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HOW TO OVERCOME THE LANGUAGE BARRIER IN PROFESSIONAL COMMUNICATION

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ЯК ПОДОЛАТИ МОВНИЙ БАР'ЄР У ПРОФЕСІЙНІЙ КОМУНІКАЦІЇ

Nowadays language proficiency is a must-have, enriching our lives by allowing us to watch movies, read books in the original, understand scientific materials, travel, and communicate with others without difficulty. Most importantly, knowledge of foreign languages increases competitiveness in the labor market. However, many people who study foreign languages lack practice, which leads to problems such as “fear of speaking”. Some are embarrassed by their accent, while others worry that they may make mistakes or demonstrate an inadequate vocabulary. This trend is particularly evident in professional settings, where everyday language differs dramatically from the specific terminology of professional language. To comprehend appropriately not only the lexical nuances of words, but also their accurate and contextually appropriate translation. After all, incorrect interpretation can cause certain misunderstandings, hence the question: “How to overcome the language barrier in professional communication?”

Firstly, psychological attitude is a key factor. Don't pay attention to what others think, because you may speak correctly and use superb sentence constructions, but your accent may be noticeable due to a lack of practice. Don't focus on mistakes because it is more important, in a professional environment, to focus on what you want to share with your colleagues (some important details or experiences) as well as on delivering the information clearly and effectively. Your accent or grammar is not the case to worry too much about. It's just a part of communicating in a foreign language. Working in foreign companies serves more as tools for achieving personal business goals. And the fear of making a mistake often hinders more than real ones.

Secondly, it is very important to master professional terminology, because, in most cases, knowledge of specific terms balances out certain grammatical gaps. Learning terminology is integral to being a good specialist because it allows you to clearly formulate your thoughts and convey exactly what you mean, decreasing the risk of misunderstandings.

Thirdly, practice is integral to learning new languages. There are numerous opportunities to enhance and practice your language skills. These can include conversations with colleagues or online friends, participation in various discussions, conversation clubs, various apps and websites, online courses, and even artificial intelligence, which can help simulate workplace situations and practice different vocabulary. After all, the more a person speaks, the less efforts it takes to articulate their opinions. A person might be aware of correct using a set of foreign words and understand native speakers well, but sometimes it is challenging to utter a word that is not actively utilized in our vocabulary. With the resources accessible in the 21st century, everything becomes much easier.

Fourthly, reviewing some relevant terminology and preparing key phrases that are widespread in business communication could be of importance before attending important events and meetings. Such technique might both stimulate a profound comprehension of the context. And also, it may contribute to self-assurance of a person.

It is necessary to consider every mistake not as a failure but as a sort of doorway, a small awkward doorway, into becoming a better professional. People get judged too easily for their errors and that judgment builds something like a hidden trap of looking

incompetent or maybe even uneducated by their coworkers. This fear, that grows quietly, makes communication at workplace strange and sometimes tense. People are not afraid because they lack certain skill. Still, every mistake is a teacher, even the silly ones. It could be seen as a starting point for self-development and a professional growth. The wrong word said in a meeting or some grammar mistake made in a business letter might be quite helpful when a person devotes time and effort to identify and correct them. It is true to the situation when learning a new language or even just new office jargon, this could happen repeatedly.

Overthinking our mistakes helps us see what to fix and why we must fix it. Saying sorry at work and repairing an error shows maturity and a kind of emotional cleverness. Mistakes are not enemies; they are slow teachers, and we should learn from them for real professional growth.

To sum up, breaking down the language barrier in professional communication is a complex process that requires patience and purposefulness. Upon finding based on evidence that the primary challenges do not stem primarily from limitations in vocabulary or grammatical knowledge, but rather from the trepidation about making errors. In such case, a person should not consider mistakes as the main thing; what truly matters is how your colleagues understand your train of thought correctly.

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ABRAHAM MASLOW AND HIS THEORY OF HUMAN NEEDS IN PSYCHOLOGY

С. Цимбал

АБРАГАМ МАСЛОУ ТА ЙОГО ТЕОРІЯ ПОТРЕБ ЛЮДИНИ В ПСИХОЛОГІЇ

When you start learning about psychology, Abraham Maslow is a name that comes up pretty early. He was one of those thinkers who really changed how we look at why people do what they do. His ideas about motivation and what drives us as individuals are well known worldwide. Maslow had this interesting perspective: he believed psychology should not just focus on mental illness or problems. He thought it should also pay attention to the good stuff: what makes people grow, why they get creative, and that deep urge they all have to actually become who they are capable of being.

Maslow was born in 1908 in America, though his parents were immigrants from Eastern Europe. As is well known, his childhood was not exactly easy. He was pretty lonely, had few friends, and spent a lot of time with his nose to books. That solitude pushed him toward learning, and eventually, that curiosity led him straight into psychology. However, he did not start there because he actually enrolled in law school first. Moreover, it did not take him long to realize that law was not his thing and that psychology was where his heart really was. He ended up at the University of Wisconsin, where he dug into psychological science and new research methods. While he was there, he worked with Harry Harlow, a psychologist known for his experiments on social behavior and attachment in monkeys. That experience clearly left its mark on Maslow.

Now, the thing Maslow is most famous for is his hierarchy of needs. It is one of those theories that makes intuitive sense once you hear it. He broke down human needs into different levels and argued that we tend to focus on the most basic ones first. Only when those are taken care of do we start worrying about the more complicated, higher-level stuff.