Strong short-term memory allows them to reconstruct complex sentences accurately, while weak memory may result in omissions or misinterpretations. Therefore, professional interpreter training programs often include memory exercises designed to extend retention, improve recall, and minimize errors under pressure (Chen, 2017; Dong, Liu, & Cai, 2018).

Several strategies have been developed to train interpreters' short-term memory. One common exercise is shadowing, where the interpreter repeats the speaker's words in the same language with minimal delay. This practice improves auditory memory and attentional control. Another technique is chunking, where interpreters divide long sentences into smaller, manageable units, making recall easier. Note-taking systems using symbols, abbreviations, and diagrams also help reduce memory load, allowing interpreters to focus on meaning rather than individual words. Additionally, visualization techniques—such as linking abstract concepts to images—can enhance the ability to retain and reproduce information. Through repeated practice, these methods strengthen cognitive agility and equip interpreters to handle high-pressure situations more effectively. Memory cannot function optimally without concentration. Interpreters often work in environments full of distractions: noisy conference halls, fast-paced courtroom trials, or emotionally charged medical consultations. Maintaining focus amid such challenges is essential to ensure accuracy. Techniques like mindfulness

meditation, controlled breathing, or attentional control exercises can help interpreters sustain focus for longer periods. Moreover, professional interpreters must learn to shift attention rapidly between different sources of information—such as slides, gestures, and audience reactions—without losing the thread of the speaker's message. This mental agility is a cornerstone of effective interpreting (Shao & Chai, 2021).

Another layer of memory training involves the retention of cultural and contextual knowledge. Interpreters must remember not just linguistic information but also culturally embedded meanings. For example, an expression like "kick the bucket" in English requires cultural knowledge to be rendered accurately in another language. If interpreters rely only on literal memory, they risk producing nonsensical translations. Therefore, memory development in interpreter training also integrates exposure to diverse cultural materials—literature, films, folklore, and speeches—ensuring that interpreters can recall and reformulate culturally bound expressions in ways that make sense to the target audience. Modern technologies have introduced new tools to support interpreters in training their memory and concentration. Spaced repetition software (SRS), such as Anki or Memrise, allows interpreters to systematically memorize vocabulary, idiomatic expressions, and technical terms. Speech recognition and recording tools enable interpreters to practice shadowing and self-assessment, providing instant feedback on accuracy and fluency. Additionally, virtual reality and simulation platforms can immerse interpreters in realistic multilingual environments, testing their memory under conditions that mirror real-life challenges. These innovations demonstrate how the field of interpreting evolves alongside broader technological trends, offering learners more diverse and interactive ways to strengthen their skills (Kang, 2016).

Because interpreting is a profession that evolves with global trends, interpreters must adopt a mindset of lifelong learning. Language evolves constantly, with new slang, idioms, and specialized terminology emerging across fields like technology, medicine, and international law. Interpreters who fail to update their knowledge risk falling behind. By engaging in regular training, attending workshops, and collaborating with peers, interpreters ensure that their memory skills, cultural awareness, and technical knowledge remain sharp. Professional associations often emphasize the importance of continuous development, reminding interpreters that excellence in this field is not achieved once and for all, but maintained through consistent practice and reflection. In sum, the role of short-term memory, concentration, and cognitive agility in interpreting cannot be overstated. Interpreters act as linguistic and cultural bridges in contexts that demand absolute accuracy and sensitivity. Their effectiveness depends not only on their language proficiency but also on their ability to process, retain, and reproduce information under pressure. As interpreting continues to evolve in today's interconnected and globalized world, investing in the training of memory and related skills becomes an indispensable element of professional development. By cultivating these competencies through structured exercises, technological tools, and lifelong learning, interpreters enhance their confidence, efficiency, and job satisfaction—ensuring that they can meet the ever-changing demands of this critical profession.

