

## SECTION 10.

### PHILOLOGY AND JOURNALISM

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## ACTIVE LISTENING STRATEGY FOR IMPROVING INTERPRETATION SKILLS

Active listening is an important skill not only for effective communication and building strong relationships, but also for different types of interpreting: simultaneous and consecutive interpreting, whispered interpreting and relay interpreting. Here are some real strategies for improving your listening skills [1; 2].

**Be fully engaged:** *eliminate distractions* (turn off your phone, close unnecessary tabs on your computer, and focus completely on the speaker); *use nonverbal cues* (maintain eye contact, nod occasionally, and use open body language to show you're engaged).

**Show empathy:** *acknowledge feelings* (show that you understand the speaker's emotions); *reflect and paraphrase* (repeat back what the speaker said in your own words to ensure you've understood correctly).

**Ask open-ended questions:** *encourage clarification*. Use questions that require more than a yes or no answer, such as "Can you tell me more about that?" or "What happened next?"

**Avoid interrupting:** *wait your turn* (let the speaker finish his thought before you respond). If you have something to say, write it down and respond after they have finished.

**Summarize and clarify:** *restate key points* (summarize the main ideas of the conversation to ensure you've grasped the core message); *seek clarification* (if something isn't clear, ask for further explanation).

**Respond thoughtfully:** *provide relevant feedback* (offer responses that are thoughtful and relevant to what the speaker has shared, rather than steering the conversation in a different direction); *use "I" statements* (express your own thoughts and feelings using "I" statements to avoid sounding accusatory or defensive).

**Practice patience:** *be patient*. Allow pauses in the conversation. Silence can

give both you and the speaker time to think and reflect.

**Reflect on your listening skills:** *self-evaluate.* After conversations, take a moment to reflect on your listening. Consider what went well and what could be improved.

**Seek feedback:** *ask others.* Request feedback from friends or colleagues about how well you listen. They might offer valuable insights into areas for improvement.

**Continuous improvement:** *stay open to learning.*

- Reading books or taking courses on communication can help you refine your listening skills over time.

- Use audio materials that are appropriate to your language proficiency and competence: start with audio materials that are easy enough to understand, and then gradually move on to more complex ones.

- Listen to audio materials regularly (audiobooks, podcasts, news, music, audio lessons or any other content that interests you): the more you work with audio, the more the habit is formed.

- Practice active listening: try to understand the key ideas, main details and context; you can use strategies such as summarizing, highlighting, looking for key words.

- Use pauses and repetitions: if you hear something you don't understand, don't hesitate to stop the audio and repeat the phrase or sentence; pay attention to pronunciation, intonation and acoustic cues to better understand the language.

- Use materials with subtitles or text accompaniment (foreign films with subtitles, songs, which are a great tool for improving listening skills). First of all, you need to understand new words or grammar structures, and then listen to them several times. Many songs have repetitive phrases and structures that make them easier to understand. This allows you to focus on the repetitive phrases and learn to identify and understand them, even if you do not understand every word. Listening to songs regularly will help you feel the rhythm of speech and improve your pronunciation perception. This will also have a great impact on improving your speaking skills in the future.

By integrating these strategies into your interactions, you can enhance your ability to listen actively and foster more meaningful and effective communication.

At the same time, it is necessary to practice the skills of quick visual-oral translation, synchronization of visual perception and speech, switching, and also develop memory.

### References:

1. Field J. (2008) Listening in the Language Classroom, 250.
2. Rost M. (2018) Teaching and Researching Listening, 432.