

2 Memory

Reading

1 Read the article on page 11 quickly. What is a memory palace? Check (✓) the correct answer.

- a An expensive way to remember things ☐
- b A way to remember things by seeing them in your mind ☐
- c A way to use pictures to help you remember things ☐

2 Read the article again. Number the steps for building a memory palace (a–f) in the correct order (1–6).

- a 1 Think of somewhere you know well. Close your eyes. Imagine that you're moving between each object in the room.
- b _____ Visit your memory palace often. Imagine walking around your memory palace.
- c _____ Choose an object. Add some information to it.
- d _____ Draw or write about your memory palace.
- e _____ Move to the next object and add some information. Continue the process with different information and different objects.
- f _____ Make another memory palace for something else you need to remember.

3 Find a synonym in the article for the words (1–4) and complete the chart.

Word	Synonym
1 brain (n)	
2 things (n)	
3 choose (v)	
4 picture (n)	

4 Read the sentences (a–d) from the article. Answer the questions (1–3).

- a "Memory palaces work because people are good at remembering places that they know well."
- b "Many people use memory palaces to remember very long numbers, people's names, vocabulary in another language, and lists of things they need to do."

Remember everything with a memory palace!

Do you need to remember long lists of information? Do you often forget what to buy at the store? Try using a memory palace. A memory palace is a way to remember things by closing your eyes and trying to see them in your mind.

Memory palaces work because people are good at remembering places that they know well. To create a memory palace, you try to see a place you know well in your head. You then put different pieces of information in that place.

Many people use memory palaces to remember very long numbers, people's names, vocabulary in another language, and lists of things they need to do. One study, in *Neuron* magazine, showed that people who use memory palaces can remember more new vocabulary than people who don't! Anthony Metivier, a memory palace expert and trainer, uses this method to remember almost everything. He has lots of books and videos about it.

To make a memory palace, use these steps:

- 1 Choose a place that you know well, for example, your bedroom. Imagine that you're in that place. Walk around and stop at important places and objects. This helps you to see the room clearly.
- 2 Select the information that you need to remember. Close your eyes and think about the first place or object in your room. Add a piece of information to the object. For example, to remember a birthday, you could add three candles to show the 3rd or a calendar with July.
- 3 Move to the next object in your memory palace to add the next piece of information. For example, another birthday.
- 4 Repeat steps 2 and 3 until you add everything you need to remember.
- 5 Draw a picture of your memory palace or write a description of it. The drawing doesn't need to be amazing, it just needs to help you remember. Try to make the ideas funny or unusual. This can help you remember.
- 6 Visit your memory palace often. Take a walk around the memory palace in your head and think about what information is in each part of the palace.
- 7 Make another memory palace for other information that you need to remember.



- c "One study, in *Neuron* magazine, showed that people who use memory palaces can remember more new vocabulary than people who don't!"
- d "Anthony Metivier, a memory palace expert and trainer, uses this method to remember almost everything. He has lots of books and videos about it."

1 Which sentences give names, research, or information that you can check?

Sentences _____ and _____

2 Which sentences don't give names, research, or information that you can check?

Sentences _____ and _____

Grammar

Simple past

1 Write the past tense form of the verbs.

- | | |
|----------------|---------------|
| 1 have _____ | 5 plan _____ |
| 2 study _____ | 6 relax _____ |
| 3 hate _____ | 7 drink _____ |
| 4 forget _____ | 8 take _____ |

2 Check (✓) the sentences with the correct past tense form.

- | | |
|---|--------------------------|
| 1 a I not slept at all last night. | ☐ |
| b I didn't sleep at all last night. | ☐ |
| 2 a Krishna and Usman ate all my cake! | ☐ |
| b Krishna and Usman eated all my cake! | ☐ |
| 3 a The hotel staff carryed our bags. | ☐ |
| b The hotel staff carried our bags. | ☐ |
| 4 a Grandma stoped watching the news. | ☐ |
| b Grandma stopped watching the news. | ☐ |
| 5 a The children played quietly. | ☐ |
| b The children plaied quietly. | ☐ |
| 6 a My teacher taught me the simple past. | ☐ |
| b My teacher teached me the simple past. | ☐ |

3 Complete the text with the correct past form of the verbs.

When I ¹ _____ (be) a child, my family ² _____ (usually / not take) summer vacations. But my summers ³ _____ (never / be) boring. We ⁴ _____ (live) in a popular vacation spot and lots of people ⁵ _____ (visit) on vacation. The best summer was the year I ⁶ _____ (meet) a tourist called Nicole. She ⁷ _____ (fall) off the swing in the park, so I ⁸ _____ (help) her to get back to her hotel. After that, Nicole and I ⁹ _____ (spend) lots of time together and ¹⁰ _____ (become) good friends. At the end of her vacation, she ¹¹ _____ (go) home, but we ¹² _____ (stay) in contact. She's still a good friend.

