

A Clinician's Guide to Russia



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Introduction: Scope of Manual

This manual should be used as a resource for clinicians treating clients whose first language is Russian. This resource acts as a starting point for clinicians to find relative information about a Russian client. A large part of the manual consists of language aspects, but also included is cultural aspects, entertainment, and resources available.

Specifically, the Russian manual contains information on the following:

- Demographic Information
- Role of the State
- Education
- Religion
- Holidays
- History
- Pragmatics
- Dos and Don'ts
- Morphology
- Phonology
- Syntax
- Linguistic Transfer
- Therapy Materials
- Research
- Speech Language Pathologists and Audiologists
- Interpreters

Russia

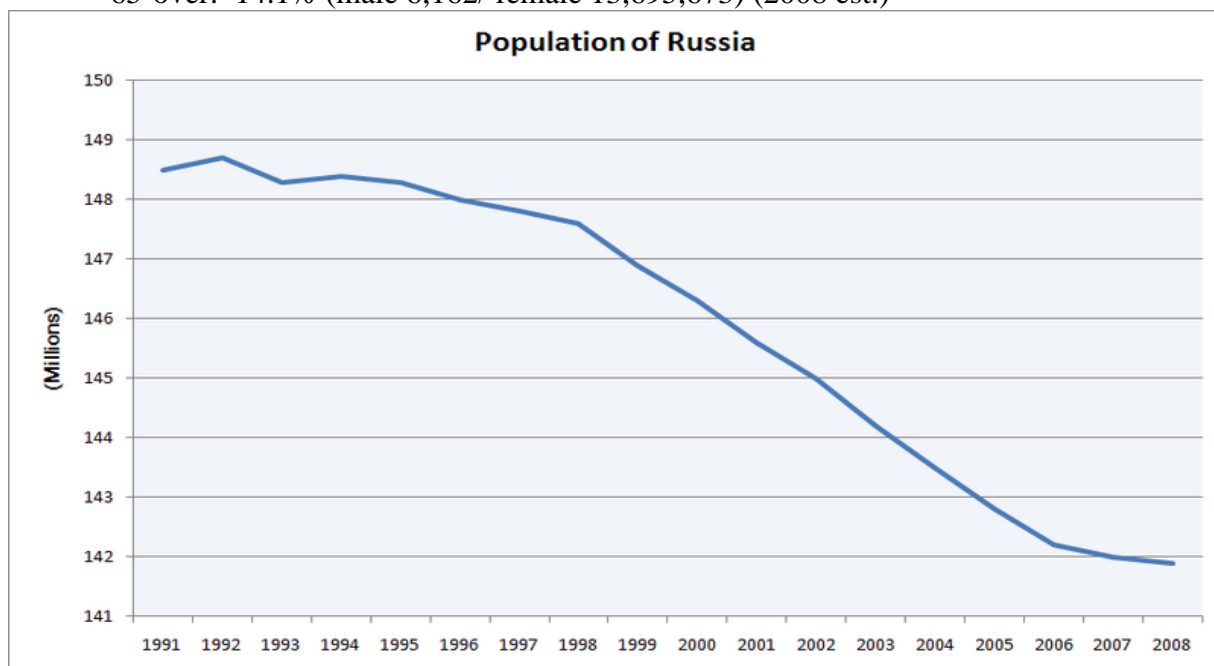
A visit to Russia today is an encounter with an undiscovered land. With the fall of the Soviet Union, visitors have a fresh opportunity to explore an immense selection of exciting and ancient cultures, from the imperial Russia of St. Petersburg to the timeless village life of Siberia and Irkutsk. One of the most notable features of present day Russia is a renewed celebration of the wealth of its past and its potential for the future. Russia today is a nation of vast diversity and tremendous strength. It is as if the cultural traditions of a century ago have been re-awakened with a newfound power; ancient cathedrals are being rebuilt and restored, colorful markets are full of activity once again and literature and the arts are quickly regaining the creative renown they enjoyed decades ago. A new Russia is now in full bloom.

All the above from: <http://www.geographia.com/russia/>

Demographic Information: Russia

The following displays basic demographic information of Russia:

- Population: 141,903,979 (January 1, 2009)
- Growth rate: -0.085% (2008)
- Birth rate: 12.1 births/1,000 population (2008)
- Death rate: 14.7 deaths/1,000 population (2008)
- Life expectancy: 67.7 years (2007 est.)
 - Male: 61.5 years
 - Female: 73.9 years
- Fertility rate: 1.40 children born/woman (2008 est.)
- Age structure
 - 0-14 years: 14.6% (male 10,577,858/ female 10,033,254)
 - 15-64 years: 71.2% (male 48,187,807/ female 52,045,102)
 - 65-over: 14.1% (male 6,162/ female 13,695,673) (2008 est.)



Russia has experienced a population loss of about 5 million since it peaked shortly after the fall of the Soviet Union. Currently, population growth is nearly stagnant. While the Russian birth rate is comparable to other European countries, its death rate is much higher, especially among working-age males due to an abnormally high rate of fatalities caused by heart disease.

It is estimated that there are more abortions than births in Russia. In 2004, at least 1.6 million women had an abortion and about 1.5 million gave birth. One of the reasons behind the high abortion rate is that the birth of the first child pushes many families into poverty.

All the above from: http://en.wikipedia.org/wiki/demographics_of_Russia

Countries where Russian is a national language:

