***Welcome to Stillman Translations preliminary onboarding assessment!***

*This assessment has 5 sections. Make sure to follow the instructions and complete all the information needed.*

*The goal of this request is to analyze your performance and your potential.*

*Breathe in and out, and do your best. Hope we can count on you soon!*

**SECTION 1. INSTRUCTIONS**

Below you will find a special instruction for section 3:

\*Please make sure target text mirrors source format.

\*Normalize spaces.

**SECTION 2. GLOSSARY**

*In this section, you are required to complete this task:*

*\*Extract four terms (cells 1 to 4) from the text in Section 3 that you consider are worth being in the glossary.*

|  |  |  |
| --- | --- | --- |
|  | **Source** | **Target** |
| 1 | Post-traumatic stress | Posttraumatski stres |
| 2 | Psychological trauma | Psihološka trauma |
| 3 | Traumatic event | Traumatski događaj |
| 4 | Patterns of behavior | Obrasci ponašanja |

**SECTION 3. TRANSLATION**

Please, add your sample translation below (between 300-500 words). Bear in mind this should be the best sample of your work!

|  |  |
| --- | --- |
| **Source** | **Target** |
| **Post-traumatic stress and children**  Post-traumatic stress will interfere with both the adults' (parents and guardians') and the child’s daily life and ability to function and interact with others. At no age are children immune to the effects of traumatic experiences. Even infants and toddlers can experience traumatic stress. Exposure to traumatic events can cause many symptoms in children of all ages, like emotional symptoms (anger, irritability, fear), cognitive symptoms (lack of concentration, reduced memory capacity), behavioral symptoms (lack of desire to play with others, social isolation, behave in risky ways) and physical symptoms (intense non localized pain, difficulty sleeping and eating). The impact of exposure to traumatic events on children may be different depending on the child’s age and stage of development but prevailing reactions on trauma for every child are unwanted reliving, emotional avoidance, and arousal. The reliving of events is reflected in traumatic play and patterns of behavior, imposing thoughts, images, sounds or smells, traumatic dreams, and psychological response to reminders. Avoidance or psychological numbness refers to children beginning to avoid certain thoughts, locations, specific phenomena, people, and behaviors that remind them of traumatic event. Increased arousal, in turn, includes sleep disorders, irritability, anger, difficulty concentrating, and others.  Repeated childhood exposure to traumatic events can affect the brain and nervous system and increase health-risk behaviors if post traumatic recovery is not supported. Child trauma survivors can be more likely to have long-term health problems or to die at an earlier age. Traumatic stress can also lead to increased use of health and mental health services and increased involvement with the child welfare and juvenile justice systems.  Adjustment of the personality to the trauma as a result of human rights violation is a complex process with different possible outcomes. One of the things that people recovering from trauma have in common is a long-term difficulty in overcoming the fact that it was possible that there was a time in their life that they were so utterly helpless in protecting themselves and their families.  “Psychological trauma is an affliction of the powerless. At the moment of trauma, the victim is rendered helpless by overwhelming force. When the force is that of nature, we speak of disasters. When the force is that of other human beings, we speak of atrocities. Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning.… Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life. […] They confront human beings with the extremities of helplessness and terror, and evoke the responses of catastrophe.” | **Djeca i posttraumatski stres**  Posttraumatski stres odražavat će se na svakodnevni život i mogućnost funkcioniranja i interakcije s drugima, kako kod odraslih (roditelja i staratelja), tako i kod djece. Djeca ni u kojoj dobi nisu otporna na posljedice traumatičnih iskustava. Čak i dojenčad i mala djeca mogu doživjeti traumatski stres. Izlaganje traumatičnim događajima može uzrokovati brojne simptome kod djece svake dobi, poput emocionalnih simptoma (ljutnja, razdražljivost, strah), kognitivnih simptoma (pomanjkanje koncentracije, smanjena sposobnost pamćenja), bihevioralnih simptoma (pomanjkanje želje za igrom s drugima, socijalno izoliranje, rizično ponašanje) i fizičkih simptoma (intenzivni, nelokalizirani bolovi, poteškoće sa spavanjem i jedenjem). Utjecaj izlaganja traumatičnom događaju na djecu može biti različit ovisno o dobi djeteta i stupnju razvoja, ali kod svakog djeteta prevladavajuće reakcije na traumu su neželjeno ponovno proživljavanje, emocionalno izbjegavanje i pobuđenost. Ponovno proživljavanje događaja ogleda se u traumatskoj igri i obrascima ponašanja, nametajućim mislima, slikama, zvukovima ili mirisima, traumatskim snovima i psihološkim reagiranjem na podsjetnike. Izbjegavanje ili psihološko otupljivanje odnosi se na to da djeca počinju izbjegavati određene misli, lokacije, konkretne pojave, ljude i ponašanja koji ih podsjećaju na traumatski događaj. Povećana pobuđenost, pak, uključuje poremećaje spavanja, razdražljivost, ljutnju, teškoće s koncentracijom i drugo.  Opetovano izlaganje traumatskim događajima u djetinjstvu može utjecati na mozak i živčani sustav, te povećati učestalost ponašanja rizičnih za zdravlje, ako ne postoji podrška u procesu posttraumatskog oporavka. Kod osoba koje prožive traumu u djetinjstvu, postoji veća vjerojatnost da će razviti dugoročne zdravstvene probleme ili umrijeti u mlađoj dobi. Traumatski stres može dovesti i do povećanog korištenja zdravstvenih usluga i usluga iz područja mentalnog zdravlja, te povećanog uključivanja u sustave za zaštitu djece i sustave maloljetničkog pravosuđa.  Prilagodba osobnosti na traumu koja je posljedica kršenja ljudskih prava, složen je proces koji može imati različite ishode. Jedna od stvari koje su zajedničke ljudima koji se oporavljaju od traume, dugoročne su poteškoće s prihvaćanjem činjenice da je u njihovom životu postojao trenutak u kojem su bili krajnje bespomoćni zaštititi sebe i svoje obitelji.  „Psihološka trauma pogađa nemoćne. U trenutku traume žrtvu strahovita sila učini bespomoćnom. Kad se radi o sili prirode, govorimo o katastrofama. Kad se radi o sili drugih ljudskih bića, govorimo o najtežim zločinima. Traumatični događaji preopterećuju uobičajene mehanizme zaštite koji ljudima daju osjećaj kontrole, povezanosti i smisla... Traumatični događaji izvanredni su, ne zbog toga što se rijetko pojavljuju, već zbog toga što nadjačavaju uobičajene ljudske prilagodbe na život. […] Takvi događaji ljudska bića suočavaju s krajnjom bespomoćnošću i strahom, te izazivaju reakcije tipične za katastrofe.“ |
|  |  |