2. Literature Review

The study of interpreter training has been widely explored through various theoretical and practical perspectives. Interpreting is commonly understood as a highly demanding cognitive process that requires simultaneous engagement of listening, comprehension, memory retention, and target language production (Xing & Yang, 2023). Unlike general bilingual communication, interpreting demands advanced skills in short-term memory, concentration, and cultural awareness, which are often regarded as the foundation of professional communicative competence (Hikmat & Hasan, 2022). Building upon this understanding, scholars emphasize that interpreter training should not only focus on linguistic mastery but also on the cognitive strategies that enable interpreters to manage the heavy mental load inherent in their tasks. Exercises such as shadowing, chunking, and visualization are frequently integrated into training curricula to strengthen working memory and enhance concentration. Moreover, research highlights the role of continuous self-assessment, reflective practice, and exposure to authentic interpreting scenarios as key components of skill development. With the growing influence of technology, digital tools and simulation platforms have also been introduced, providing

interpreters with immersive opportunities to practice under conditions that replicate real-world challenges. These approaches collectively underscore that interpreter competence is cultivated through a dynamic combination of theoretical knowledge, cognitive training, and experiential learning (Takeuchi et al., 2021; Yenkimaleki & Van Heuven, 2017).

2.1 Memory and Cognitive Skills in Interpreting

Several scholars highlight the central role of memory in interpreting. According to Zhang and Yu (2018), interpreters rely heavily on working memory to store, process, and reformulate incoming information in real time. Short-term memory training, such as digit span tasks and recall exercises, has been shown to improve interpreters' efficiency by reducing pauses and omissions (Zhou & Dong, 2024). In addition, note-taking strategies have been identified as essential in supporting memory retention, as they allow interpreters to capture key ideas and logical structures without overloading cognitive capacity (Chen, 2022). Beyond these techniques, recent studies stress that memory training must be integrated into broader pedagogical frameworks that reflect the complex realities of interpreting practice. For instance, incorporating authentic speech materials, such as political debates or technical lectures, challenges interpreters to manage dense information under realistic conditions. Collaborative exercises, where trainees compare note-taking methods and recall strategies, further enhance awareness of effective memory techniques. Moreover, technological tools, such as computer-assisted training platforms and mobile applications, provide interactive environments for memory drills and self-evaluation. These approaches encourage interpreters to adapt flexibly to diverse communicative settings, reinforcing the idea that strong memory skills are not merely supportive but rather fundamental to achieving accuracy, fluency, and cultural sensitivity in professional interpreting.

2.2 Interpreting Techniques and Training Approaches

The literature also emphasizes the importance of shadowing exercises and simultaneous interpreting drills. Hikmat and Hasan (2022) suggests that shadowing improves divided attention skills, enabling interpreters to listen and speak simultaneously with greater fluency. Similarly, practice with authentic materials such as speeches, interviews, and debates has been recommended to increase adaptability and linguistic precision (Amelina, Tarasenko, Semerikov, Shynkaruk, & Čapek, 2022). These techniques not only enhance accuracy but also build confidence in high-pressure interpreting contexts. Expanding on this, scholars argue that shadowing and simultaneous drills contribute to the automatization of certain language-processing functions, thereby reducing the cognitive load during live interpreting. By repeatedly engaging in such exercises, interpreters can strengthen neural pathways associated with rapid comprehension and articulation, which is essential when managing dense or technical discourse. Additionally, incorporating multimodal resources—such as audiovisual recordings or real-time simulations—can replicate the unpredictability of real interpreting assignments, allowing trainees to practice under conditions that mirror authentic professional environments. Group-based shadowing sessions, where peers provide constructive feedback, further reinforce learning outcomes by highlighting errors and suggesting improvements. In the long run, consistent engagement with these methods fosters resilience, enhances linguistic flexibility, and equips interpreters with the skills necessary to perform confidently across varied and demanding communicative situations (Rahu, Neolaka, & Djaha, 2023).