Russia

Belarus

Kazakhstan

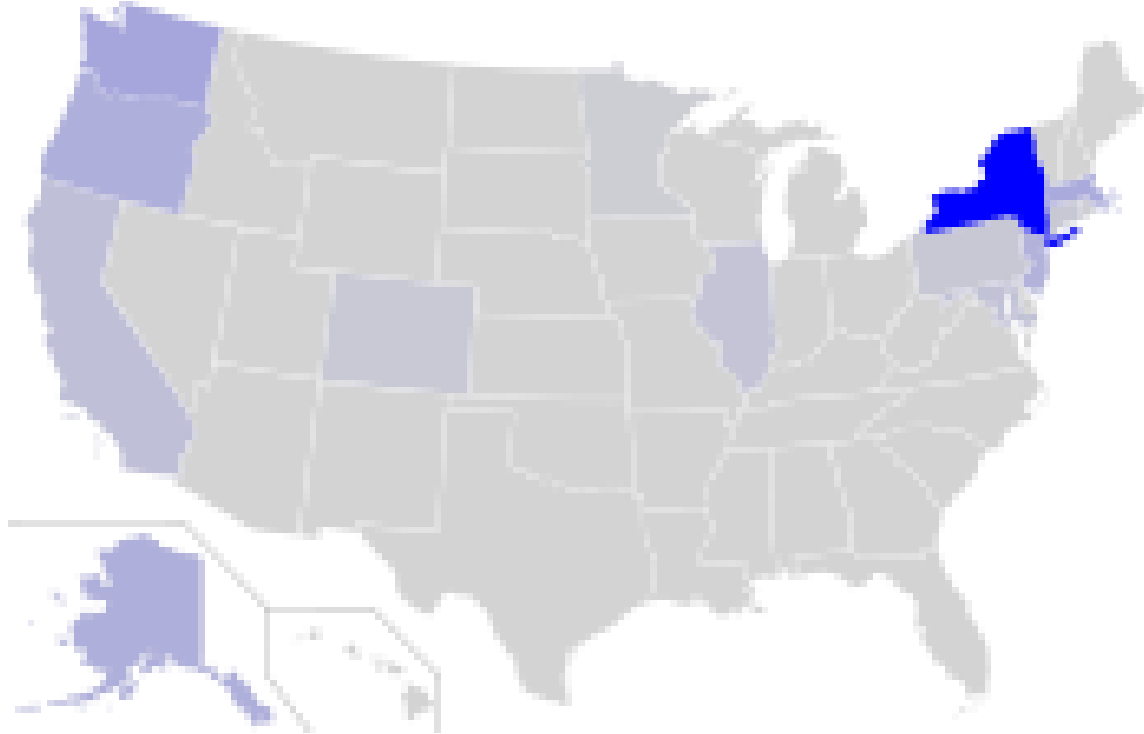
Kyrgyzstan

Ukraine and many other countries that once made up the Union of Soviet Socialist Republics (USSR) continue to speak Russian although it is not their official language.

All the above from: http://en.wikipedia.org/wiki/Russian_language



Demographic Information for Russian Speakers in the United States



The Russian language is frequently spoken in areas of Alaska, Los Angeles, Seattle, Miami, San Francisco, New York City, Philadelphia, and Chicago. The Russian-American Company used to own Alaska Territory until selling it after the Crimean War. Russian had always been limited, especially after the assassination of the Romanov dynasty of tsars. Starting in the 1970s and continuing until the mid 1990s, many people from the Soviet Union and later its constituent republics such as Russia, Ukraine, Belarus, and Uzbekistan have immigrated to the United States, increasing the language's usage in America. The largest Russian-speaking neighborhoods in the United States are found in Queens, Brooklyn, and Staten Island in New York City (specifically the Brighton Beach area of Brooklyn), parts of Los Angeles, particularly West Los Angeles and West Hollywood, and parts of Miami like Sunny Isles Beach.

The Russian-American population is estimated between 4 and 5.5 million people. According to the 2000 Census, Russian is ranked as the tenth most spoken language in the United States, totaling 710,000 speakers.

All above from: http://en.wikipedia.org/wiki/Languages_of_the_United_States

Russia: General Cultural Information

Ethnicity and Nationality

There are more than 160 different ethnic groups and indigenous peoples in the Russia Federation. Some ethnic groups include the Tatars, Armenians, Ukrainians, and the Chechens. About 2% of the population of Russia includes ethnicities that are not native to the country. Most Russians are derived from the Eastern Slavic family of peoples in which little information is available.

All above from: http://en.wikipedia.org/wiki/Demographics_of_Russia

Language

The Russian language is part of the Indo-European language family, and is the most widely used Slavic language in the world. Russian is derived from the Eastern Slavic language, and is most closely linked to the two remaining Eastern Slavic languages, Belarusian and Ukrainian.

The modern Russian language became a language of international significance in the 20th century due to its influence in the areas of science, technology and politics and was named an official language of the United Nations.

There are few diversifying dialects spoken in Russia, classified according to two groups: the northern and the southern, but most people speak a common literary language.

All above from: <http://www.youlearnrussian.com/>

Religion

Russian Orthodox Christianity is the most practiced religion in the country and makes up approximately 75% of the population. The Russian Orthodox Church is a part of the Eastern Orthodox Church. This religion was adopted in the 10th century by the ancestors of today's Russians.

Islam, professed by about 19 percent of believers in the mid-1990s, is numerically the second most important religion in Russia. Other non-Orthodox Christian denominations and a diminishing but still important Jewish population complete the list of major religious groups in the Russia.

In general, Russians of all religions have enjoyed freedom of worship since the collapse of the Soviet Union, and large numbers of abandoned or converted religious buildings have been returned to active religious use. Russia has a large amount of non-practicing believers and non-believers which is due to the legacy of over seven decades of Soviet rule.

All above from: <http://www.sacred-destinations.com/russia/russia-religion.htm>

History

Founded in the 12th century, the Principality of Muscovy emerged from over 200 years of Mongol domination (13th-15th centuries) and gradually conquered and absorbed surrounding principalities. In the early 17th century, a new Romanov Dynasty continued this policy of expansion to Siberia to the Pacific. Under Peter I, control was extended to the Baltic Sea and the country was renamed the Russian Empire. During the 19th century, more territorial acquisitions were made in Europe and Asia. Defeat in the Russo-Japanese War of 1904-05 contributed to the Revolution of 1905, which resulted in the formation of a parliament. Repeated defeats of the Russian army in World War I led to widespread rioting in the major cities of the Russian Empire and to the overthrow of the imperial household in 1917. The Communists under Vladimir Lenin seized power soon after and formed the USSR. The rule of Iosif Stalin (1928-53) strengthened Communist rule and Russian dominance of the Soviet Union at a cost of millions of lives. The Soviet economy and society remained idle in the following decades until General Secretary Mikhail Gorbachev (1985-91) introduced glasnost (openness) and perestroika (restructuring) in an attempt to modernize Communism, but his initiatives inadvertently released forces that by 1991 split the USSR into Russia and 14 other independent republics. The reforms also gave rise to an oligarchy that has rumored connections to politicians in a system of corruption and political extermination. Russia has since shifted its post-Soviet democratic ambitions in favor of a centralized semi-authoritarian state whose legitimacy is reinforced, in part, by carefully managed national elections, former President Putin's genuine popularity, and the prudent management of Russia's windfall energy wealth. Conflicts with Chechen rebels, environmental pollution, political suppression by Russia's government, and human sexual trafficking are political concerns of modern-day Russia.

All above from: <https://www.cia.gov/library/publications/the-world-factbook/geos/rs.html>

LGBT

Lesbian, gay, bisexual, and transgender (LGBT) persons in Russia may face legal challenges not experienced by non-LGBT residents, though many advances have been made in the past 2 decades. Both male and female same-sex sexual activity are legal in Russia, but households headed by same-sex couples are not eligible for the same legal protections available to opposite-sex couples.

Public opinion about LGBT topics according to a 2005 poll, 43.5% of Russians support criminalization of homosexual acts between consensual adults; at the same time, 42.8% of Russians support a legal ban on discrimination on the basis of sexual orientation. There is a visible LGBT community network, mostly in major cities like Moscow and Saint Petersburg, including nightclubs and political organizations.

