

A Study on the Psychological Dimension of English Interpretation Teaching Oriented to Employment Needs

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Abstract: Interpretation focuses on information exchanging between different language, using verbal communication as its expression, and aiming to deliver information, it asks employees to have well professional and psychological quality. So it's very important to train the interpreter's psychological quality in interpreting courses for meeting the career need. It is usually necessary to study psycholinguistics in the research of psychological dimension. This paper will analyze the role of psycholinguistics in the process of interpreting and the present situation of psychological dimension, and explore the strategies of improving the psychological quality of interpreters in interpreting teaching for employment needs.

Keywords: Psycholinguistics; Interpretation; Vocational education; Research on teaching

1. Introduction

There are huge differences between interpretation and written translation. Firstly, they require different levels of social skills. Interpreters are not only required with abundant knowledge but also adept expression skills and strong psychological qualities; Secondly, compared to written translators who are enabled to revise many times before the task is accomplished, interpreters are required to translate and express instantly in a very short time with barely no time to modify; Thirdly, interpreters must have broadened horizon to connect different cultures properly; Fourthly, two languages should be transformed by interpreters in a short time. Otherwise, unpredictable results may be caused if there are translation errors. With all the tension states and all types of emergencies interpreters may be involved, it is very necessary that they possess a good psychological and physical fitness. On studying the psychological mode in interpretation, it is significant to alter the teaching mode, discuss the strategies and cultivate modernized talents in response to the demand of this era.

2. Definition of Psychological Dimension and Analyses on it during Interpretation

2.1. Definition of psychological dimension

What is psychological dimension? It is an attribute, a coefficient, a scale and tolerance of bearing capacity. It differs when it comes to different objects. For instance, like the dimension of a spring, the dimension of an event can suggest the flare factor of itself. The psychological

dimension relates to someone's psychological endurance, which also means the elastic strength in this type of events. Once off the dimension, the situation may change. In this paper, dimension is exactly related to the psychological endurance of stress during interpretation. From a psychological perspective, stress includes two factors [1]: Encountered with an emergency and must endeavor to handle; Being uncertain to escape the situation. Interpreters are supposed to cope with different emergencies unhurriedly. Meanwhile, they should speak at a moderate speed, use words wisely, and make them easily understood. Other than these, remaining focused, level-headed, and reacting quickly in a long time also serve as a requisite psychological quality to be a competent interpreter.

2.2. Analyses on psychological dimension

During interpretation, interpreters are at a state of heightened mental tension, making all types of emergencies challenges to their psychological qualities. In response to this, scholars have studied the course of interpretation in their own familiar areas [2]. To view it psychologically, interpreters need to be highly tense to focus and activate the sources of cognition, language and the cooperation of expressing skills. But being too nervous will result in the mess of thoughts or even errors and omission. On the contrary, insufficient tension will lead to the lack of focus and the inactive mind. Undoubtedly, only when an exquisite cooperation between skilled expression and strong psychological quality is brought to the fullest, the peak of interpretation and a fantastic effect can be accomplished [3].

A strong psychological quality can be achieved through unceasing exercises. Regular participation in activities or conferences of interpretation can gradually defeat the tension of interpreters and enable them to perform decently. In one hand, it is rather normal for interpreters to be nervous when they are at stage for the first time or attend formal activities. The confidence in this interpreters will be promoted if they can go through their first time of interpretation successfully. The first attempt in interpretation is vitally crucial, which will afterwards influence vastly on the psychological quality. Thus, the first attempt must be treated with earnest heart to ensure it a perfect result. On the other hand, memory capacity, and especially spot performance are affected by the psychological quality. Being too stressed out will result in a poor performance due to the psychological tension. That is because excessive stress will influence the conscious recall of interpreters [4].

3. The Role of Psycholinguistics in Interpretation

During the interdisciplinary development history of Psycholinguistics, a combination with interpretation is momentous. From a psychological perspective, interpretation is an activity that requests the psychological thoughts of information of two or more languages and lies in information exchange of different languages. Interpreters should not only specialize in basic knowledge of all kinds of languages, but also the skills of different languages. Interpretation is an ability that can only be obtained by long terms of hard work and tremendous repeated practices. Learning a language is a course of cognition, so is interpretation which is the information exchange between different languages, culture and mind. In order to best learn about linguistic science, a thorough and intensive research on cognition science must be done to explore the process of its psychological dimension.

Modern science is an interlaced net structure. All disciplines are just knots of it. Only when modern science research products are more widely and deeply utilized can Translation step in the path of scientific development. Translators should draw on the experiences from the research theory and results of cognition scientists. During the development of Psycholinguistics, continuous achievements in speech perception, understanding, and generating memory system can be huge pushing factors in the development of interpretation.

Cognition scientists hold on to the belief that memories are the process of experiences remaining in the brain, staying and recalling [5]. It has three basic courses: marking, remaining, and recalling. Interpreting memories are consistent with the conception of so-called memory in psychological dimension. The one point they have in common is the memorizing process. Thus, the memorial mechanism of interpretation can be analyzed from a Psy-

cholingistics view. Based on Psycholinguistics, memories are the conservation of what has happened in the brain.

