Listening skills practice: How to improve your memory – exercises

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

Preparation: matching

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

1……..	to tune in	a.	to be coming quickly, to seem very close
2……..	to visualise	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 recognised
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

1. Check your understanding: multiple selection

Which sentences are true about memorisation? Tick (✓) four correct answers.

……	We all use memory in the same way.
……	We learn to use our memory as soon as we are born.
……	There are two different forms of memorisation.
……	We are taught how to improve our memory in history lessons.
……	Writing shopping lists can improve your memory.
……	Teaching helps us to memorise.
……	We can train our brains to be more effective.
……	We can only use one image at a time as an aid to memorisation.

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2. Check your vocabulary: gap fill

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 _____ (visualise) 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.

Discussion
Have you got a good memory? What do you do to help you remember things when you're studying?

Vocabulary Box Write any new words you have learnt in this lesson.

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