All above from: http://en.wikipedia.org/wiki/LGBT_rights_in_Russia

Household Structure

Russian family life is built on dependence. Family is very important in Russia. Russians tend to live in small apartments, with 2-3 generations living together. It's common for grown single children and even married children to live with parents. They also get married early, usually around the ages of 18-22. During the first year of marriage, the couple lives with the wife's or husband's parents. The following is a breakdown of household structure distribution by size as recorded in the 1994 Russian census:

	Household Size, Number of Persons					Avg. Size
	1	2	3	4	5 or more	
All households	19.2	26.2	22.6	20.5	11.5	2.84
Urban households	18.1	26.1	24.3	21.0	10.5	2.84
Rural households	22.0	26.8	18.1	19.0	14.1	2.85

All above from: http://www.rand.org/pubs/conf_proceedings/CF124/CF124.chap1.html

Role of the State

According to the Constitution, which serves as the country's supreme legal document and as a social contract for the people of the Russian Federation, Russia is a federation where the President is the head of state and the Prime Minister is the head of government. The Russian Federation is structured as a representative democracy. The government is regulated by a checks and balances system defined by the Constitution of the Russian Federation.

The federal government is composed of three branches:

1. Legislative: The Federal Assembly, made up of the State Duma and the Federation Council adopts federal law, declares war, approves treaties, has the power of the purse, and has power of impeachment the President.
2. Executive: The president is the commander-in-chief of the military, can veto legislative bills before they become law, and appoints the Cabinet and other officers, who administer and enforce federal laws and policies.
3. Judiciary: The Constitutional Court, Supreme Court, Supreme Court of Arbitration and lower federal courts, whose judges are appointed by the Federation Council through recommendation of the president. This branch interprets laws and can overturn laws they deem unconstitutional.

The national legislature is the Federal Assembly, which consists of two chambers; 450 member State Duma and the 176 member Federation Council. The leading political parties in Russia include United Russia, the Communist Party, the Liberal Democratic Party of Russia and Fair Russia.

All above from: http://en.wikipedia.org/wiki/Russia#Government_and_politics

Education

Basic Education

Basic general education in Russia lasts for nine years. Graduates of this level may continue their education at senior high school in order to receive a secondary general education. They may also continue in an initial vocational school or non-university level higher education institution. Initial vocational schools include PTU (Professional'no-technicheskoe uchilische) which offer 1.5 to 2 years of professional education and a Professional'ny Litsei which offer joint professional and secondary general education for 3 to 4 years and skilled workers training at different levels. Non-university level higher education institutions offer 3 to 4 year professional and secondary general education and 2 year vocational training for holders of the School Leaving Certificate. Secondary general education on the basis of basic general education continues for 2 years and ends when students are 17-18 years old. Graduates from a secondary general school may apply for entrance to a higher education institution. Secondary education leads to the award of the Attestat o Srednem (Polnom) Obshchem Obrasovanii (Certificate of Secondary Complete General Education).

Higher Education

Higher education is provided by public and non-public accredited higher education institutions. Russia has a free education system which is guaranteed to all citizens of Russia by the Constitution. Entry to higher education is very competitive. There are two levels of higher education:

- Basic higher education (4 years) leading to the Bakalavr's degree, the first university level degree. This is equivalent to the Bachelor's degree in the United States.
- Postgraduate higher education (5-6 years or more). After two years of study, students are entitled to receive a Magistr's degree. This is equivalent to a Master's Degree in the U.S. After this, students can continue to study towards a doctoral degree: Kandidat Nauk degree (the first level, equivalent to Ph.D.) and Doktor Nauk degree (the second, highest level, equivalent to Professor).

Literacy and education levels among the Russian population are relatively high, largely because the Soviet system placed great emphasis on education. Some 92 percent of the Russian people have completed at least secondary school, and 11 percent have completed some form of higher education.

All above from: <http://www.studyruddian.com/MGU/russian-education-system.html>

Labor and Employment

There are approximately 75.7 million people in the labor force in Russia. The following information is the labor force broken down by occupation:

Agriculture: 10.2%
Industry: 27.4%
Services: 62.4%

The unemployment rate in Russia is approximately 6.2% (2008 est.).

All above from: <https://www.cia.gov/library/publications/the-world-factbook/geos/rs.html>

Geography

Russia occupies most of eastern Europe and north Asia, stretching from the Baltic Sea in the west to the Pacific Ocean in the east, and from the Arctic Ocean in the north to the Black Sea and the Caucasus in the south. It borders Norway and Finland in the northwest; Estonia, Latvia, Belarus, Ukraine, Poland, and Lithuania in the west; Georgia and Azerbaijan in the southwest; and Kazakhstan, Mongolia, China, and North Korea along the southern border.

All above from: <http://www.infoplease.com/ipa/A0107909.html>

Food

Growing and harvesting crops is popular in Russia. The average growing season lasts for about four months which puts a limit to the number of crops that can be grown. Bad harvests have an immediate effect on meat as animals have to be slaughtered since they cannot be fed over the winter months. Bread has always played a central role in the Russian diet. They like dark, heavy rye bread. According to the website below, these are the different meals of the day and what is usually eaten.

Zavtrak – Breakfast

This is usually a quick meal in the working week. Parents are likely to have an open sandwich with cheese, ham, or salami with a cup of tea. The children tend to eat a cooked meal that consists of a boiled egg, omlette, or kasha. Kasha is any cooked grain or cereal that is served with milk, sugar and butter.

Obed - Lunch

This is the main meal of the day and is eaten between 1pm and 3pm. Obed starts with a small zakuska (salt herring or some kind of salad). It is followed by soup that is made from a homemade stock. If it is a chicken soup then a whole chicken will be put into the pot, and if it is meat soup then a chunk of beef is simmered for two to four hours with vegetables, and is eaten with dried peas or beans, pats, rice or barley. The favorite soups are cabbage soup, Shchi, and Borshch, an Ukrainian beetroot soup.

After soup the main course follows. Fish is a popular food and Russians prefer freshwater fish like carp and pike. If meat stews are eaten then they have flavorings of wild mushroom, pickled cucumber or smetana. Cabbage leaves, Golubtsy, are stuffed with meat and rice in a tomato sauce. Sosiski are frankfurter-type sausages and are also very popular. Meatball dishes are

Kotleti, Bitochki, and Tefteli. The main course is served with potatoes, pasta, cereal, salt cucumbers, and, of course, bread.

Obed is finished with either coffee, tea, kompot (stewed fruit) or kisel (fruit juice thickened with cornflour).

Uzhin - Supper

This meal is eaten with the family around the table and news is exchanged. Soup can be served again and the main course can be from vegetables like potato cakes with mushroom sauce or tvorog, and cottage cheese. Tea or milk are the popular drinks during this meal.