**SECTION 4. QUESTIONS AND COMMENTS**

We also need to check your capacity to spot potential issues beforehand.

In the table below, please list your questions and comments in relation with this test:

1. Challenging sections from the source text or sections you are unsure of should be copied or inserted into the **Source Text** column.

2. Write your translation in the **Target Text** column.

3. Doubts and comments should be written in English.

|  |  |  |
| --- | --- | --- |
| Source Text | Target Text | Question / Comment  (in English) |
| Psychological trauma is an affliction of the powerless. | Psihološka trauma pogađa nemoćne. | I think that a verb “pogađa” (afflicts) better conveys the meaning and sentiment of the sentence than any equivalent of a noun “affliction” could. |
| …behavioral symptoms (lack of desire to play with others, social isolation, behave in risky ways)… | …bihevioralnih simptoma (pomanjkanje želje za igrom s drugima, socijalno izoliranje, rizično ponašanje)… | I have translated the underlined segment as a noun and I have left a note for the client to check if it should be changed to “risky behavior” in the source. |

**SECTION 5. REFERENCES**

In the table below, please list the reference material you have consulted to carry out this test.

1. Please introduce the **Reference source** (including publisher and full title as appropriate) in the first column.
2. Specify if your reference source is general or specific. If specific, clarify which term or section the reference covers.

|  |  |
| --- | --- |
| Reference Source | General / Specific (Term) |
| Boris Petz et al., Psihologijski rječnik, Naklada Slap, 2005 | General |
| Bruna Profaca, Lidija Arambašić, “Traumatski događaji i trauma kod djece i mladih”, Klinička psihologija 2, Naklada Slap, 2009 | *Specific:* “Ponovno proživljavanje događaja ogleda se u traumatskoj igri i obrascima ponašanja, nametajućim mislima, slikama, zvukovima ili mirisima, traumatskim snovima i psihološkim reagiranjem na podsjetnike. Izbjegavanje ili psihološko otupljivanje odnosi se na to da djeca počinju izbjegavati određene misli, lokacije, konkretne pojave, ljude i ponašanja koji ih podsjećaju na traumatski događaj. Povećana pobuđenost, pak, uključuje poremećaje spavanja, razdražljivost, ljutnju, teškoće s koncentracijom i drugo.” |
| Američka psihijatrijska udruga, Psihijatrijski rječnik, Naklada Slap, 2002 | *General* |

Thanks!