

# Common Course Outline

## INTR 118

### Self-Care for Interpreters

1 Credit

## Community College of Baltimore County

### Description

**INTR 118 – Self-Care for Interpreters** prepares students with knowledge and resources to engage in appropriate self-care as professional interpreters. Students learn the importance of maintaining both psychological and physiological health, the warning signs of trauma, self-advocacy while on assignment and how to engage in healthy practices.

**1 Credit**

**Prerequisites:** INTR 116

### Overall Course Objectives

Upon completion of this course students will be able to:

1. identify warning signs of repetitive stress/repetitive motion injury;
2. describe warning effects of stress and vicarious trauma;
3. develop a short-term and long-term self-care plan;
4. design preventative care strategies for physiological and psychological health and well-being;
5. assess interpreting assignments for healthy and sustainable working conditions;
6. design daily interpreter workflow to include short-term self-care strategies;
7. adapt contract/workflow management to include long-term self-care plan;
8. identify current resources related to self-care strategies; and
9. generate a plan for time-management.

### Major Topics

- I. Psychological and Physiological health
  - A. Vicarious trauma
  - B. Common injuries
  - C. Preventative care
- II. Self-advocacy
  - A. Scripts for difficult discussions
  - B. Soft skills
- III. Support systems
- IV. Self-care exercises and activities
  - A. Healthy eating
  - B. Physical fitness and immunity

- C. Reducing stress
- D. Time management
- E. Relaxation

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- One self-care plan assignment
- One comprehensive final exam

Written Assignments: Students are required to use appropriate academic resources.

Date Revised: 10/11/17