How to train your brain!



In our Citizenship class, Mrs Jones told us there were seven secret ways to become confident students. First of all, she said students needed to 'think like teachers'. [1] *c* A researcher gave the same information to two different groups of students. The first group had to learn the information for a test. The second group had to learn the information to teach it to someone else. I was surprised that the second group learned best. [2] (...) Because they knew how to explain it clearly.

Secondly, Mrs Jones said that we had to write down some things we remembered after each lesson. Then, we had to make more notes in the evening.

Mrs Jones said that the third secret was taking tests. Tests aren't really the end goal of learning. [3] (...) And after a few tests you should be able to see that you've made some progress.

Secret four is called 'spaced practice'. One researcher told students to study a topic in short sections, for half an hour or one hour. Your brain can store this information easily! This means you need to take regular breaks from studying.

The fifth secret is strange: 'Don't focus!' Researchers think it's good to mix things up. If you move between different parts of topics, you will see connections and the whole topic will hopefully start to make sense.

However, my favourite secret is number six. [4] (...) Mrs Jones said that students who usually worked in the same place needed to move. Your brain makes a connection between the place and the topic you're learning. So, sitting in a fresh place makes a topic easier to remember.

And finally, secret seven is good for learning vocabulary. When you're not sure of the meaning of a word on your list, don't check it. Try to understand the meaning from the context in which the word is used. [5] (...) Your brain remembers things better when it has to work hard.

1 Do you think people can change their intelligence? Why?/Why not?

2 9.09 Read and listen to the article. Then, answer the questions.

1 Who do you think is the writer?
2 What is the writer's purpose?
3 Sum up each of the seven secrets.

3 Read the article again. Complete the gaps with sentences a–f. There is one extra sentence.

a Think of things that are related to it.
b It's 'study in different places'.
c She told us about an interesting experiment. *1*
d Many people forget the next rule.
e They're actually a good way for us to learn!
f Why did they remember the information so well?

4 In pairs, write two questions about the article. Then, ask another pair.

5 9.10 **WORD FRIENDS** Complete the phrases with *make* or *take*. Sometimes both are possible. Listen and check.

1 *take* a test/exam
2 (...) sense
3 (...) notes
4 (...) progress
5 (...) a connection
6 (...) a break

THINKING TIME

EVALUATE

Which of the seven secrets for students is the most useful? Do you do any of these things?

APPLY

Adopt one of the tips. Try to implement it over the next few days. Report back to the class.

LIVEWORKSHEETS