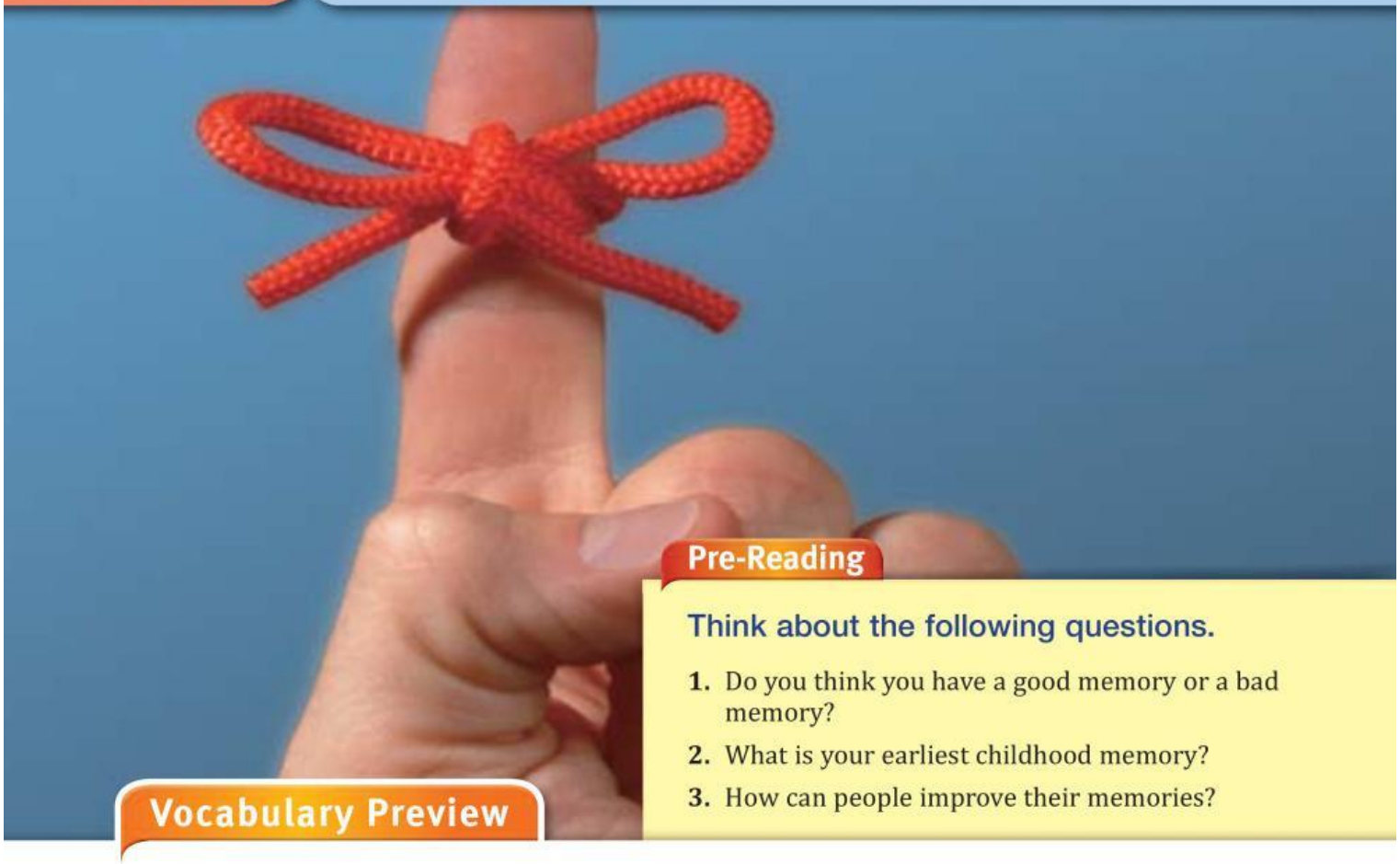
17 Remembering Memories



Pre-Reading

Think about the following questions.

1. Do you think you have a good memory or a bad memory?
2. What is your earliest childhood memory?
3. How can people improve their memories?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

a. keep; maintain	d. get worse; diminish
b. kinds	e. far; distant
c. obtained; gained	f. bad; unreliable

1. ___ There are five different <u>categories</u> of memory.
2. ___ <u>Remote</u> memories are from years ago.
3. ___ When you review your notes, you reinforce your <u>acquired</u> knowledge.
4. ___ I have a <u>faulty</u> memory when it comes to people's names. I never remember them.
5. ___ Our memories can <u>degrade</u> over time.
6. ___ Is there a way to <u>preserve</u> our memories?

LIVEWORKSHEETS

Remembering Memories

Track 33

Most people wish they had better memories. They also worry about forgetting things as they get older. But did you know that we have different kinds of memory? When one or more of these kinds of memories start to fail, there are a few simple things that everyone can do to improve their memories.

What most people think of as memory is, in fact, five different categories of memory. Our capability to remember things from the past, that is, years or days ago, depends on two categories of memory. They are remote memory and recent memory, respectively. Think back to last year's birthday. What did you do? If you can't remember that, you are having a problem with your remote memory. On the other hand, if you can't remember what you ate for lunch yesterday, that is a problem with your recent memory.

Remembering past events is only one way we use memories. When taking a test, we need to **draw on** our **semantic** memories. That is the **sum** of our acquired knowledge. Or maybe we want to remember to do or use something in the future, either minutes or days from now. These cases use our immediate and **prospective** memories, **respectively**. Have you ever thought to yourself, "I need to remember to turn off the light," but then promptly forgot it? That would be a faulty immediate memory. On the other hand, maybe you can easily remember to meet your friend for lunch next week. That means that at least your prospective memory is in good working order.

