Clinical Disorder (Alzheimer's)

Test Anxiety (Stress)

Modern Lifestyle (Lack of Concentration)

Attention Challenge (ADHD)

Read the texts and choose the best title for each person:

A.

"I have a lot of problems in school because I am always **daydreaming** in class. I look at the window and I forget where I am. Also, my backpack is always a mess and it is **likely** that I lose my pens or keys every day. When we have to read, I have an **inability** to focus on long texts because I prefer short messages. This is why I have to make a huge **effort** to listen when the teacher speaks **aloud**, as I get bored and distracted very quickly."

B.

"I feel like my brain is always tired. I have a constant **loss** of concentration because of my phone and all the apps and notifications. Sometimes, my friends get angry because I can't know **by heart** what I have promised to someone and I forget our plans. Now, I am **positive** I need reminders on my screen to **recall** my tasks. If my phone doesn't beep or show an alert, I simply don't remember what I have to do."

C.

"This is a very difficult situation for me and my family. Sometimes I don't **recognise** my own house, and I feel lost in my own living room. People need to understand that it is a serious **disorder**, not just a simple mistake. Every morning, I try to **boost** my memory with games and

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puzzles on the table, but I can't accurately remember what I did this morning. It is very sad to forget the small things of the day."

D.

"When I have a big exam, my **mind** often goes blank. Even if I studied, I can suddenly lose my memory because of stress. I look at the paper, and I have an **inability** to organise my ideas because I feel very nervous. It is very frustrating because I know the answers, but I have a hard time **focusing** on the questions when I am so worried about my grade."

adapted from the coursebook Think Ahead ESO 4

Different Minds, Different Troubles

.Read the texts and answer the following questions:

1. Who can't recognise their own home?

2. What causes the modern lifestyle problem in the text?

3. Which technique helps to remember tasks in the text?

4. Why do people lose their memory during tests?

II. Lexical Detective (Synonyms)

Find these among the words in red in the text. They are hidden!

To memorize = K _ _ _ B _ H _ _ _ _
To improve B _ _ _ _
To identify R _ _ _ _ _ _ _ _
Very worried N _ _ _ _ _ _
To remember = R_ _ _ _ _

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III. Fill in the gaps: Use these words to finish the sentences:

(**reminders / blank / likely / focus**)

1. If I don't sleep, it is ..... that I forget my homework.
2. In an exam, my mind goes ..... because I am stressed.
3. I need ..... on my screen to remember my tasks.
4. It is hard to ..... on a long book.

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