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Level 3

How to become a memory champion

11th March, 2017

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Are you good at remembering things? Can you remember a long list of English vocabulary quickly and easily? If the answer to these two questions is 'no,' help may be at hand. A new study says pretty much anyone can have an upgraded memory if they train their brain. Scientists say that we can train our brain to be a "memory athlete" just like athletes train to be champions. Neuroscientist Martin Dresler wrote in the journal "Neuron" that just six weeks of brain training can turn people with average memories into people with an incredible ability to remember things. Dr Dresler even suggested people could train their brain to enter the World Memory Championships that are held in March every year.

Dr Dresler compared MRI scans of the brains of 23 of the world's top 50 memory champions with the brains of "normal" people. He said: "We were interested in what differentiates memory champions from normal people, like you and me." He was surprised to find no differences. This made him believe we can all become memory athletes with the right training. Dresler found that 40 days of daily 30-minute training sessions using a memory technique called mnemonics more than doubled a person's memory capacity. Mnemonics is an ancient memory device that helps people remember things, especially in list form. Who knows? It could help you with those words for your next vocabulary test.

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>

WARM-UPS

1. MEMORY: Students walk around the class and talk to other students about memory. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

remembering / vocabulary / help / answer / athletes / average / incredible / ability / MRI scans / champions / normal / differences / memory / technique / doubled / list

Have a chat about the topics you liked. Change topics and partners frequently.

3. WORD LISTS: Students A **strongly** believe word lists are the best way to learn vocabulary; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. REMEMBER: What are the good things about remembering these things? What are the difficulties? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Difficulties
Spelling		
Dates in history		
Capital cities		
Song words		
People's names		
Jokes		

5. LIST: Spend one minute writing down all of the different words you associate with the word "list". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. THINGS TO REMEMBER: Rank these with your partner. Put the most important things to remember at the top. Change partners often and share your rankings.

- English vocabulary
- birthdays
- e-mail password
- what shopping to buy
- telephone numbers
- people's names
- appointments
- words to songs

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The article asks if you can remember lists of vocabulary easily. **T / F**
- b. The article says your hand can help you to remember things. **T / F**
- c. A study said we can train ourselves to become memory athletes. **T / F**
- d. The annual World Memory Championships are held in March. **T / F**
- e. A doctor looked at brain scans of 23 world memory champions. **T / F**
- f. The brains of memory champions and normal people were different. **T / F**
- g. People did 30 days of 40-minute brain training sessions. **T / F**
- h. Mnemonics is a memory technique invented in the year 2000. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|-----------------|
| 1. at hand | a. leading |
| 2. pretty much | b. only |
| 3. just | c. ability |
| 4. incredible | d. almost |
| 5. enter | e. ordinary |
| 6. top | f. near |
| 7. normal | g. particularly |
| 8. technique | h. join |
| 9. capacity | i. method |
| 10. especially | j. unbelievable |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------|
| 1. remember a long list | a. from normal people |
| 2. help may be | b. memories |
| 3. pretty | c. doubled |
| 4. people with average | d. scans |
| 5. an incredible ability | e. much anyone can |
| 6. MRI | f. training sessions |
| 7. what differentiates memory champions | g. of English vocabulary |
| 8. daily 30-minute | h. memory device |
| 9. more than | i. at hand |
| 10. Mnemonics is an ancient | j. to remember things |

GAP FILL

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

Are you good at remembering (1) _____? Can you remember a long (2) _____ of English vocabulary quickly and easily? If the answer to these two questions is 'no,' help may be at (3) _____. A new study says pretty much anyone can have an (4) _____ memory if they train their brain. Scientists say that we can train our brain to be a "memory athlete" (5) _____ like athletes train to be champions. Neuroscientist Martin Dresler wrote in the (6) _____ "Neuron" that just six weeks of brain training can turn people with average memories into people with an incredible (7) _____ to remember things. Dr Dresler even suggested people could train their brain to enter the World Memory Championships that are (8) _____ in March every year.

just
list
ability
things
upgraded
held
hand
journal

Dr Dresler compared MRI (9) _____ of the brains of 23 of the world's top 50 memory champions with the brains of "normal" people. He said: "We were interested in (10) _____ differentiates memory champions from (11) _____ people, like you and me." He was surprised to find no differences. This made him believe we can all become memory athletes with the (12) _____ training. Dresler found that 40 days of daily 30-minute training (13) _____ using a memory technique called mnemonics more than (14) _____ a person's memory capacity. Mnemonics is an (15) _____ memory device that helps people remember things, especially in list form. Who knows? It could help you with those words for your (16) _____ vocabulary test.

normal
ancient
scans
sessions
next
what
doubled
right

LISTENING – Guess the answers. Listen to check.