Building on these insights, many interpreter training programs have begun to integrate shadowing and simultaneous practice as foundational components of their curricula. These methods not only sharpen language processing abilities but also cultivate a sense of rhythm and pacing that is essential in fast-moving discourse. For novice interpreters, shadowing provides a relatively low-risk environment to practice quick listening and speaking transitions before engaging in fully-fledged simultaneous interpreting. For advanced learners, complex shadowing with specialized terminology offers a platform to refine domain-specific competence, particularly in fields like law, healthcare, or international relations. Moreover, when combined with reflective practice—such as reviewing recorded performances—these drills allow interpreters to identify recurring weaknesses and monitor progress over time. Importantly, the collaborative dimension of group-based practice fosters peer learning and professional camaraderie, both of which are crucial for sustaining motivation in demanding training contexts. Ultimately, the integration of shadowing and simultaneous interpreting

drills forms a bridge between theory and practice, enabling interpreters to gradually internalize cognitive strategies and achieve greater fluency, precision, and confidence in their professional roles (Boos, Kobi, Elmer, & Jäncke, 2022).

2.3 Professional Development and Competence

From the perspective of professional growth, the development of interpreters cannot be separated from the broader framework of competence-based training. As stated by Fan, Cheung, and Xu (2025), interpreter competence involves a balance between linguistic mastery, theoretical knowledge, and practical application. Continuous professional development, such as workshops, peer feedback, and exposure to diverse domains, strengthens interpreters' readiness for real-world assignments. Moreover, research highlights that consistency in practice and reflection is a determining factor in long-term success.

In addition, competence-based training emphasizes the importance of adaptability in meeting the diverse demands of interpreting contexts, ranging from legal and medical to diplomatic and business settings. Interpreters who actively pursue specialized training in these areas are better equipped to navigate technical terminology and culturally sensitive communication (Mirzoyeva & Syurmen, 2017). Participation in professional networks and conferences also contributes to knowledge exchange and the adoption of best practices, while mentorship programs provide emerging interpreters with guidance from experienced practitioners. Furthermore, integrating technology—such as computer-assisted interpreting tools and online practice platforms—into training fosters digital literacy, which is increasingly relevant in modern interpreting environments. Ultimately, the synergy of structured training, practical immersion, and reflective learning ensures that interpreters maintain both competence and confidence, positioning them for sustained professional growth and effectiveness. Beyond these elements, scholars also recommend that training frameworks incorporate intercultural competence and ethical awareness, as interpreters often operate in sensitive situations that require impartiality, confidentiality, and cultural diplomacy. These dimensions further enrich the professional profile of interpreters, preparing them to function not only as language mediators but also as responsible facilitators of communication across global contexts (Griswold et al., 2021; Tomozeiu, Koskinen, & D'Arcangelo, 2016).

2.4 Challenges in Interpreter Training

Despite these advances, studies acknowledge challenges in implementing effective training methods. Variability in learning styles, limited exposure to authentic interpreting environments, and difficulty replicating real-world stress conditions are often cited as barriers (Tarasenko, Amelina, Semerikov, & Shen, 2022). Furthermore, while technology provides valuable tools such as simulation software and virtual practice platforms, there remain gaps in accessibility and integration into formal curricula (Liu, 2022). These challenges underscore the need for a more holistic approach to interpreter training that combines theoretical instruction with practical, experiential learning. For example, partnerships between academic institutions and professional organizations can create opportunities for internships, apprenticeships, or live practice sessions that better simulate professional demands. Additionally, tailoring training programs to accommodate diverse learning preferences—through a blend of visual, auditory, and kinesthetic methods—can enhance inclusivity and effectiveness. Researchers also emphasize the importance of fostering resilience and stress management skills, as interpreters must often perform under high-pressure conditions where mistakes carry significant consequences. By integrating psychological preparedness, adaptive use of technology, and real-world immersion, interpreter training programs can move closer to bridging the gap between classroom learning and professional practice. Such approaches not only address current limitations but also ensure that future interpreters are equipped to meet evolving global communication needs (Putra, Ahadiyat, & Keumalahayati, 2023; Tiimub et al., 2023).