All above from: <http://www.schools.ash.org.au/thscompst/Russia/Russia1.html>

Health Care and Social Welfare

The Russian Constitution guarantees free, universal health care for all of its citizens. While Russia has more physicians, hospitals, and health care workers than almost any other country in the world, the health of the Russian population has declined considerably as a result of social, economic, and lifestyle changes since the collapse of the Soviet Union. As of 2007, the average life expectancy in Russia is 61.5 years for males and 73.9 years for females.

All above from: <http://en.wikipedia.org/wiki/Russia>

Health

Heart disease is very common in Russia. It makes up about 56.7% of all deaths in the country. About 16 million Russians suffer from cardiovascular diseases, which make Russia second in the world in cardiovascular deaths. Homicide, suicide, and cancer death rates are also very high. HIV/AIDS was virtually non-existent during the Soviet era but has rapidly spread due to intravenous drug use. Tuberculosis has spread mainly among prison inmates. Smoking has also increased death rates in Russia as both men and women have begun to smoke

All above from: <http://en.wikipedia.org/wiki/Russia#Health>

Alcohol

Alcoholism has reached dangerous levels in Russia. It is estimated that approximately 1/3 of all deaths are related to alcohol abuse. The Russian government has attempted to control this problem by closing bars and breweries but these have backfired on them. There is now a black market for alcohol and individuals have become proficient at hiding their alcohol problems. The average age that Russians begin to binge drink is 14 years. Refusing to drink as much as everyone else is considered to be disrespectful.

All above from: <http://en.wikipedia.org/wiki/Russia#Health>

Sports and Hobbies

Basketball is popular in Russia and they have been very strong in this sport as was the Soviet Union. There are a few Russians that also play in the NBA (National Basketball Association). Soccer is also very popular in Russia and they have played in and won many international competitions. Russia has dominated in ice hockey, winning back to back gold medals in the Olympics as well as dominating the World Championship in almost every contest. The 1980 Summer Olympic Games were held in Moscow and Sochi will hold the 2014 Winter Olympic Games.

All above from: <http://en.wikipedia.org/wiki/Russia#Sports>

Arts

Music and Ballet

Russians love music and ballet. Many of the ethnic groups in Russia have distinctive traditions in folk music and many composers have added this as well as religious elements to their music. Many famous dancers traveled around the world and helped the development of dancing in other countries. Russian composer Pyotr Ilyich Tchaikovsky composed some of the world's most famous works of ballet including Swan Lake, The Nutcracker, and Sleeping Beauty.

Cinema

In the era immediately following the Russian Revolution of 1917, Western motion picture audiences were made up of the working class viewing a cheap and crude entertainment but Russian filmmakers immediately pursued the medium as an outlet of creative expression. The editing process of montage was founded at the world's first school of film, the All-Union Institute of Cinematography, in Moscow. Production levels in Russia are now higher than in Great Britain and Germany.

Visual Arts

Early Russian paintings were icon paintings that were inherited from the Byzantium. Realism became popular in Russia as artists wanted to show the Russian identity through their work. The Russian avant-garde is an umbrella term used to define the large, influential wave of modernist art that flourished in Russia from approximately 1890 to 1930. This included suprematism, constructivism, and futurism. After this, artists began to depict socialist realism in their paintings and would show wars and other events going on in Russia.

All above from: <http://en.wikipedia.org/wiki/Russia>

Architecture

The "Onion Domes" are a common architectural feature seen in Russia. These bulbous structures smoothly come to a point, and resemble an onion, after which they are named. These domes are associated with the Russian Orthodox Church and became popular because they represent burning candles. Now they are built and painted to symbolize aspects of the Church. Three domes represent the Holy Trinity; five represent Jesus Christ and the four Evangelists and one

dome standing alone represents Jesus Christ. These onion domes are not limited to the Russian culture and are seen all over the world.

All above from: http://en.wikipedia.org/wiki/Onion_dome

Literacy

The official literacy rate of Russia is 99.4%. Russia is a well-educated nation since the Soviet Union put much emphasis on education. They enjoy reading and since books are cheap, they can afford to buy many books without hurting the family budget.

All above from: <http://en.wikipedia.org/wiki/Russia>

Transportation

Roads are the least used form of transportation in Russia. Many of the Russian highways are in need of reconstruction or repair. It is not common to own a car as there was little production of automobiles in Russia. Railroads are the most dominant form of transportation. This is due to the great distances from city to city and railroads can hold more and demand less care than a car. Air transportation is mainly used to get to Russia and to make long-distance flights to other cities around the country. Many of the planes that Russia once used were aged which did not help the airline industry. Russia has since ordered new planes. Water transportation plays an important role in Russia as well. However, the country's geography and climate limit the capacity of each shipment. Also, the rivers in Russia run south to north and not east to west which constrains their use during the winter months. Public transportation is popular in Russia. Buses and subway systems (if available) are reliable and inexpensive means of transportation.

All above from: <http://countrystudies.us/russia/65.htm>

Holidays

New Years Day is a beloved holiday for Russians. It connects them back to their childhood dreams and it occurs immediately after the Russian Orthodox Christmas. Russians usually have about 10 days off during this time and they take a vacation to celebrate with family. The most traditional holiday meals are duck baked with apples, galantine, red caviar, pickled vegetables such as mushrooms, cucumbers, sauerkraut, plus salads like "Stolichny." Drinks include a glass of champagne and heavier drinks as well. People usually do not decorate their homes like western cultures do and their Santa Claus is named Father Frost. He has a gild named Snegurochka traveling with him and he wears red but sometimes it can be blue or silver.

Russian Orthodox Christmas is celebrated on January 7th right after New Years. It is a time to get together with family and eat holiday meals. This holiday is not as important as New Years to the Russians.

Defenders of the Fatherland Day is on February 23rd. This day is a day to praise those who fought for Russia during the wars, especially during WWII. Consequently, people always try to congratulate older men. This holiday turned out to simply be a man's holiday, where all males, regardless of their profession or involvement in any war, are praised.

International Women's Day is on March 8th. On this day, all men in Russia praise the women in their lives. They get flowers and presents for their wives, daughters, female colleagues and actually any woman they know.

Victory Day is celebrated on May 9th. This is the day of victory in World War II. This holiday is extremely solemn but it ends with a firework display. There is not much celebration during this holiday because most of the veterans of WWII (The Great Patriotic War) are no longer living.

Independence Day is celebrated on the June 12th. This holiday has only been around for a little over 10 years. This day underlines the fall of the Soviet Union and when the first president of the Russian Federation was elected. This holiday is not celebrated too much by the Russians.

All above from: <http://www.guidetorussia.org/russian-culture/russian-holidays.html>

Russian Social Behaviors

Americans are typically risk-takers and expect things to go well. The new and unknown are welcomed in America. Russians are different from Americans in various aspects.

