

Presented by Lauri Metcalf

# *Be Deliberate*

## About Practicing Your Craft

Sunday, April 6, 2025  
4:00pm-7:00pm ET  
0.3 PS RID CEUs

Registration: \$45  
Presented via Zoom in English  
[cwoodpd.com](http://cwoodpd.com)



## ABOUT THE WORKSHOP

We've all heard the saying "practice makes perfect," and many interpreters tend to practice their craft either to improve a specific skill or to prepare for certification tests. However, their approach often involves watching an ASL or English video repeatedly until they feel they've "mastered" it—without setting specific goals or identifying which skills need improvement. Alternatively, they might choose a text to practice, but give up after a few attempts, unsure of what to do next or if their practice is even effective. Again, this is often because they haven't established clear goals.

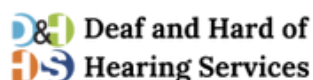
While there is value in using "cold" material to improve interpreting skills, research has shown that deliberate practice is a more effective approach. But what exactly is deliberate practice, how does it work, and how is it different from traditional practice? Join Lauri as she walks interpreters through the essential steps of setting goals, identifying areas for improvement, and engaging in deliberate practice to reach their objectives.

## OBJECTIVES

- Participants will discuss and understand the meaning of deliberate practice.
- Participants will learn three strategies for incorporating deliberate practice into their daily work.
- Participants will become familiar with three different approaches they can use to incorporate deliberate practice to help them attain their professional development goals.
- Participants will be able to identify the three salient features of both the practice zone and performance zone.

## POLICIES

- For ADA accommodations, contact Cindy at [cwoodpd@gmail.com](mailto:cwoodpd@gmail.com) at least 14 days prior to the event.
- To cancel, participants must contact Cindy Wood at [cwoodpd@gmail.com](mailto:cwoodpd@gmail.com) at least 14 days in advance of the event to receive credit for a future CWooD PD event. No refunds will be given.
- CWooD Professional Development promotes a learning environment free from discrimination and bias, and encourages mutual respect for all participants.



## ABOUT THE PRESENTER

Lauri Metcalf retired as the chair of the American Sign Language, Interpreting, World Languages, ESL and International Studies Department at San Antonio College in September of 2018. Lauri established the ASL and Interpreting program in 1994 and under her leadership; the program has received much recognition including Exemplary Program, Collegiate Commission on Interpreter Education Accreditation and Sorenson Communication Award for Excellence in Interpreter Education.

Before coming to San Antonio, In addition to San Antonio College she taught Interpreting and Deaf Education courses at the Post Secondary Level. She was a member of the Texas Board for Evaluation of Interpreters from 1995 to 2007 and served as Chairperson for 11 years.



Since 2009, Lauri has worked as a consultant with the National Center on Interpretation at the University of Arizona in the test development and the certification of interpreters. Lauri has served as the Coordinator and Lead Instructor for Rater Training as well as numerous BEI Summer Institutes. She continues to travel presenting workshops and training for Interpreters.

## DETAILS

- **Workshop approved for 0.3 PS RID CEUs.**
- Deaf & Hard of Hearing Services is an approved RID CMP Sponsor for continuing education activities. This Professional Studies program is offered for 0.3 CEUs at the Some Content Knowledge Level.
- Target audience: This workshop is intended for any certified interpreter and students in an ITP who want to understand the value of deliberate practice, how to do it and how it can impact their work.

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