Your Name: Accountable to (Peer/Mentor): Date:



Where will you Practice: When will you practice:

**Goal #1 (KR):** Improve efficiency in changing from one classifier to another classifier or to a sign accurately reducing errors to slight error pattern by May 1. (Key skill 4.11 - Taylor, 2017)

**Goal #2 (KL)**: Improve recognition of fingerspelled words to 80% by May 1. (Key Skill 1 - Taylor, 2002) (This falls under Taylor’s Major Feature “Comprehension: ASL lexicon.”)

**Goal # 3 (SC):** Increase my ability to remain composed during interpreting situations as self-reported on scale of 1-10 by May 1.

## Sample Four Week Plan

This form is a sample that provides three goals for you. The CATIE Center is developing a process that will help you create a customized Individual Development Plan for yourself.

On the next page, there is a four week plan. The timing may not work for you to complete all these within a month. Feel free to adjust the schedule as needed to fit with your life.

Each day gives a time estimate and tells you whether you are working on Knowledge Rich feature (KR), Knowledge Lean feature (KL) and/or Self-Care (SC) and Extralinguistic Knowledge. (ELK)

## Focused Practice

Remember that improving your interpreting skills requires dedicated and focused practice. When you do these activities, make sure that you are able to give them your complete attention to make the most of your time. It is better to do a short amount of intensive practice than a longer amount of time when you are not focused.

[Click here for more on the science of successful learning and deliberate practice](https://grad2cert.org/effective-learning-and-practice-course/).

### Activity Descriptions

|  |  |  |  |
| --- | --- | --- | --- |
| **Day 1** | [Create Interpretations and Stimulated Recall for ASL and English Source texts](https://grad2cert.org/texts-for-baseline-interpretations/) (30-45 mins) (KR & KL) | **Day 2** | Assessment & Goal Setting/Reflection  (Meet with Mentor/Coach/Peer if possible)  (45 mins) (KR & KL) |
| **Day 3** | [Practicing Classifiers with Batman (part 1)](https://grad2cert.org/batman-competencies-with-classifiers-space-part-1/) (20 mins) (KR)  [Mindful Breathing Practice](https://grad2cert.org/mini-meditation-from-headspace/) (5 mins) (SC) | **Day 4** | FREE |
| **Day 5** | [Identifying Fingerspelled words in a TED Talk excerpt](https://grad2cert.org/fingerspelling-capitalizing-on-the-collectivist-culture-of-deaf-community/) (10 mins) (KL) | **Day 6** | [Incorporating Classifiers in Simultaneous Interpretation](https://grad2cert.org/simultaneous-interpreting-congress-avenue-bridge-english-to-asl/) (Steps 1-4) (30 minutes) (KR) |
| **Day 7** | Reflection | **Day 8** | Meet with Mentor/Coach/Peer (45 mins) |
| **Day 9** | [Identifying Fingerspelled Words in an ASL interview](https://grad2cert.org/learning-about-fingerspelling-meet-roberta-cordano-2/) (15 mins) (KL) & [Choose a Mindfulness Activity](https://grad2cert.org/mindfulness-activities/) (10 mins) (SC) | **Day 10** | [Know Your Bike Parts (Steps 1-3)](https://grad2cert.org/fs-recognition-practice-know-your-bike-parts/) (KL) (40 mins) |
| **Day 11** | FREE | **Day 12** | [Learning about depiction in ASL](https://grad2cert.org/depiction-neil-degrasse-tyson-simultaneous/) (KR) (20 mins) |
| **Day 13** | [Incorporating Classifiers in Simultaneous Interpretation](https://grad2cert.org/simultaneous-interpreting-congress-avenue-bridge-english-to-asl/) (KR) (Steps 5-6) (25 minutes) [Mindful Breathing Practice](https://grad2cert.org/mini-meditation-from-headspace/) (5 mins) (SC) | **Day 14** | Reflection & [Mindful Breathing Practice](https://grad2cert.org/mini-meditation-from-headspace/) (5 mins) (SC) |
| **Day 15** | Meet with Mentor/Coach/Peer (45 mins) | **Day 16** | [Constructed Action through Construction Tips](https://grad2cert.org/practicing-constructed-action-through-construction-tips/) (20 mins) (KR) |
| **Day 17** | [Know Your Bike Parts (Steps 4-6)](https://grad2cert.org/fs-recognition-practice-know-your-bike-parts/) (KL) (40 mins) | **Day 18** | FREE |
| **Day 19** | [Identifying Fingerspelled Words in an ASL video](https://grad2cert.org/identifying-fingerspelling-in-the-nad-responds-to-charlottesville/) (10 mins) (KL) | **Day 20** | [Do TAP (focused on your composure)](https://grad2cert.org/think-aloud-protocols-make-your-thinking-visible/) (15 mins) (SC) |
| **Day 21** | Reflection | **Day 22** | Meet with Mentor/Coach/Peer (45 mins) |
| **Day 23** | [Know Your Bike Parts (Steps 7-8)](https://grad2cert.org/fs-recognition-practice-know-your-bike-parts/) (KL) (25-35 mins) | **Day 24** | [Practicing Classifiers with Batman (Part 2)](https://grad2cert.org/batman-competencies-with-classifiers-space-part-2/) 20 mins (KR) & [Mindful Breathing Practice](https://grad2cert.org/mini-meditation-from-headspace/) (5 mins) (SC) |
| **Day 25** | FREE | **Day 26** | Re-Interpret ASL text [Importance of Breast Cancer Screening](https://youtu.be/EDuVNvNumtE) & Stimulated Recall (20 mins) |
| **Day 27** | Re-interpret English Text  “[Want Scientifically literate Children?](https://youtu.be/AIEJjpVlZu0)”& Stimulated Recall (20 mins) | **Day 28** | Reflection/Goal Setting (30 mins) |