

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.

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|--------|-------------------|---|
| 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.

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|-------|--|
| | 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. |

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.