

**PURWOREJO MUHAMMADIYAH UNIVERSITY**  
**ENGLISH LANGUAGE EDUCATION**

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**PRACTICUM OF TRANSLATION**

Final Examination Held on Thursday, December 29, 2020

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This is an open-booked test

**Part A**

Read Jennings' *Mindfulness for Teachers. Simple Skills for Peace and Productivity in the Classroom*, and then discuss it with your group members.

**Part B**

Choose one of the textbooks closely related to educational sciences written in English, and then complete the following table.

<b>Taken from the text</b>	<b>Translated by <i>Google Translate</i></b>
<i>Your own translation:</i>	

This is your classmates' work that can be of an example.

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<b>Taken from the text</b>	<b>Translated by <i>Google Translate</i></b>
Furthermore, MBIs enhance regulatory psychological processes that serve as a buffer against psychological distress, promote resilience (Jimenez, Niles, & Park, 2010), and enhance awareness of bodily sensations, improving emotion regulation (Desbordes et al., 2012).	Selain itu, MBI meningkatkan proses psikologis regulasi itu berfungsi sebagai penyangga terhadap tekanan psikologis, meningkatkan ketahanan (Jimenez, Niles, & Park, 2010), dan meningkatkan kesadaran tubuh sensasi, meningkatkan regulasi emosi (Desbordes et al., 2012).
<i>Your own translation:</i> Selain itu, MBI juga meningkatkan proses kontrol psikologis yang berfungsi sebagai penahan terhadap tekanan psikologis, mendorong kegembiraan (Jimenez, Niles, & Park, 2010), dan meningkatkan kesadaran perasaan jasmani, meningkatkan control emosi (Desbordes et al., 2012).	

<b>Taken from the text</b>	<b>Translated by <i>Google Translate</i></b>
Other benefits include increases in positive mood, empathy, and immune system functioning; reductions in stress and anxiety; a reduced incidence of relapse after treatment for depression; and decreases in substance abuse (Chiesa & Serreti, 2009; Davidson et al., 2003; Ma & Teasdale, 2004; Ostafin & Marlatt, 2008; Shapiro, Brown, & Beigel, 2007).	Manfaat lain termasuk peningkatan mood positif, empati, dan fungsi sistem kekebalan; pengurangan stres dan kecemasan; penurunan insiden kambuh setelah pengobatan untuk depresi; dan penurunan penyalahgunaan zat (Chiesa & Serreti, 2009; Davidson et al., 2003; Ma & Teasdale, 2004; Ostafin & Marlatt, 2008; Shapiro, Brown, & Beigel, 2007).
<b><i>Your own translation:</i></b> Manfaat lain yaitu meningkatkan perasaan positif, empati dan fungsi sistem kekebalan tubuh; mengurangi stress dan kecemasan; mengurangi insiden kambuh setelah pengobatan depresi, dan menurunkan penyalahgunaan zat (Chiesa & Serreti, 2009; Davidson et al., 2003; Ma & Teasdale, 2004; Ostafin & Marlatt, 2008; Shapiro, Brown & Beigel, 2007).	

### Part C

Reread your own translation, highlight the borrowed words found, make a list of such words, and place them side by side with the examples or their usage within sentences.

--- Good Luck! ---