

## Listening skills practice: How to improve your memory – exercises

Listen to the radio interview about improving your memory and do the exercises to practise and improve your listening skills.

### Preparation: matching

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 visualise      | 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 recognised                                |
| 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 |

### 1. Check your understanding: multiple selection

Which sentences are true about memorisation? Tick (✓) four correct answers.

- |       |  |
|-------|--|
| ..... | We all use memory in the same way.                             |
| ..... | We learn to use our memory as soon as we are born.             |
| ..... | There are two different forms of memorisation.                 |
| ..... | We are taught how to improve our memory in history lessons.    |
| ..... | Writing shopping lists can improve your memory.                |
| ..... | Teaching helps us to memorise.                                 |
| ..... | We can train our brains to be more effective.                  |
| ..... | We can only use one image at a time as an aid to memorisation. |

**2. Check your vocabulary: gap fill**

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 \_\_\_\_\_ (visualise) 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.

**Discussion**

Have you got a good memory?

What do you do to help you remember things when you're studying?

**Vocabulary Box**

Write any new words you have learnt in this lesson.