Expanding on this perspective, it is also important to recognize the role of mentorship and peer collaboration in overcoming training limitations (Endi, Fanggidae, & Ndoen, 2023). Working alongside experienced professionals allows trainees to observe strategies for managing stress, maintaining accuracy, and applying memory techniques in real time. Furthermore, incorporating

interdisciplinary learning—drawing from psychology, linguistics, and communication studies—broadens interpreters' understanding of the cognitive and cultural dimensions of their work. Institutions should also prioritize accessibility, ensuring that learners from diverse backgrounds have equal opportunities to benefit from advanced training resources. Finally, establishing continuous professional development frameworks, including workshops, certification renewals, and reflective practice groups, can ensure that interpreters continue refining their skills well beyond initial training. By embedding these strategies into interpreter education, the profession will be better positioned to address contemporary challenges and uphold high standards of performance in increasingly complex communicative environments (Du & Salaets, 2025; Latunusa, Timuneno, & Fanggidae, 2023).

3. Research Methodology

This study focuses on enhancing the effectiveness of future interpreters through a combination of cognitive, linguistic, and practical exercises. Key methods used in the study include memory enhancement exercises such as "Echo" and "Free Echo," which improve short-term memory and the ability to rephrase and compress information quickly, simulating real interpreting tasks. Additionally, mnemonic techniques like the "places" method and grouping technique were applied to help participants organize and structure information for easier recall during interpreting. Concentration and focus exercises, including meditation, brain games, and physical activities, were incorporated to enhance mental alertness, which is crucial during long interpreting sessions. For practical skills, shorthand and note-taking techniques were emphasized. Participants learned to use abbreviations, symbols, and phonetic spelling to take quick and accurate notes during consecutive interpreting. Simulated exercises such as shadowing and simultaneous interpretation drills allowed students to practice real-life interpretation, enhancing their fluency and accuracy. Finally, regular feedback from instructors, combined with self-reflection, provided students with insights into their strengths and areas for improvement, ensuring continuous growth throughout the training process.

4. Results and Discussion

Short-term memory exercises and techniques for interpreters Short-term memory holds incoming information for only a short time, i.e. the information is not remembered for a long time. The larger the volume of short-term memory, the more accurate the translation. Therefore, this type of memory is important for an interpreter (Botiralievna, Abdupattahovna, & Javier, 2025). There are many games and memory exercises that can help improve short-term memory. These can be simple games, such as repeating a list of objects, memorizing a sequence of numbers, or recalling a story. Or more complex ones. For example:

4.1 Exercise "Echo"

Two people participate in this exercise: the leader and the memory trainer. The leader pronounces unrelated words. For example, "juice, universe, acoustics, straight, apple ...". After each word, the leader pauses for 2-3 seconds. The second person, training short-term memory, must repeat this sequence with a delay of one word. When the leader says "juice", the second is silent. When the leader says "universe", the second must say "juice". When the leader says "acoustics", the second must say "universe", etc (Abdupattahovna, 2025). That is, the second person is always one word behind. When the exercise goes well, you can complicate the task and move on to a delay of two words. A further complication is to say not the word itself, but its translation (while maintaining a delay of 1-2 words).

4.2 Exercise "Free Echo"

Psychologists believe that the only way to remember and then convey the meaning of what was said in translation is to rework the meaning of the original message, compress it and convey it in another language. To develop this skill, you can use the following exercise. The leader says a sentence, and the follower must rephrase it. For example, the leader says the sentence: "Short-term memory contains memories that are stored for only a few seconds." The follower rephrases: "Short-term memory contains memories that are stored there for only a few seconds." To complicate the task, you need to not only say it differently, but also compress the sentence without losing the meaning. For example,

like this: "Memories in short-term memory are stored for only a few seconds (Laviosa & Davies, 2020).

4.3 Mnemonic techniques for memorizing information

There are various artificial techniques that ensure the creation of semantic connections, a certain organization and structuring of the material. Here are a few examples. **The "places" method.** It was often used by ancient Greek orators to prepare their speeches. They imagined a well-known road or place and mentally "arranged" the speech points there. While delivering a speech, they mentally walked along the road or places and "collected" the corresponding arguments everywhere. For this method, an image of a train with carriages of different colors is often used. Rows of numbers, proper names, and toponyms are placed in the "cars". To use it, you first need to create in your imagination the setting of the place with many details and learn to quickly recall it. Using a familiar background to arrange information compared to something invented allows you to save a lot of time (Brown, 2017; Li, 2020).

