Your Name: Accountable to: Date:



Where & When will you practice:

*This form is used to create initial goals for your interpreting work. The more details you include in your plan for accountability, the more likely you are to follow through. First step is to create an interpretation, assess it, and then set goals for the month. Select one of the items from at least two of the categories at right. (KR, KL ,SC/ELK)*

Link to Interpretation (Day 1):

Goal #1 (KR):

Goal #2 (KL):

Goal # 3 (SC/ELK):

## Framework for a 4 Week Plan

This plan on the next page does not contain any actual activity, but gives you a framework of what type of activities to do. Based on your specific goals, replace the generic suggestions with your actual activities.

KR = Knowledge-rich

KL = Knowledge-lean

SC/ELK = Self-care & Extralinguistic Knowledge

### Selecting a Baseline Text

The CATIE Center has collected a number of texts you can use for a baseline. [Click here to see a variety of texts.](https://grad2cert.org/texts-for-baseline-interpretations/)

Use the GTC Resource Library to help you find activities focused on the goals you are working on - and use the suggestions to have vary your practice to take advantage of "Make It Stick" principles.

### Focused Effort

Remember, the goal is for you to have committed, focused time practicing so you get the most impact for the time and effort you put into your work.

### Four Week Activity Descriptions

Based on your specific goals, replace the generic suggestions with your actual activities. As it shows, vary the type of activities between knowledge-rich (KR), knowledge-lean (KL) and self-care/extralinguistic knowledge (SC/ELK).

|  |  |  |  |
| --- | --- | --- | --- |
| **Day 1** | * [Interpret baseline text](https://grad2cert.org/texts-for-baseline-interpretations/)
* Stimulated Recall
 | **Day 2** | * Asses interpretation
* Goal Setting
* Meet with mentor/coach if possible
 |
| **Day 3** | * KR activity
* SC/ELK
 | **Day 4** | FREE |
| **Day 5** | * KL activity
 | **Day 6** | * KR activity
 |
| **Day 7** | * Reflection
 | **Day 8** | * Mentoring/Coaching
 |
| **Day 9** | * KL activity
 | **Day 10** | * KL activity
* SC/ELK
 |
| **Day 11** | FREE | **Day 12** | * KR activity
 |
| **Day 13** | * KR activity
 | **Day 14** | * Reflection
 |
| **Day 15** | * Mentoring/Coaching
 | **Day 16** | * KR activity
 |
| **Day 17** | * KR activity
* SC/ELK
 | **Day 18** | FREE |
| **Day 19** | * KL activity
 | **Day 20** | * SC/ELK
 |
| **Day 21** | * Reflection
 | **Day 22** | * Mentoring/Coaching
 |
| **Day 23** | * KL activity
 | **Day 24** | * KR activity
* SC/ELK
 |
| **Day 25** | FREE | **Day 26** | * KL activity
 |
| **Day 27** | * Re-interpret Day 1 text
* Stimulated Recall
 | **Day 28** | * Reflection
 |