By Teacher Pahola Peña

How to improve your memory

Listening Comprehension

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.

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.

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

LIVEWORKSHEETS

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?



LIVEWORKSHEETS