- Hand shaking is a common practice when arriving and when leaving.
- Nyekulturny is the bad-mannered way of behavior. Some examples are: wearing coats in public buildings that have a cloakroom, standing with your hands in your pockets, placing feet on tables, crossing legs while seated so as to show the sole of a shoe, putting an arm over the back of a chair, and telling a Russian that you have to go to the restroom (just excuse yourself).
- Drinks are always served with something to eat, even if only a cookie.
- Kisses on the cheek for greetings are less common in Russia.

Important Pragmatic Differences

- Russians expect things to go poorly and have learned to live with misfortune. The habit of Americans to smile may get on the nerves of some Russians. Despite their pessimism, the Russians show an admirable durability and resiliency.
- Russians do not avoid eye contact.
- Physical touching is not generally common in the Russian culture.

General Attitudes on Life

- Russians are non-individualistic and family is very important to them. They go many places in groups.
- Russians are cautious and conservative defenders of the status quo. They avoid taking risks and what is known to them is preferred over something new.
- Russians can have a blatant honesty and integrity that is rarely seen in other parts of the world.
- Russians have a polychronic view of time.
- Russians are very proud of their heritage and culture.

- Vranno is the inability to face the facts and is common in Russia.

All above from: <http://www.goehner.com/russinfo.htm>;
<http://www.shepherd.org/files/Nursing%20guide/Russian%20Culture.pdf>

Health Care, Religious and Cultural Beliefs

- Home remedies are popular in Russia and are usually utilized prior to seeking any medical attention.
- Russian patients do not trust of doctors and tend to disobey doctor's orders such as not taking medication.
- Children, adults and the elderly are all expected to care for ill family members. Adults are expected to accept their parents into their home and provide care.

All above from: <http://www.shepherd.org/files/Nursing%20guide/Russian%20Culture.pdf>

Dos and Don'ts

- Russians do not conduct business on the phone.
- Do not shake hands for too long because it can be seen as a bad omen.
- Russian students are used to being told what the answer is and not why the answer is what it is.

All above from: <http://www.goehner.com/russinfo.htm>

Russian Attitudes about Disability

Russians believe that disability/illness is brought on by something the individual did not do correctly. Mental illness is disgraceful in Russia, and Russian immigrants often do not provide answers regarding any family history of mental illness or past treatment for mental illness.

All above from: <http://www.shepherd.org/files/Nursing%20guide/Russian%20Culture.pdf>

Russian Linguistics

When working with a bilingual client, whose first language is Russian, it is important to know the differences between the client's primary language and English. This will help the clinician better understand what is categorized under errors during the assessment process and treatment in the future. A better knowledge of the two languages and their rules will ensure the client is being treated for a disorder, instead of a language difference.

The Russian language has preserved an Indo-European synthetic-inflexion structure, although considerable leveling has taken place. The spoken language has been influenced by the literary, but continues to preserve characteristic forms.

Morphology

Adjective

Russian adjectives agree with the nouns they modify in gender, number, and case.

Declension

	Singular			
	Masculine	Feminine	Neuter	Plural
Nominative	-ый	-ая	-ое	-ые
Genitive	-ого	-ой	-ого	-ых
Dative	-ому	-ой	-ому	-ым
Accusative	<i>N or G</i>	-ую	-ое	<i>N or G</i>
Instrumental	-ым	-ой	-ым	-ыми
Prepositional	-ом	-ой	-ом	-ых

1. After a sibilant or velar consonant, *и*, instead of *ы*, is written.
2. When a masculine adjective ends in *-ой*, the *-ой* is stressed.
3. After a sibilant consonant, neuter adjectives end in *ее*. It is sometimes called the *хорошее* rule.

Russian differentiates between hard-stem (as above) and soft-stem adjectives. Note the following:

- Masculine adjectives ending in the nominative in *ий* and neuters in *ее* are declined as follows: *его* (read: *ево*), *ему*, *им*, and *ем*.
- Feminine adjectives in *ья* are declined *ей* and *юю*.
- Plural adjectives in *ие* are declined *их*, *им*, *ими* and *их*.
- Case endings *-ого/-его* are to be read as *-ово/ево*.

All above from: http://en.wikipedia.org/wiki/Russian_grammar

Adverb

Most adverbs are created from adjectives by one of two means. If the adjective ends on **-ский**, the adverb is formed by prefixing **по-** and reducing the suffix to **-ски**. If the adjective does not end on **-ский**, the adverb is formed simply by replacing the adjective ending with **-о** (rarely **-е**). Here are some examples.

Adjective	Adverb	Adjective	Adverb
грустный sad	грустно <i>sadly</i>	польский <i>Polish</i>	по-польски <i>in the Polish way</i>
сердечный cordial	сердечно <i>cordially</i>	княжеский <i>princely</i>	по-княжески <i>in a princely manner</i>
новый new	ново <i>newly</i>	королевский <i>kingly</i>	по-королевски <i>in a kingly manner</i>

Article

There are no definite or indefinite articles in the Russian language.

Conjunctions

Russian conjunctions are similar to those in English. Their function is to conjoin various parts of sentences in such a way as to tell the relationship of those parts.

All above from: <http://www.alphadictionary.com/index.shtml>

Nouns

Nominal declension is subject to 6 cases (nominative, genitive, dative, accusative, instrumental, and prepositional) in 2 numbers (singular and plural), and obeying grammatical gender (masculine, neuter, and feminine).

First declension - masculine nouns

Nouns ending in a consonant are marked in the following table with - (thus no ending).

	Singular				Plural			
Nominative	-	-ь	-й	-ий	-ы ¹	-и	-и	-ии

Genitive	-а	-я	-я	-ия	-ов ²	-ей	-ев ³	-иев
Dative	-у	-ю	-ю	-ию	-ам	-ям	-ям	-иям
Accusative	<i>N or G</i>				<i>N or G</i>			
Instrumental	-ом	-ем ³	-ем ³	-ием	-ами	-ями	-ями	-иями
Prepositional	-е	-е	-е	-ии	-ах	-ях	-ях	-иях

1. After a sibilant (ж, ч, ш, or щ) or a velar (г, к, or х) consonant, и is written.
2. After a sibilant, ей is written.
3. After a soft consonant, ё is written when stressed; е when unstressed.

First declension - neuter noun

	Singular		Plural	
Nominative	-о ¹	-е ²	-а	-я
Genitive	-а	-я	-	-й / -ь ⁴
Dative	-у	-ю	-ам	-ям
Accusative	-о ¹	-е ²	<i>N or G</i>	
Instrumental	-ом ¹	-ем ²	-ами	-ями

Prepositional	-е	-е ³	-ах	-ях
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1. After a sibilant, о is written when stressed; е when unstressed.
2. After a soft consonant, ё is written when stressed; е when unstressed.
3. For nouns ending in ие in the nominative singular, и is written.
4. After a consonant use ь otherwise use й.

