

How to improve your memory

Listening Comprehension

By Teacher Pahola Peña

Listen to the radio interview about improving your memory and do the exercises to practise and improve your listening skills

I. Preparation

Match the words with the definitions and write a–h next to the numbers 1–8.

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|--------|-------------------|---|
| 1..... | to tune in | a. to be coming quickly, to seem very close |
| 2..... | to visualize | b. to listen to a live radio programme |
| 3..... | familiar | c. a small change |
| 4..... | an adjustment | d. necessary, of extreme importance |
| 5..... | a knock-on effect | e. the last exams in a university course |
| 6..... | vital | f. well known or easily recognized |
| 7..... | to be looming | g. to form a mental picture of something |
| 8..... | finals | h. something that happens as a result of something else happening |

II. Checking your understanding

A. Choose *True* or *False* for these sentences.

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|--|------|-------|
| 1. We all use memory in the same way. | True | False |
| 2. We learn to use our memory as soon as we are born. | True | False |
| 3. There are two different forms of memorization | True | False |
| 4. We are taught how to improve our memory in history lessons. | True | False |
| 5. Writing shopping lists can improve your memory. | True | False |
| 6. Teaching helps us to memorise | True | False |

- | | | |
|---|------|-------|
| 7. We can train our brains to be more effective. | True | False |
| 8. We can only use one image at a time as an aid to memorization. | True | False |

B. Write the correct form of the word in brackets.

1. The speaker explains how to make our _____ (memorise) function better.
2. We can make _____ (improve) in our ability to memorise.
3. We use a _____ (combine) of long-term and short-term memory.
4. There are several things we can do to recall _____ (inform).
5. We can use word _____ (associate) to remember a concept.
6. The term _____ (visualize) means imagining a picture.
7. You can use different _____ (formulate) to remember historical facts.
8. Following the tips will improve your _____ (be able to) to remember.

III. Discussion

Have you got a good memory?

What do you do to help you remember things when you're studying?