Pronunciation

Saying past form endings (-ed)

1 2.1 Listen and check (✓) the sound you hear in the past tense ending.

	/t/	/d/	/ɪd/
1 watched			
2 wanted			
3 lived			
4 stayed			
5 needed			
6 pushed			
7 carried			
8 moved			

Listening

1 2.2 You are going to listen to a lecture about animals and their memory. Listen and check (✓) the animals the lecturer gives information about.

- | | |
|--|---|
|  |  |
| 1 ☐ dolphins | 5 ☐ octopuses |
|  |  |
| 2 ☐ elephants | 6 ☐ dogs |
|  |  |
| 3 ☐ goldfish | 7 ☐ rats |
|  |  |
| 4 ☐ bees | 8 ☐ chimpanzees |

2  22 Listen again. Write the name of an animal from Exercise 1.

- 1 _____ can remember things for five months.
- 2 Two _____ remembered each other after twenty-three years.
- 3 _____ can remember sounds for twenty years.
- 4 The University of Stockholm study looked at twenty-five different animals, from dolphins to _____.
- 5 _____ can only remember some things for two minutes.
- 6 _____ forget some important things after twenty seconds.
- 7 _____ remember for longer than chimpanzees.

3  22 Listen again. Match the words (1–6) with the meanings (a–f). Listen for clues from the speaker to help you.

- | | |
|---------------------|--|
| 1 myth (n) | _____ |
| 2 rescue center (n) | _____ |
| 3 trunk (n) | _____ |
| 4 herd (n) | _____ |
| 5 whistle (n) | _____ |
| 6 survive (v) | _____ |
| a | a safe place where humans take care of animals |
| b | the noise a dolphin makes |
| c | stay alive |
| d | an elephant's nose |
| e | a lot of the same type of animal living together |
| f | false information that people think is true |

Vocabulary

School subjects

1 Choose the correct option to complete the sentences.

- 1 I'm terrible at *math* / *geography*. I have to use my phone to add most bills.
- 2 I'd love to join an *art* / a *drama* club. I think I'm a good actor!
- 3 I'm good at *geography* / *history* because I traveled a lot as a child.
- 4 I often forgot to bring sports clothes for my *history* / *gym* class.

5 I'm really interested in *physics* / *biology*. I want to understand more about living things.

6 I don't think you need to be good at *art* / *history* to draw pictures.

7 My favorite subject was *biology* / *chemistry*. I liked mixing things to see what happened.

8 I'm really good at *IT* / *drama*. Lots of people ask me to fix their laptops.

9 I never enjoyed *geography* / *history* at school, but I do believe we can learn a lot from the past.

10 I learned how electricity, lights, and batteries work in *physics* / *chemistry*.

Grammar

Making questions

1 Use the words in parentheses to complete the questions.

1 How often you study? (do)

2 Which animals smart? (are)

3 When your math exam? (was)

4 Is for my sister? (that)

5 Do have a good memory? (you)

6 Did they give you? (that book)

2 Complete the questions with the simple present or simple past form of the verbs. Use the responses to help you.

1 A: Where's Li? _____ (she / be) late?

B: Yes, she is.

2 A: What _____ (you / watch) on TV last night?

B: We watched that new show about chimpanzees.

3 A: _____ (you / often / make) dinner?

B: Yes. It's usually me who cooks in this house.

4 A: Where _____ (Shay and Demi / be) yesterday?

B: They were at an evening class.

5 A: Why _____ (she / sleep) with the curtains open every night?

B: She likes waking up early.

6 A: When _____ (you / live) in Japan?

B: I lived there about ten years ago.

3 Write a question for each answer. Use the words in bold to help you.

1 *Where did you live last year* _____?

I lived **in Poznań** last year.

2 _____?

She finished school **at 3 p.m.**

3 _____?

I was with my best friend, **Abdo**, yesterday.

4 _____?

No! I didn't see anyone last night.

5 _____?

They usually study English **once or twice a week**.

6 _____?

Amit failed the test **because he didn't have time to study**.

7 _____?

Elephants can remember things **for years**.

8 _____?

Yes! She's always busy on Saturdays.

Pronunciation

Understanding fast speech: How words change

1  23 Listen to the sentences and questions. Circle the option you hear.

1 a Does it hurt?

b Desert?

2 a You are right.

b Are you alright?

3 a Did you like it?

b DJ likes it.

4 a What a shame!

b What's his name?

Writing

1 Complete the text with *so* or *because*.

When I was a child, I didn't know how to ride a bike, ¹_____ my cousin taught me. We went to the local park ²_____ it was close to my house. It was difficult ³_____ my cousin's bike was too big. I fell off so many times, but I'm glad I know how to ride a bike now.