Many people think that developing a bad memory is unavoidable as we get older, but this is actually not the case. Of our five kinds of memory, immediate, remote, and prospective (if **aided** with **cues** like memos) do not degrade with age. But how can we prevent a diminishing of our semantic and unaided prospective memories? The secret seems to be activity. Studies have shown that a little mental activity, like learning new things or even doing **crossword puzzles**, goes a long way in positively affecting our memories. Regular physical activity appears to be able to make our memories better as well. This is possibly due to having a better blood supply to the brain. The one thing to avoid at all costs, though, is stress. When we are stressed, our bodies release a hormone called cortisol, which is harmful to our brain cells and thus our memories. Reducing stress through **meditation**, exercise, or other activities can help to preserve our mental abilities.



Reading Time _____ minutes _____ seconds 424 words

13 *draw on*: to access; to use
13 *semantic*: related to meaning and language
13 *sum*: the total
15 *prospective*: potential; future
15 *respectively*: in that order
22 *aide*: to help
22 *cue*: a hint; a memo
25 *crossword puzzle*: a word game
31 *meditation*: the act of thinking deeply and calmly

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Reading Comprehension

Choose the best answer.

1. What is the main focus of this reading?

a. Types of human memory
b. Functions of brain chemicals
c. Tricks for remembering things
d. How to stay active

2. Which category of memory would you use to remember where your car keys are?

a. Immediate memory
b. Recent memory
c. Remote memory
d. Semantic memory

3. Which of the following would positively affect your memory?

a. Watching TV
b. Stretching
c. Working a lot
d. Producing cortisol

4. Which of the following is NOT true, according to the reading?

a. Some kinds of memory are not affected by age.
b. Stress makes us forget more things.
c. Too much blood flow can degrade our memory.
d. Physical activity and having a good memory are connected.

5. Which word is closest in meaning to the word "secret" in this reading?

a. A hidden thing
b. A private thing
c. An unexplainable thing
d. A successful method

Idiomatic Expressions

Find these idioms in the reading.

- **in good working order** [in good condition]
  The boss wants this department to be in good working order today!
- **a little (something) goes a long way** [something that we do or use now that leads to a big beneficial result later]
  A little understanding goes a long way when you are dealing with people.
- **at all costs** [no matter what; absolutely]
  At all costs, don't ask the teacher about the homework. I think she's forgotten.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. _____ vitamin C _____ when you're fighting a cold.

2. If you are sick, you should avoid becoming overtired _____.

3. The car is _____ for the trip.

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Summary

Scan the passage and complete the chart with the correct information.

Type of Memory	Definition
1 _____ memory	Used to remember things that happened long ago
2 _____ memory	Used to remember things that happened a few days ago
3 _____ memory	Used to remember the sum of one's acquired knowledge
4 _____ memory	Used to remember to do something now or soon
5 _____ memory	Used to remember to do something in the future

- Types 1, 4, and 5 don't 6 _____ with age (if aided with cues like memos)
- You can 7 _____ degrading of types 2, 3, and unaided 5 by the following practices:
  - 8 _____ activity (learning new things or doing puzzles)
  - physical 9 _____
  - avoid 10 _____, which produces cortisol that harms brain cells



Listening

Can You Recall?

Track 34

Listen to the dialog and complete each sentence.

1. They are remembering a time when they went _____.
2. They could not get back because _____.
3. The man remembers that _____ fell in the water, but the woman remembers that _____ fell in the water.

LIVEWORKSHEETS

Discussion

Discuss the following questions.

1. Who has a better memory in general, men or women? Why do you think so?
2. What kinds of things do you have trouble remembering? Give at least one example.
3. What methods do you use to remember things?

Grammar

Infinitives as Adjectives

An infinitive can function as an adjective modifying a noun that comes immediately before the infinitive.

Our capability (of remember / to remember) things from the past depends on two categories of memory.
The one thing (that avoids / to avoid) at all costs is stress.

Writing

Write your own short paragraph by answering the questions below.

How I Remember

(1) What is something you have trouble remembering? **(2)** Why do you need to remember this? **(3)** What method do you use to help you remember this? **(4)** Give an example of your method. **(5)** How well does this method work?

Example

I have trouble remembering the names of my friends' boyfriends. I need to know their names because I often meet them when I see my friends. The method I use to help me remember is to connect their names to their clothes. For example, Jill's boyfriend is "Silk Shirt Sam" because he was wearing a silk shirt when I met him for the first time. This method works really well for me.

LIVEWORKSHEETS

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Before you put the DVD in, be sure the DVD player is in proper _____.

a. cost b. memory c. birthday d. working order

2. I listed the nouns in three _____: people, places, and things.

a. activities b. categories c. cues d. situations

3. Many of the writer's stories _____ her experiences growing up in China.

a. aid b. acquire c. draw on d. fail

4. The problem in our office yesterday was caused by _____ equipment.

a. faulty b. immediate c. necessary d. unavoidable

5. We spent our vacation at a(n) _____ village in the Swiss Alps.

a. degraded b. internal c. mental d. remote

6. You can find _____ questions asked in interviews on many websites.

a. prospective b. preserve c. recent d. typical

7. The program may seem expensive at first, but it will actually save money in _____.

a. a long way b. the long run c. the top d. well above

B. Choose the correct form of the word to fill in the blank.

8. Over time, the machine's parts will _____ and need to be replaced.

a. degradation b. degrade c. degraded

9. The new business model will accelerate the company's _____ of new customers.

a. acquisition b. acquired c. reacquire

10. They found the _____ body of a horse in the tomb.

a. preservation b. preserve c. preserved

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