

1. Answer the questions

1. What helps you remember new information best?
2. Do you use any memory techniques? Which ones?
3. Why do you think students forget information quickly?
4. Which school subject requires the best memory?
5. Do you think memory can be trained?

2. Read the short text

How to Improve Your Memory

Many students want to remember new information faster and easier. There are several simple memory techniques that really work. One of the best methods is the *Memory Palace*. In this technique, you imagine a place you know well, for example your house. Then you “put” each piece of information into a room. When you need to remember it, you just walk through the place in your mind.

Another useful technique is *chunking*. You break a large amount of information into small parts. This is very helpful when you learn long numbers or vocabulary lists. Finally, *visualization* is powerful. When you connect a new fact with a picture, your brain remembers it better. Memory techniques are easy, enjoyable, and they can make studying faster and more effective.

3. Read the statements and mark T (True) or F (False).

1. The Memory Palace uses a real place that you imagine in your mind. _____
2. Chunking means making information bigger and longer. _____
3. Visualization helps because the brain remembers images well. _____
4. Memory techniques are difficult and boring to use. _____
5. The Memory Palace is compared to a house or familiar place. _____

4. Match the words with their meanings.

- A. Memory Palace
- B. Chunking
- C. Visualization
- D. Effective
- E. Connect

- 1. _____ showing information as a picture
- 2. _____ to link one idea with another
- 3. _____ dividing something into small parts
- 4. _____ a method that helps you remember place by place
- 5. _____ works well, successful