4.3 Grouping method

It is related to the capacity of human memory. It is believed that a person remembers lists of 7 items (however, this figure varies from 5 to 9). Therefore, if the list consists of more than 7 items, they can be grouped into larger blocks. For example, products can be divided into vegetables, fruits, dairy products, etc. Associative thinking method. The following exercise can be used to develop it. The task is to remember a series of unrelated words. For example: "dog - moon - TV - glass - airplane - house". This must be done by creating your own associative chain. You should get a coherent text that is easy to remember, and the words themselves are easy to extract from it. It is best to use vivid images and unexpected associations.

4.4 Exercises and techniques to improve concentration while interpreting

Meditation is an effective way to improve concentration. By regularly devoting time to meditation, interpreters can train their minds to focus on the task at hand and ignore distractions. Mental exercises such as crosswords, sudoku, and other brain games can also help improve concentration and focus. Physical exercise can also have a positive effect on an interpreter's concentration. By engaging in regular physical exercise, interpreters can increase blood flow to the brain and improve their mental performance. There are also specialized exercises to improve interpreters' concentration. Here is one of them. The leader reads the text, and the follower repeats it with a delay of 1-2 words. After that, the follower must answer the questions: "Who? What? When? Where? Why? How?" The number and type of questions depend on the text (Hovhannisyan, 2021).

4.5 Techniques of translator's shorthand (notes during consecutive interpreting)

Short notes during consecutive interpreting stimulate memorization by activating thought processes. They allow the interpreter to focus on the main ideas of the information message. In this way, the interpreter creates short reference points for his memory. What principles and techniques have professional interpreters come up with for their notes: You need to write down thoughts, not words. It is recommended to start writing down at the same time as the speech begins to sound (Filatova et al., 2023). Words, if necessary, should be written down in abbreviated form: Abstaining from writing vowels in the middle of a word and double consonants reduces the letter notation by 38-40%. At the same time, words written in this way are easy to read, especially in a known context. Interpreters can use abbreviations to quickly take notes during consecutive interpreting. This may include using abbreviations for common words and phrases, as well as creating abbreviations for specific words or names: countries, languages, organizations, terms. Using numbers instead of words for numerals, dates, names of months, names of days of the week, etc. The notes should show the connection between the written words or symbols (cause and effect relationships, indication of purpose, conditions, concessions, oppositions, comparisons).

It is more convenient to show negation by crossing out what is written. It is more convenient to arrange notes vertically. An effective technique for translator's shorthand is the use of symbols. The same symbol can be used for a group of concepts that are close to each other. For example, quotation

marks can replace words related to speech (speech, report, conversation, message, speak, converse, etc.). Or the symbol X can mean crossed swords and replace many words related to war or weapons (shot, bomb, volley, strike, etc.). Each translator should independently choose or invent symbols for themselves (Green, 2016; Mukhitdinov, 2019). Translators can use phonetic spelling. This is often used to accurately recall the pronunciation of words and names later. In what language should notes be taken? There is no clear answer. The translator takes notes in the language that is most comfortable for him. Where is it best to take notes? If the translator works at a desk, it is convenient to use separate A4 sheets for notes. The sheets should be numbered in advance (Lawrence, 2020; Matveeva, 2021).When working standing, it is convenient to write in an A5 notebook with a hard cover, which will allow you to hold it in the air. It is advisable to use a spiral notebook. This will allow you to quickly turn the pages. You should write on one side, so that when you turn the page, the listeners see a clean sheet, and not the translator's notes. A small detail that many people forget - it is necessary to provide a spare pen or pencil.