Second declension - feminine nouns (primarily)

	Singular			Plural		
Nominative	-а	-я	-ия	-ы ¹	-и	-ии
Genitive	-ы ¹	-и	-ии	-	-ь	-ий
Dative	-е	-е	-ии	-ам	-ям	-иям
Accusative	-у	-ю	-ию	<i>N or G</i>		
Instrumental	-ой ²	-ей ³	-ией	-ами	-ями	-иями
Prepositional	-е	-е	-ии	-ах	-ях	-иях

1. After a sibilant or a velar (г, к, or х) consonant, и is written.
2. After a sibilant, о is written when stressed; е when unstressed.
3. After a soft consonant, ё is written when stressed; е when unstressed.

Third declension

	Singular		Plural	
	Feminine	Neuter	Feminine	Neuter
Nominative	-ь	-мя	-и	-мена
Genitive	-и	-мени	-ей	-мён(-мян)
Dative	-и	-мени	-ям	-менам
Accusative	-ь	-мя	<i>N or G</i>	-мена
Instrumental	-ью	-менем	-ями(ьми)	-менами
Prepositional	-и	-мени	-ях	-менах

Verbs

English	Russian
"I am"	(есмь)
"you are" (sing.)	(еси)
"he, she, it is"	есть
"we are"	(есмы)
"you are" (plur.)	(есте)
"they are"	(суть)

Present-future tense

There are two forms used to conjugate the present tense of imperfective verbs and the future tense of perfective verbs.

The first conjugation is used in verb stems ending in a consonant, -y, or -o, or in -a when not preceded by a sibilant. The second conjugation is used in verb stems ending in -и or -е, or in -а when preceded by a sibilant.

Past tense

The Russian past tense is gender specific: –л for masculine singular subjects, –ла for feminine singular subjects, –ло for neuter singular subjects, and –ли for plural subjects. This gender specificity applies to all persons; thus, to say "I slept", a male speaker would say я спал, while a female speaker would say я спала́.

Alphabet

Russian is written using a modified version of the Cyrillic alphabet. The Russian alphabet consists of 33 letters. The following table gives their upper case forms, along with IPA values for each letter's typical sound:

<u>А</u>	<u>Б</u>	<u>В</u>	<u>Г</u>	<u>Д</u>	<u>Е</u>	<u>Ё</u>	<u>Ж</u>	<u>З</u>	<u>И</u>	<u>Й</u>
/a/	/b/	/v/	/g/	/d/	/ye/	/yo/	/z/	/z/	/ee/	/y/
<u>К</u>	<u>Л</u>	<u>М</u>	<u>Н</u>	<u>О</u>	<u>П</u>	<u>Р</u>	<u>С</u>	<u>Т</u>	<u>У</u>	<u>Ф</u>
/k/	/l/	/m/	/n/	/o/	/p/	/r/	/s/	/t/	/u/	/f/
<u>Х</u>	<u>Ц</u>	<u>Ч</u>	<u>Ш</u>	<u>Щ</u>	<u>Ъ</u>	<u>Ы</u>	<u>Ь</u>	<u>Э</u>	<u>Ю</u>	<u>Я</u>
/h/	/ts/	/tʃ/	/ʃ/	/ʃʃ/	/-/	[ɨ]	/-/	/e/	/ju/	/ja/

Vocabulary size

The total number of words in Russian is difficult to ascertain because of the ability to form words by combining words and create manifold compounds. In 2000, the estimated vocabulary size was 163,293.

All above from: http://en.wikipedia.org/wiki/Russian_grammar

Prosody

The primary source of the differences between Russian and English verse is that English has many one syllable nouns, verbs, and adjectives, where Russian words typically have many syllables, and carry only a single invariable stress. The iambic rhythm of alternating accented and unaccented syllables is relatively natural in English, whereas in Russian speech many unaccented syllables may quite naturally occur in sequence.

All above from:

http://en.wikipedia.org/wiki/Notes_on_Prosody#Differences_between_Russian_and_English_Verse

Phonology

Russian possesses five vowels and consonants typically come in pairs of *hard* and *soft* or plain and palatalized.

Vowels

Russian possesses five vowel phonemes which are subject to considerable allophony.

	<u>Front</u>	<u>Central</u>	<u>Back</u>
<u>Close</u>	i	(ɨ)	u
<u>Mid</u>	e	(ə)	o
<u>Open</u>		a	

Vowel allophony is largely dependent on stress and the palatalization of neighboring consonants. Here are the 10 vowel letters which indicate whether the preceding consonant is 'hard' or 'soft'. Remember, each vowel of the pair is pronounced identically, except for the **ы** and the **и**. The approximate pronunciation is given to the right.

Hard	Soft	Sound (roughly)
а	я	'Ah!'
э	е	'Eh?'
<u>ы</u>	и	'Eee!'
о	ё	'Oh!'
у	ю	'Ooo!'

Consonants

Almost all consonants come in hard/soft pairs. Exceptions are consonants that are always hard /tʃ/, /ʃ/, and /z/; and consonants that are always soft /tʃʲ/, /ʃʲ/, /zʲ/, and /j/. There is a marked tendency of Russian hard consonants to be velarized.

		<u>Bilabial</u>	<u>Labio-dental</u>	<u>Dental & Alveolar</u>	<u>Post-alveolar</u>	<u>Palatal</u>	<u>Velar</u>
<u>Nasal</u>	hard	/m/		/n/			
	soft	/mʲ/		/nʲ/			
<u>Plosive</u>	hard	/p/ /b/		/t/ /d/			/k/ /g/
	soft	/pʲ/ /bʲ/		/tʲ/ /dʲ/			/kʲ/* /gʲ/

Affricate	hard			/ts/			
	soft				/tɕ/		
Fricative	hard	/f/ /v/	/s/ /z/	/ʃ/ /ʒ/		/x/	
	soft	/fʲ/ /vʲ/	/sʲ/ /zʲ/	/çç/ ^{**} /ʒʒ/ ^{**}		[xʲ]	
Trill	hard			/r/			
	soft			/rʲ/			
Approximant	hard			/l/			
	soft			/lʲ/		/j/	

Phonological Processes

Voiced consonants (/b/, /bʲ/, /d/, /dʲ/, /g/, /v/, /vʲ/, /z/, /zʲ/, /ʒ/, and /ʒʒ/) are devoiced word-finally unless the next word begins with a voiced obstruent. Russian features a general retrograde assimilation of voicing and palatalization. In longer clusters, this means that multiple consonants may be soft despite their underlyingly (and orthographically) being hard. The process of voicing assimilation applies across word-boundaries when there's no pause between words.

