

BORDERLESS DEFINED

Newsletter of Borderless Interpreting & Translation, LLC



Paring Down for Efficiency and Effectiveness

Newsletter No. 112 issued by Noriko Rogers (May 22, 2022)

In the last few weeks, I have mentally shifted gears when it comes to self-study methods.

As the title above suggests, not only have I reduced the time spent on studying at a time, but I have also reduced the frequency.

Here is why. As you might know from the past newsletters, I have kept track of whether I studied at all as well as the activities completed, if any, on a given day. This has allowed me to figure

out the sweet spot for the *what* and *how often*.

For instance, I realized that I was able to stay focused and retain what I learned better when I spent less than half an hour at a time and gave myself at least a day to let it sink in before moving on. (Doing this means reminding myself that the point is not to go through the motion.)

As for the *what*, I typically complete the following (although it largely depends on my professional interest at the time):

1. Read out loud then sight-translate an article from either the [Japanese](#) or the [English](#) NHK site.
2. Watch then interpret, either consecutively or simultaneously, a video from the [VOA channel](#).

The next Borderless Defined will be in your inbox in the week of May 30, 2022.

Thanks for reading!

Noriko Rogers
Borderless Interpreting & Translation, LLC

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