5. Conclusion

5.1 Conclusion

Memory-training exercises for interpreters are essential tools that significantly enhance cognitive skills and increase overall performance in real-time language interpretation. By consistently practicing techniques such as visualization, association, chunking, and note-taking, interpreters can improve their ability to retain and recall information effectively. These exercises not only facilitate better comprehension of source material but also build confidence and reduce cognitive load during high-pressure interpreting scenarios. Ultimately, dedication to memory training enables interpreters to deliver accurate and fluid interpretations, fostering clearer communication and understanding across languages. Investing time into these exercises can lead to substantial professional growth and improved job satisfaction for interpreters in their vital role as language facilitators.

Beyond the immediate cognitive benefits, memory training also contributes to interpreters' long-term resilience and adaptability. In multilingual and multicultural contexts, interpreters are frequently required to handle specialized terminology, abstract concepts, and rapid exchanges of dialogue. Strengthened memory skills help them manage these challenges without losing coherence or accuracy. Moreover, consistent training sharpens mental agility, enabling interpreters to quickly switch between languages and adapt to unexpected changes in tone or content. In professional practice, this translates into smoother communication, enhanced trust from clients, and a stronger reputation for reliability. Training activities can also be customized to specific domains—such as legal, medical, or diplomatic interpreting—ensuring that interpreters develop not only general cognitive capacity but also domain-specific expertise. As global communication demands continue to grow, the importance of investing in memory-training strategies becomes increasingly evident, ensuring that interpreters remain effective cultural and linguistic bridges in diverse professional arenas.

5.2 Suggestion

a. Integration of Memory Training into Training Curricula
Educational institutions and interpreter training programs should consistently incorporate memory exercises such as visualization, association, chunking, and note-taking techniques into their curricula. This will help future interpreters enhance their cognitive capacity from the early stages of learning.

b. Utilization of Interactive Media and Technology
To meet the needs of the digital era, training can make use of simulation software, memory drill applications, or online practice platforms. In this way, participants can practice flexibly and receive faster feedback.

c. Practice in Authentic Environments
Interpreters should be given opportunities to apply their memory skills in real-life contexts, such as simulated conferences, debates, or interviews. Direct exposure like this can strengthen memory retention while also increasing confidence in high-pressure situations.

d. Development of Domain-Specific Skills

Memory training should be tailored to the requirements of specific domains, such as legal, medical, or diplomatic interpreting. This ensures that interpreters not only master general cognitive techniques but also develop memory trained for specialized terminology and contexts.

e. Continuous Learning and Self-Reflection

Interpreters are encouraged to make memory training part of their long-term routine, accompanied by regular self-evaluation. Consistency in practice will ensure sustained performance improvement and support more mature professional development.

References

Abdupattahovna, B. K. B. a. H. G. (2025). The Analysis of the Difficulties and the Ways of Overcoming Them in Translating Scientific and Technical Terminology. *American Journal of Education and Evaluation Studies, 2*(3), 349–352.

Amelina, S., Tarasenko, R., Semerikov, S., Shynkaruk, V., & Čapek, J. (2022). Training techniques in the education of simultaneous interpreters using specialised equipment. *SHS Web of Conferences, 142*, 03002. doi:https://doi.org/10.1051/shsconf/202214203002

Babcock, L., Capizzi, M., Arbula, S., & Vallesi, A. (2017). Short-Term Memory Improvement After Simultaneous Interpretation Training. *J Cogn Enhanc, 1*(3), 254-267. doi:https://doi.org/10.1007/s41465-017-0011-x

Boos, M., Kobi, M., Elmer, S., & Jäncke, L. (2022). The influence of experience on cognitive load during simultaneous interpretation. *Brain and Language, 234*, 105185. doi:https://doi.org/10.1016/j.bandl.2022.105185

Botiralievna, B. K., Abdupattahovna, H. G., & Javier, S. M. (2025). The Role of Terminological Vocabulary in the Formation of a Specialist's Professionalism. *Central Asian Journal of Literature, Philosophy and Culture, 6*(3), 295-301. doi:https://doi.org/10.51699/cajlpc.v6i3.1262

Brown, J. (2017). Modern Techniques in Translation Studies. *Journal of Translation Studies, 12*(2), 112-120.