Voicing

The voicing or devoicing is determined by that of the final obstruent in the sequence. Other than /mʲ/ and /nʲ/, nasals and liquids devoice between voiceless consonants or a voiceless consonant and a pause.

Palatalization

Before /j/, paired consonants are normally soft, along with paired consonants preceding /e/.

Consonant Clusters

Clusters of four consonants are possible, but not very common, especially within a morpheme.
(C)(C)(C)(C)V(C)(C)(C)(C)

All above from: http://en.wikipedia.org/wiki/Russian_phonology

Syntax

The basic word order, both in conversation and the written language, is subject-verb-object in transitive clauses, and free word order in intransitive clauses. However, because the relations are marked by inflection, flexibility in word order is allowed even in transitive clauses, and all the permutations can be used. For example, the words in the phrase "я пошёл в магазин" ('I went to the shop') can be arranged while maintaining grammatical correctness.

- Я пошёл в магазин.
- Я в магазин пошёл.
- Пошёл я в магазин.
- Пошёл в магазин я.
- В магазин я пошёл.
- В магазин пошёл я.

The word order expresses the logical stress, and the degree of definiteness. Primary emphasis tends to be initial, with a slightly weaker emphasis at the end.

All above from: http://en.wikipedia.org/wiki/Russian_grammar

Linguistic Transfer from Russian to English

C. M. Wise, who authored *Russian and English Speech Sounds*, argues that the language of Russia had never been taken seriously until it became a major military and political factor, such as that of its contemporaries, the United States and Britain. Wise offers six main difficulties a Russian student may encounter when approaching the English language:

1. The pronunciation of non-Russian sounds in English.
2. The inconsistent English spelling.
3. The six English tenses, each with its two to three simple, progressive and emphatic forms.
4. The difficulty of distinguishing parts of speech without the aid of identifying endings.
5. The high incidence of idioms in English.
6. Irregular stress.

Vowel production difficulties: [i], as in *ship*, [æ], as in *cat*, [o, ou], as in *obey* and *old*, [ʊ], as in *book*, [ʌ], as in *up*, [ɜ], as in *her*

Production of [i]

Explanation: Pronunciation of *ship* becomes *sheep* “Many instances of the English [i] occur in monosyllables and the stressed syllables of polysyllabic words, whereas in Russian [i] never occurs except in an unstressed syllable. The Russian [i], moreover, belongs to the [i]-phoneme. This is another way of saying that Russian [i] is a variant of [i], not a separate phoneme, as in English, and when the Russian thinks of the sound, even in an unstressed syllable, he is thinking of [i]. Accordingly, when he attempts to reproduce it in isolation, he almost inevitably pronounces [i].”

Practice: Demonstrate the differences between the tense and lax sounds by having client put thumb and forefinger under the clinician’s chin and feeling the shift of the musculature. Have client practice pairs such as, eat/it, he’s/his, bit/beat, hit/heat, etc.

Production of [æ]

Explanation: This sound always occurs between palatalized consonants in the Russian language; “...it is a member of the [a]-phoneme, and as such is subject to some of the same difficulties as [i].”

Practice: begin by pairing the Russian words with similar-sounding English words, such as pat, daddy, and Nancy.

Production of [o,ou]

Explanation: “Most Russians learn [o], as in *obey*, quite rapidly by beginning with [o], as in *hot*, which is their normal pronunciation of orthographic o, and rounding the lips more positively. Undiphthongized [o] is infrequent in English.” In learning [ou] the client should

Practice: The client should practice the few words in English that are pronounced with the diphthongized o. In learning [ou] the client should first learn how to produce the sounds separately and, once mastered, combining them.

Production of [ʊ]

Explanation: “Because [ʊ] belongs to the [u]- phoneme in Russian, and is used only in unstressed syllables, it is difficult for the Russian to produce it in stressed syllables or in isolation.”

Practice: “It is well also to demonstrate that whereas [u], as in *boom* is tense, [ʊ], as in *book* is lax. By the same process as for [i-ɪ], this can be demonstrated. Then [u] (*boom*) and [ʊ] (*book*) can be 'split' apart by pronouncing paired words...”, such as, boom/book, boot/put, fool/foot, etc.

Production of [ʌ]

Practice: Select a word containing the shorter [ʌ] sound, found in the English language.

Pronounce the word with the [ʌ] greatly lengthened. Repeat with the lips completely unrounded. The result should be a fair approximation. Use pairs such as, up/opp, cub/cob, cup/cop, etc.

Production of [ʒ] vs. [ʒ]

Explanation: “The general American [ʒ] is in some ways easier for Russians to learn than [ʒ]. That is, it is practically automatic for a Russian to use some value of r whenever r appears in the English spelling. But of course, the Russian's r is the tongue-point trill, vigorous and prominent.”

Consonant production difficulties: [t], as in *net*, [ŋ], as in *walking*, [ð], as in *that*, [h], as in *hat*, [tʃ], as in *catch*, [d], as in *den*, [r], as in *rat*, [ʃ], as in *she*, [w], as in *wet*, [dʒ], as in *judge*, [n], as in *den*, [θ], as in *teeth*, [ʒ], as in *leisure*

Production of [t], [d], and [n]

Explanation: The sounds [t], [d], and [n] are alveolar in English, not dental, as in Russian.

Practice: “The client must be taught by diagram and personal demonstration to place the tip of his tongue on the alveolar ridge, back of the upper front teeth, not against the teeth themselves.”

Production of [ʃ] and [ʒ]

Explanation: “The sounds [ʃ] and [ʒ] are made with the tongue farther front in the mouth than in Russian.”

Production of [dʒ] and [tʃ]

Explanation: “The sound [dʒ] requires special notice here. Despite the fact that it is found in Russian, it is so infrequent there that Russians seem unfamiliar with it. Accordingly, as seen above, they substitute [tʃ], [ʒ] or [d] for it.”

Production of [ŋ]

Explanation: “The sound [ŋ] does not occur in Russian.”

Production of [ð] and [θ]

Explanation: The sounds [ð] and [θ] do not occur in Russian. The prevalent substitutions are [s] and [z] or [t] and [d].

Practice: “The best way to teach the two sounds seems to be to demonstrate them at first as interdental, made with the tongue visibly protruding between the teeth. Later, as articulatory

speed develops, the tongue will come no farther forward than the back surface of the upper teeth, which is the normal position with English-speaking people.”

Production of [h]

Explanation: “The sound [h] does not occur in Russian. The client will substitute [x].”

Practice: “The client must be shown that [h] is not made in the back of the mouth, as is [x], but in the larynx. Demonstration of panting sounds seem to convey the idea of [h]. Much patient, repetitive practice is needed.”

Production of [w]

Explanation: “The sound [w] occurs in Russian, as a labial glide. But the sound is not phonemic, and does not 'register' as [w] with the Russian speaker. Moreover, Russian newspapers and books transliterate English [w] as [v].”