For all those years, all the interests of translation are focused on the semantics, emotions, and expressions of translated works. The research on psychological dynamical course of translation is still at dawn and existed results are more likely to be used [6]. That is the same case with the research on psychological process of interpretation. In recent years, there has been a great progress and a series of achievements in the field of interpreting research, but the research on the theory of interpreting psychology is still in the preliminary stage of exploration and lacks comprehensive analysis. Therefore, it is important to reexamine the process of interpreting psychological dimension, especially in combination with psycholinguistics. The theoretical results of neurolinguistics and contextual learning and the relevant results of domestic and international translation studies are of great significance in the simulation of the psycholinguistic model of interpretation.

4. Research on Psychological Dimension of Interpreting Teaching

4.1. Current situation of interpreting teaching

In recent years, the economy, culture, sports, politics and so on in China, which have been developing rapidly, are increasingly decisive and the communication with other countries become more and more frequent. Therefore, the demand of the excellent interpreting talents is increasing [7], especially with the expansion of "One Belt and One Road" which leads to more international communication and increasingly obvious contradictions between supply and demand of the interpreting talents. For example, the demand of conference interpretation, liaison-escort interpretation, court interpretation and business interpretation and so on is unceasingly increasing. These work require not only qualified interpreting ability but also smashing psychological quality. In order to adapt to the development of current situation, a large amount of colleges establish interpretation major, whose teaching modes are highly attached with importance because of its special character. The aim of the interpreting teaching is to make students get familiar with the progress and characters of interpretation, master at the basic skills of the interpretation, meet the requirement of the interpreting talents. So, the key content of the interpreting teaching is to know the essential psychological quality and specialty literary and to adapt to the real situation of the interpretation.

4.2. Exploration of interpreting teaching modes

Interpreting teaching is mainly aimed to train students' interpreting skills[8], to make the students familiar with the process of interpreting and characteristics, understand

the psychological quality and professional skills, satisfy the professional qualities and skills requirements for interpreters, possess a career related to it after graduation. As with other subjects, interpreting training must attach importance to teachers, teaching materials and methods. Each of these three elements is mutually reinforcing, and it is difficult to produce qualified talents with any of it missing. Qualified interpreting teachers must be bilingual teachers with certain experience, or have some experience in interpretation work. There are two main kinds of textbooks for interpreting: one type is about the political nature or the business nature of speech, the press statement, the practical speech and so on, the other type is the textbook of professional system. Both of them are indispensable. The method of interpreting training can be explored in many ways, such as the simulation of important meeting of the country and the regular United Nations simulation competition. Only scientific and effective teaching methods can achieve amazing goals. The systematization of interpreting teaching mode is guarantee of excellent trained students.

In the course of training, how to help students to overcome their tension and adapt to the practical application of interpretation is an important part of interpreting teaching. Some points should be paid attention to [9]: (1) In the teaching process, teachers should not be so desperate to see the results and should be paying attention to each student's psychological condition and find solutions to improve students' self-confidence when faced with special occasions. (2) In the simulation meeting, teachers should try to create a tense and real atmosphere for the students to practice, help interpreters to overcome the psychological pressure and perform their proper expression and expression skills. (3) Teaching should not be confined to the classroom, students can also refer to a certain degree of practical work according to their own level, feeling the tension and the requests of actual random strain capacity to find his or her own weaknesses to be eliminated in the future.

At the same time, teaching cases in universities are also very important. Guangzhou University of Foreign Studies has done a better job in interpreting teaching research [10], which has been widely recognized by its peers. The teaching model has eight characteristic from Curriculum design, systematized content to professional training objectives.

5. Appliance in Practice

The proposal of interpreting teaching modes above and selections among them are of huge reference value in practical teaching. However, in practical teaching, it is not wise to apply blindly, it is of vital importance to understand the learning experience, the present mental state and the goal ability to achieve of the teaching target. Different teaching modes and progress should be made for

different translators regarding the learning level, learning ability, psychological quality and employment needs to cultivate interpreters with strong psychological qualities who conform to the requirements of the job. For example, students who started to learn interpretation are different from those who have been learning to interpret for many years. The former ones need more professional skills and a little training in psychological quality. The latter ones should focus on the exercises on mental quality. They can conduct the high-frequency actual meeting simulations, and also the real small meetings to exercise. Therefore, different teaching schemes that aim at different objects are extremely vital to the cultivation of interpreters.

6. Conclusions

Well-trained interpreters need not only broad knowledge foundation, solid professional theories, but also flexible mechanical abilities. In China, the demand for interpreters is increasing year by year. With more vacancies in the market, improving the interpretation quality of interpreters and focusing on the psychological quality of interpreters are deciding. Studying the changes of interpreters on psychological dimensions and improving the teaching plan are also crucial. Adopting simulations of the actual scenes and frequent attendances in important activities can stimulate interests in students. Meanwhile, they can improve the ability of the psychological endurance, adaptability to changes as well as the interpretation ability of interpreters to provide the high-quality ones out of them for the market demand.

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