amnesia · capitals · connections · decides · divide · easier · explicit · form · function · generate · graduation · helpful · immediately · implicit · injury · instrument · last · longer · loss · past · pathway · permanently · process · remember · repeating · senses · short-term · skills · stored · stronger · summarize · think

Listening: Making Memories.

Exercise B, Main Ideas page 86 and Exercise C, Details, page 87

Toshi: I'm glad we decided to (1) _____ a study group. I always find it (2) _____ to study with other people.

Julia: I agree. Studying in a group definitely helps me. Thanks for suggesting it, Toshi.

Liz: Yes, thank you, Toshi. And Julia, it was a good idea to (3) _____ the topics and (4) _____ the information in our notes, as well!

Julia: Well, I'm glad it was helpful. Maybe you could go first, Liz.

Liz: Sure! My topic was the memory (5) _____. OK, first, information enters the brain through our (6) _____ — what we taste, smell, touch, see, and hear—and it is (7) _____ there for a very short time—less than a second. OK, so then, only some of this information moves to our (8) _____ memory—just the information that we need to use (9) _____.

Julia: Right. I remember that. Our short-term memory allows us to (10) _____ normally. For example, if you ask me a question, I can (11) _____ the question long enough to answer it.

Liz: Right, but you might not remember the question tomorrow. OK, the third and final part of the memory process happens when information that we try to remember, or that our brain (12) _____ is important, moves to our long-term memory. This information can (13) _____ your whole life.

Toshi: Right, and if you really want to remember something, you need to (14) _____ about it, or say it, or do it many times. Memories become (15) _____ when they are sent down the same (16) _____ in the brain many times.

Liz: Yes, and these pathways are formed by neurons, our nervous system cells. Another way to think of them is as wires in our body. It's interesting to me that when you learn new things, your brain forms new (17) _____ between these wires. That's pretty amazing.

Julia: Yeah, pretty amazing stuff. Thanks, you two. That was helpful. And Toshi, what you just said ties in nicely with my topic—two types of memories: (18) _____ and (19) _____ memories. When Toshi described remembering something as thinking about it and (20) _____ it again and again, he was describing one form of explicit memory. So, any facts or information that you learn are examples of explicit memory.

Toshi: Like the names and (21) _____ of different countries?

Julia: Exactly! The other type of explicit memory has to do with your (22) _____ experiences. Family trips or important events, like your (23) _____, are examples of this other type of (24) _____ memory. And then there's implicit memory. Implicit memory involves doing something

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again and again in order to learn it. This is how we learn (25) _____, such as riding a bicycle or playing a musical (26) _____.

Liz: Based on your examples and my own experience, it seems like it's (27) _____ to make explicit memories than it is to make implicit ones.

Julia: Yes, you're right! But implicit memories last (28) _____ — people don't generally forget how to ride a bike.

Toshi: All right, so I guess it's my turn now. My topic was memory (29) _____, or amnesia. There are lots of reasons we forget things. Stress, a minor head (30) _____ from a fall, or even some medicines can cause short-term memory loss. Once you feel less stressed, your head gets better, or you stop taking or change your medicine, your memory will return. However, with more serious forms of amnesia, people will (31) _____ forget things from just before the event that caused the amnesia or be unable to (32) _____ new memories after the event.

Liz: That's terrible!

Toshi: I know. It must be so hard for the person who has (33) _____, as well as for their friends and family.

Liz: Sharing information this way has been really helpful. I have to go to another class now, but should we do this again next week?

Julia: Yes!

Toshi: Sounds good!

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