Wise, C. M. Russian and English Speech Sounds. *Journal of Speech and Hearing Disorders*. 1949

Assessment Tools

The following test has been adapted for the assessment of the Russian language:

Title: Bilingual Verbal Ability Tests (BVAT)

Author: Ana F. Muñoz-Sandoval, Jim Cummins, Criselda G. Alvarado, and Mary L. Ruef

Publisher: Riverside Publishing Company

Year: 1998

Age range (years;months): 5;0–adult

Administration time (minutes): 30

Language(s): Arabic, Chinese Traditional and Simplified, French, German, Haitian-Creole, Hindi, Hmong, Italian, Japanese, Korean, Navajo, Polish, Portuguese, Russian, Spanish, Turkish, Vietnamese

Computerized scoring: Yes

Description: A norm-referenced measure that provides a measure of overall verbal ability for bilingual individuals; provides assessment in 17 languages plus English.

Found on the ASHA website at: <http://www.asha.org/NR/rdonlyres/29533F1E-B0CE-4E04-8283-EED1F81272CF/0/EvalToolsforDiversePops.pdf>

Bilingual Assessments

- **Basic Vocabulary Builder** includes reproducible picture pages and activity suggestions for teaching basic vocabulary in English, Spanish, French, Italian, German, Russian, and Vietnamese. The book includes handy worksheets, suggestions for enhancement and reinforcement, as well as games and learning activities.

Found on the Academic Communication Associates, Inc. – *Speech, Language, and Learning Resources for Children and Adults* website at: <http://www.acadcom.com/Scripts/default.asp>

The following persons have knowledge and experience with the Russian language, as well as certification as a Speech Language Pathologist:

Katarina Rodina
The University of Oslo
Doctoral Research Fellow
M.Sc.in Speech&Language Therapy, Dr. in Psychology

Katarina’s educational background and contact information can be found at: <http://uv-w3prod01.uio.no/staffdirectory/singleview/v1/index.php?user=katja>

Kira Wright
Portland State University

“Before coming to PSU, Kira lived and worked in Russia and then, upon moving to Portland, worked with Russian-speaking refugees at a non-profit resettlement agency. She believes that in supporting the weakest among us, we all benefit - both those who are enabled to tell their stories, and those who are able to hear them. She lives this mission as an SLP with local Portland agency SLP Service, where she works part-time in the public schools and part-time observing and supporting other contractors.”

Found on the Portland State University website at: <http://www.pdx.edu/sphr/current-former-students-research>

The following websites offer information for a person seeking services for his or her child in Russia. They are only offered in the Russian written language and have not been thoroughly researched for validity:

<http://www.stuttering.ru/>

<http://www.zaikanie.ru/>

<http://www.logoped.ru/>

Found at: <http://proceedings.ialp.info/FC22/FC22.4%20Final%20Paper.pdf>

Resources

Therapy Materials:

The Basic Vocabulary Builder (Seven Languages) can be found on the Academic Communications Associates, Inc. *Speech, Language, and Learning Resources for Children and Adults* web site. This book includes reproducible picture pages and activity suggestions for

teaching basic vocabulary in English, Spanish, French, Italian, German, Russian, and Vietnamese. The web site is located at www.acadcom.com.

Children's Book Press is a nonprofit independent publisher that promotes cooperation and understanding through multicultural and bilingual literature for children. The web site is located at www.childrensbookpress.org.

A general educational source for teaching English to a variety of language learners is *Practical Ideas That Really Work for English Language Learners* by Kathleen McConnell, David Campos, and Gail R. Ryser. This book is available on the Pro Ed web site at www.proedinc.com.

Web Sites:

www.ourtx.com/

Our Texas is a Russian newspaper covering Russian issues and serving the Austin, San Antonio and Houston, Texas communities. It is published by a nonprofit organization, Our Texas, which promotes Russian culture.

www.frua.org

This is the web site of Families for Russian and Ukrainian Adoption and provides a book list of Russian and Ukrainian children's books as well as information on Russian and Ukrainian culture.

www.aphasia.org

The National Aphasia Association web site has a page under NAA Materials and Aphasia in Other Languages that provides materials written in Russian for clients with aphasia.

www.reenic.utexas.edu

This web site through the University of Texas at Austin is the Russian and Eastern European Network Information Center. It provides information on a variety of subjects, including restaurants, films, courses and professional development, and events for Russian and Eastern Europeans in central Texas.

www.rusaustin.com/about.html

The Russian Speakers' Society of Austin was created for Austinites and visitors to Austin who come from the former Soviet Union, as well as for anybody who has interest in this area of the world.

Russian Food:

Sasha's Gourmet Russian Market
7817 Rockwood Ln
Austin, TX 78757
(512) 459-1449

Research:

Beverly, B.L., McGuinness, T.M., & Blanton, D.J. (2008). Communication and academic challenges in early adolescence for children who have been adopted from the former Soviet Union. *Language, Speech, and Hearing Services in Schools*, 39 (3), 303–313.

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Riazantseva , A. Second Language Proficiency and Pausing, A Study of Russian Speakers of English. (2001) *Studies in Second Language Acquisition*, 23 (4), 497-526.

Speech-Language Pathologists and Audiologists:

These certified speech-language pathologist and audiologist are the only ones currently listed in Texas on the ASHA web site at www.asha.org/proserv as providers to Russian speakers.

Laurie Sterling, M.S., CCC-SLP
L Sterling@tmhs.org
The Methodist Hospital
6565 Fannin NA 200
Houston, TX 77030
713-441-5913/713-441-5916

Navarro, Richard Ph.D.
toreadordoc@aol.com
2622 Fondren Rd.
Houston, TX 77063
713 978 6302

Russian Interpreters:

These businesses are both located in Austin, Texas.

Austin Area Translators and Interpreters Association (AATIA)
www.aatia.org
512-707-3900

Larisa Zlatic Language Services
www.lztranslation.com
512-626-3854

Multicultural Case History Form

Name: _____ Birthdate of Client: _____

Relationship to Client (Name, if different): _____ Date: _____

Please fill out this form and it will be added to you/your child/your relative's case history:

1.) What are the countries, cities, states or provinces in which you/your child/your relative have lived? How long has you/your child/your relative lived in each place?

2.) Which family members live with you/your child/your relative (single, parents, friends, siblings, etc.)?

3.) What language is usually spoken in your home? Please list any other languages spoken and if you/your child/your relative has been exposed to any other languages in other places (church, community, school).

4.) What are your concerns about your/your child/your relative's speech and language?

5.) How difficult was it for you/your child/your relative to learn to speak?

6.) Are there any other concerns you would like us to know about (political/religious refugee status, pollution exposure, other discrimination, etc.)?

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