Chen, S. (2017). The construct of cognitive load in interpreting and its measurement. *Perspectives, 25*(4), 640-657. doi:https://doi.org/10.1080/0907676X.2016.1278026

Chen, S. (2022). The process and product of note-taking and consecutive interpreting: empirical data from professionals and students. *Perspectives, 30*(2), 258-274. doi:https://doi.org/10.1080/0907676X.2021.1909626

Dong, Y., Liu, Y., & Cai, R. (2018). How Does Consecutive Interpreting Training Influence Working Memory: A Longitudinal Study of Potential Links Between the Two. *Frontiers in Psychology, Volume 9 - 2018*. doi:https://doi.org/10.3389/fpsyg.2018.00875

Du, R., & Salaets, H. (2025). Collaborative learning in translation and interpreting: a meta-study. *The Interpreter and Translator Trainer, 19*(1), 1-26. doi:https://doi.org/10.1080/1750399X.2025.2453356

Endi, A. C., Fanggidae, R. E., & Ndoen, W. M. (2023). The effect of religiosity and spirituality on financial behavior district. *Journal of Multidisciplinary Academic and Practice Studies, 1*(1), 45-53. doi:https://doi.org/10.35912/jomaps.v1i1.1455

Fan, L., Cheung, A. K., & Xu, H. (2025). Rethinking Interpreting Training: The Impact of Interpreting Mode on Learner Performance Through Entropy-Based Measures. *International Journal of Applied Linguistics*. doi:https://doi.org/10.1111/ijal.12729

Filatova, A., Reveguk, I., Piatkova, M., Bessonova, D., Kuziakova, O., Demakova, V., . . . Chekanov, N. (2023). Annotation of uORFs in the OMIM genes allows to reveal pathogenic variants in 5′ UTRs. *Nucleic Acids Research, 51*(3), 1229-1244.

Green, J. A. (2016). Training Professional Interpreters: Focus on Consecutive and Simultaneous Techniques. *Interpreting Journal, 14*(3), 119-126.

Griswold, K. S., Kim, I., McGuigan, D., Shogan, M., Zinnerstrom, K., Lie, D., & Ohtake, P. J. (2021). Interpreted encounters for interprofessional training in cultural competency. *Journal of Interprofessional Education & Practice, 24*, 100435. doi:https://doi.org/10.1016/j.xjep.2021.100435

Hewitt, M. J. (1994). Language Translating on the Net. *Link-Up, September*.

Hikmat, S., & Hasan, I. (2022). A study on the effectiveness of shadowing on SI performance at the university level. *International journal of health sciences*, 3467-3481. doi:https://doi.org/10.53730/ijhs.v6nS9.13349

Hovhannisyan, M. L. (2021). Challenges in Interpreting Scientific and Technical Terms. *Translation Review, 45*, 150-157.

Kang, S. H. K. (2016). Spaced Repetition Promotes Efficient and Effective Learning:Policy Implications for Instruction. *Policy Insights from the Behavioral and Brain Sciences, 3*(1), 12-19. doi:https://doi.org/10.1177/2372732215624708

Kingscott, B. H. a. G. (1997). Language International.

Latunusa, P. M., Timuneno, T., & Fanggidae, R. E. (2023). The effect of multiple role conflict and work stress on the performance of women nurses during the covid-19 with coping stress as intervening variables (Study at SoE Regional General Hospital). *Journal of Multidisciplinary Academic and Practice Studies, 1*(1), 29-43. doi:https://doi.org/10.35912/jomaps.v1i1.1462

Laviosa, S., & Davies, M. G. (2020). *The Routledge handbook of translation and education*: Routledge London.

Lawrence, A. W. (2020). *Techniques in Translation and Interpretation: Theory and Practice*. Oxford: University Press.

Li, F. E. Z. a. S. C. (2020). The Role of Technology in Interpreter Training. *International Journal of Translation, 9*(4), 203-212.

Liu, J. (2022). The Impact of Technology on Interpreting: An Interpreter and Trainer's Perspective. *International Journal of Chinese and English Translation & Interpreting*. doi:https://doi.org/10.56395/ijceti.v1i1.14

Matveeva, A. K. (2021). Shorthand and Note-Taking in Interpreting Practice. *Journal of Translation Techniques, 7*(5), 25-35.

