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## **Level 1**

### **How to become a memory champion**

**11th March, 2017**

<http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

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**Please try Levels 0, 2 and 3. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

Can you remember lists of vocabulary easily? If the answer is 'no,' help may be near. A study says anyone can upgrade their memory if they train their brain. We can train our brain to be a "memory athlete," like athletes train their body. Scientist Martin Dresler said six weeks of training can help people remember many things. Dr Dresler said people could train their brain to enter the World Memory Championships.

Dr Dresler looked at MRI scans of the brains of 23 memory champions and the brains of "normal" people. He was surprised to find no differences. This made him think we can all become memory athletes. Dresler studied people who did 40 days of training using a memory technique called mnemonics. They more than doubled their memory. Mnemonics is an old method that helps people remember things, especially in lists. It could help you with your vocabulary.

Sources: <http://www.npr.org/sections/health-shots/2017/03/08/518815297/maybe-you-too-could-become-a-super-memorizer>  
<https://www.sciencenews.org/article/brain-training-turns-recall-rookies-memory-masters>  
<http://www.sbs.com.au/news/article/2017/03/09/anyone-can-become-memory-athlete-study>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

## PARAGRAPH ONE:

- |                         |                  |
|-------------------------|------------------|
| 1. remember lists       | a. training      |
| 2. help may be          | b. their memory  |
| 3. anyone can upgrade   | c. their body    |
| 4. if they train        | d. Championships |
| 5. athletes train       | e. of vocabulary |
| 6. six weeks of         | f. many things   |
| 7. help people remember | g. near          |
| 8. the World Memory     | h. their brain   |

## PARAGRAPH TWO:

- |                              |                         |
|------------------------------|-------------------------|
| 1. Dr Dresler looked at MRI  | a. method               |
| 2. the brains of 23 memory   | b. no differences       |
| 3. He was surprised to find  | c. your vocabulary      |
| 4. people who did 40 days    | d. scans                |
| 5. a memory technique called | e. champions            |
| 6. They more than            | f. mnemonics            |
| 7. Mnemonics is an old       | g. doubled their memory |
| 8. It could help you with    | h. of training          |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

Can (1) \_\_\_\_\_ of vocabulary easily? If the answer is 'no,' (2) \_\_\_\_\_. A study says anyone can (3) \_\_\_\_\_ memory if they train their brain. We can (4) \_\_\_\_\_ to be a "memory athlete," like athletes train their body. Scientist Martin Dresler said (5) \_\_\_\_\_ training can help people remember many things. Dr Dresler said people could train (6) \_\_\_\_\_ the World Memory Championships.

Dr Dresler (7) \_\_\_\_\_ scans of the brains of 23 memory champions and (8) \_\_\_\_\_ "normal" people. He was surprised to find no differences. This made him think (9) \_\_\_\_\_ memory athletes. Dresler studied people who did (10) \_\_\_\_\_ using a memory technique called mnemonics. They more than (11) \_\_\_\_\_. Mnemonics is an old method that helps people remember things, (12) \_\_\_\_\_. It could help you with your vocabulary.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

Canyourememberlistsofvocabularyeasily?Iftheansweris'no,'helpmaybenear.Astudysaysanyonecanupgradetheirmemoryiftheytraintheirbrain.Wecantrainourbraintobe"memoryathlete,"likeathletetraintheirbody.ScientistMartinDreslersaidsixweeksoftrainingcanhelppeopleremembermanythings.DrDreslersaidpeoplecouldtraintheirbraintoenetertheWorldMemoryChampionships.DrDreslerlookedatMRIscanofthebrainsof23memorychampionsandthebrainsof"normal"people.Hewassurprisedtofindnodifferences.Thismadehimthinkwecanallbecomememoryathletes.Dreslerstudiedpeoplewhodid40daysoftrainingusingamemorytechniquecalledmnemonics.Theyarethandoubledtheirmemory.Mnemonicsisanoldmethodthathelpspeoplerememberthings,especiallyinlists.Itcouldhelpyouwithyourvocabulary.

# MEMORY SURVEY

From <http://www.breakingnewsenglish.com/1703/170311-memory-4.html>

Write five GOOD questions about memory in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*How to become a memory champion – 11th March, 2017*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <http://www.breakingnewsenglish.com/1703/170311-memory-1.html>

Write about **memory** for 10 minutes. Read and talk about your partner's paper.

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