

READING

Read advice for improving your memory. Match the headings (a-d) with the appropriate paragraphs (1-4). There is one extra heading you don't need to use.



- A Connect the name and how a person looks.
- B Say the name to yourself a couple of times.
- C Focus on the new people.
- D Visualize the name.
- E Write on a person.

What's the best way to make a really good impression at a party? By wearing the best clothes? Telling the best jokes? Dancing like a professional? No - you just need to remember people's names. Here are some easy steps.

1 _____

At parties, we sometimes don't hear the other person's name - not because the music is too loud, but because we're too focused on ourselves. So the first step is to pay attention. When you meet someone for the first time, listen carefully to the name and look at the person's face.

2 _____

When you're speaking to the person, use the name. For example, 'Nice to meet you, Danny.' 'What do you do, Danny?' or 'Danny, it was nice talking to you.' Then repeat the new name in your head at least three times.

3 _____

Franklin Roosevelt amazed his staff by remembering the names of nearly everyone he met. His secret? He imagined writing the name on the person's forehead. It's also a good idea to imagine yourself writing the name in your favourite colour.

4 _____

In your mind, say the name and something memorable about the person's appearance. For example, Charles -looks like a banker; Ann -long blond hair; George -moustache; Sophia -looks friendly.

Finally, if you want to remember other people's names as well as your own name, drink orange juice!



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