

## 5.1 As if it were yesterday ...

### Vocabulary talking about childhood memories

1 Complete the sentences with memory words. The first letter is given.

- 1 I remember my wedding as if it were yesterday.
- 2 I v\_\_\_\_\_ recall seeing this film before, but I don't remember much about it.
- 3 He swears we've met before, but I have no r\_\_\_\_\_ of meeting him.
- 4 Apparently, I was sleepwalking last night; but I have no memory of it w\_\_\_\_\_.
- 5 I can just a\_\_\_\_\_ remember my first day at school.
- 6 The police officer wanted p\_\_\_\_\_ details of what the thief was wearing, but I couldn't remember.

### PRONUNCIATION sentence stress (1)

2a 5.1 Listen and underline the stressed syllables in the sentences.

- 1 I can recall it clearly.
- 2 I can vaguely remember it.
- 3 I have no memory of it whatsoever.
- 4 I remember it as if it were yesterday.
- 5 I have a vivid memory of it.
- 6 I can just about remember it.

b 5.1 Listen again and check. Then repeat the sentences.

3 Complete the online article about memory with words from the box.

access analyse fade identify recall store vivid

### SIX SURPRISING FACTS ABOUT MEMORY

1

Childhood amnesia is the inability to access memories from our earliest years.

2

Studies show that for many people their first kiss is one of their most \_\_\_\_\_ memories and that most of us are able to remember 90% of the details of this experience.

3

The human brain has enough memory to \_\_\_\_\_ three million hours of television.

4

A third of us regularly \_\_\_\_\_ the meaning of our dreams. The best time to \_\_\_\_\_ dreams is in the ninety seconds after you wake up.

5

Recent research suggests that unpleasant memories \_\_\_\_\_ faster than pleasant ones.

6

Dolphins have the longest memories of all non-human species. Even after twenty years of separation, they can \_\_\_\_\_ the whistles of former companions.



## Grammar using verbs with *-ing* and infinitive

4 Find and correct the mistakes in five of the sentences.

- 1 I can't speak now as I'm about have dinner.
- 2 He was surprised to hear from me.
- 3 The shop wasn't easy finding.
- 4 I don't like the thought to get old.
- 5 We made a decision not to move house this year.
- 6 It's rare finding a job that doesn't get boring sometimes.
- 7 I'm looking for somewhere to park.
- 8 We've made plans for meeting up in Prague.

5 Complete the article with the correct form of the verbs in brackets and add prepositions where necessary.

### Five ways to beat boredom at work

*Do you ever have days at work when you feel incapable <sup>1</sup> of concentrating (concentrate), when you have an uncontrollable need <sup>2</sup> \_\_\_\_\_ (take) a nap at your desk, or are just desperate <sup>3</sup> \_\_\_\_\_ (get) home? We all do. Here are five ways to make your days a little more interesting.*

#### 1 BE TASK-FOCUSED, NOT TIME-FOCUSED

Avoid the temptation to watch the clock. If you tell yourself you can go home at 5.00, the time is likely <sup>4</sup> \_\_\_\_\_ (crawl) slowly by. A better way of motivating yourself is to focus instead on completing the task that you are doing.

#### 2 ACHIEVE MORE AND EARN BONUS POINTS WITH YOUR BOSS

If your work is dull, consider the idea <sup>5</sup> \_\_\_\_\_ (take) some extra notes during meetings, or taking on a new project. Not only will this serve the purpose <sup>6</sup> \_\_\_\_\_ (keep) you engaged, it will show your boss you are keen <sup>7</sup> \_\_\_\_\_ (get) ahead and may even get you a promotion.

#### 3 FIGHT EXHAUSTION AND GET BACK TO WORK

Maybe the problem isn't your work. Maybe you're just exhausted and don't have the energy to work. Performing a few quick exercises is helpful for <sup>8</sup> \_\_\_\_\_ (get) your blood moving and can wake you up, too.

#### 4 LEARN A NEW SKILL DURING WORK

If there really is little or nothing <sup>9</sup> \_\_\_\_\_ (do), use the time productively by learning new skills. Online training makes it easy <sup>10</sup> \_\_\_\_\_ (do) this from your desk. While <sup>11</sup> \_\_\_\_\_ (improve) your abilities, you're also increasing your chances <sup>12</sup> \_\_\_\_\_ (find) a better job in the future. Just be sure to check your company's policies about <sup>13</sup> \_\_\_\_\_ (pursue) personal projects during work time.

#### 5 GET SOME NEW RESPONSIBILITIES

You could try talking to your employer to see if they would be willing <sup>14</sup> \_\_\_\_\_ (change) your job description. That way you can work on things you are more interested <sup>15</sup> \_\_\_\_\_ (do).



I can ...

Very well    Quite well    More practice

talk about childhood memories.

☐    ☐    ☐

use verbs with *-ing* and infinitive.

☐    ☐    ☐