Mirzoyeva, L., & Syurmen, O. (2017). Developing intercultural competence of trainee translators. *Global Journal of Foreign Language Teaching, 6*, 168. doi:https://doi.org/10.18844/gjflt.v6i3.1663

Mukhitdinov, S. P. (2019). Interpreting in International Conferences: Issues and Strategies. *Global Translation Studies, 23*(1), 44-58.

Putra, M. F., Ahadiyat, A., & Keumalahayati, K. (2023). The influence of leadership style on performance with motivation as mediation (study on employees of Metro City Trade Services during pandemi). *Journal of Multidisciplinary Academic and Practice Studies, 1*(1), 15-27. doi:https://doi.org/10.35912/jomaps.v1i1.1536

Rahu, K. Y. d., Neolaka, M. N. B. C., & Djaha, A. S. A. (2023). Personnel management information system in order to create up-to-date and integrated personel data and information in the personnel and human resources agency in malaka regency. *Journal of Multidisciplinary Academic and Practice Studies, 1*(1), 55-70. doi:https://doi.org/10.35912/jomaps.v1i1.1449

Seleskovitch, D. (2011). Teaching conference interpreting *Translator and interpreter training and foreign language pedagogy* (pp. 65-88): John Benjamins Publishing Company.

Shao, Z., & Chai, M. (2021). The effect of cognitive load on simultaneous interpreting performance: an empirical study at the local level. *Perspectives, 29*(5), 778-794. doi:https://doi.org/10.1080/0907676X.2020.1770816

Takeuchi, H., Maruyama, T., Taki, Y., Motoki, K., Jeong, H., Kotozaki, Y., . . . Kawashima, R. (2021). Effects of training of shadowing and reading aloud of second language on working memory and neural systems. *Brain Imaging Behav, 15*(3), 1253-1269. doi:https://doi.org/10.1007/s11682-020-00324-4

Tarasenko, R., Amelina, S., Semerikov, S., & Shen, L. (2022). Computer-assisted interpreting systems in the education of simultaneous interpreters. *SHS Web of Conferences, 142*, 03003. doi:https://doi.org/10.1051/shsconf/202214203003

Tiimub, B. M., Christophé, N., Atepre, B. A., Tiimob, R. W., Tiimob, G. L., Tiimob, E. N., . . . Agyenta, J. J. (2023). Crop production potential of reclaimed mine sites for sustainable livelihoods. *Journal of Multidisciplinary Academic and Practice Studies, 1*(1), 1-13. doi:https://doi.org/10.35912/jomaps.v1i1.1785

Tomozeiu, D., Koskinen, K., & D'Arcangelo, A. (2016). Teaching intercultural competence in translator training. *The Interpreter and Translator Trainer, 10*(3), 251-267. doi:https://doi.org/10.1080/1750399X.2016.1236557

Xing, S., & Yang, J. (2023). The Impact of Interpreting Training Experience on the Attentional Networks and Their Dynamics. *Brain Sci, 13*(9). doi:https://doi.org/10.3390/brainsci13091306

Yenkimaleki, M., & Van Heuven, V. (2017). The effect of memory training on consecutive interpreting performance by interpreter trainees. *FORUM. Revue internationale d'interprétation et de traduction*. doi:https://doi.org/10.1075/forum.15.1.09yen

Zhang, W., & Yu, D. (2018). Can memory training help improve interpreting quality? A case report in China. *The Interpreter and Translator Trainer, 12*(2), 152-165. doi:https://doi.org/10.1080/1750399X.2018.1452121

Zhou, J., & Dong, Y. (2024). Effects of note-taking on the accuracy and fluency of consecutive interpreters' immediate free recall of source texts: A three-stage developmental study. *Acta Psychologica, 248*, 104359. doi:https://doi.org/10.1016/j.actpsy.2024.104359

Рихсиева, Л. А. (2018). Consecutive and simultaneous interpreters' training exercises. *Молодой ученый*(4), 224-225.