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

- 1) Can you remember a long list of English vocabulary quickly _____?
 - a. and easily
 - b. and easy
 - c. and easier
 - d. and easiest
- 2) If the answer to these two questions is 'no,' help _____
 - a. may be at wand
 - b. may be at band
 - c. may be at sand
 - d. may be at hand
- 3) A new study says pretty much anyone can have an _____
 - a. upgrade it memory
 - b. upgraded memory
 - c. upgrade add memory
 - d. upgrade and memory
- 4) train our brain to be a "memory athlete" just like athletes train _____
 - a. to being champions
 - b. too being champions
 - c. to be champions
 - d. 2B champions
- 5) brain training can turn people with average memories into people with _____
 - a. an incredible capability
 - b. an incredible abilities
 - c. an incredible ball ability
 - d. an incredible ability
- 6) the brains of 23 of the world's top 50 memory champions with the brains _____
 - a. of normally people
 - b. of normal people
 - c. off normal people
 - d. of normal peoples
- 7) This made him believe we can all become memory athletes with the _____
 - a. right train in
 - b. light training
 - c. right training
 - d. light train in
- 8) a memory technique called mnemonics more than _____ memory
 - a. doubled a person's
 - b. doubled the person's
 - c. doubled this person's
 - d. doubled that person's
- 9) an ancient memory device that helps people remember things, especially _____
 - a. on list form
 - b. in list form
 - c. un-list form
 - d. non-list form
- 10) It could help you with those words for your _____ test
 - a. nest vocabulary
 - b. last vocabulary
 - c. next vocabulary
 - d. past vocabulary

LISTENING – Listen and fill in the gaps

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

Are you good at remembering things? Can you remember (1) _____ English vocabulary quickly and easily? If the answer to these two questions is 'no,' help (2) _____. A new study says pretty much anyone can have an upgraded memory if they train their brain. Scientists say that we can (3) _____ be a "memory athlete" just like athletes train to be champions. Neuroscientist Martin Dresler (4) _____ "Neuron" that just six weeks of brain training can turn people (5) _____ memories into people with an incredible ability to remember things. Dr Dresler even suggested people could train their (6) _____ the World Memory Championships that are held in March every year.

Dr Dresler compared MRI scans of the brains (7) _____ world's top 50 memory champions with the brains of "normal" people. He said: "We (8) _____ what differentiates memory champions from normal people, like you and me." He was (9) _____ differences. This made him believe we can all become memory athletes with the right training. Dresler found that (10) _____ daily 30-minute training sessions using a memory technique called mnemonics more than (11) _____ memory capacity. Mnemonics is an ancient memory device that helps people remember things, (12) _____ form. Who knows? It could help you with those words for your next vocabulary test.

COMPREHENSION QUESTIONS

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

1. What long thing did the article ask if you could remember easily?
2. Who did the article say could upgrade their brain?
3. What is "Neuron"?
4. How many weeks of training would it take to become a memory athlete?
5. When are the World Memory Championships held?
6. How many world memory champions did the doctor scan the brains of?
7. How were the brains of memory champions and normal people different?
8. How long each day were the memory training sessions?
9. What happened to a person's memory capacity after using mnemonics?
10. How old is the memory device mnemonics?

MULTIPLE CHOICE - QUIZ

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

- 1) What long thing did the article ask if you could remember easily?
 - a) to-do list
 - b) shopping list
 - c) list of English vocabulary
 - d) π (pi) to 314 places
- 2) Who did the article say could upgrade their brain?
 - a) pretty much anyone
 - b) people with pretty brains
 - c) only pretty people
 - d) the pretty ones
- 3) What is "Neuron"?
 - a) the name of an MRI scanner
 - b) the scientist's pet dog
 - c) a memory technique
 - d) a journal
- 4) How many weeks of training would it take to become a memory athlete?
 - a) 2
 - b) 6
 - c) 12
 - d) 20
- 5) When are the World Memory Championships held?
 - a) they can't remember
 - b) every 4 years on Feb 1
 - c) March
 - d) New Year's Day
- 6) How many world memory champions did the doctor scan the brains of?
 - a) 22
 - b) 23
 - c) 24
 - d) 25
- 7) How were the brains of memory champions and normal people different?
 - a) the champions' brains were bigger
 - b) they were amazingly different
 - c) the champions' brains were heavier
 - d) they were no different
- 8) How long each day were the memory training sessions?
 - a) an hour
 - b) half an hour
 - c) three-quarters of an hour
 - d) 314 minutes
- 9) What happened to a person's memory capacity after using mnemonics?
 - a) it more than doubled
 - b) it shut down
 - c) nothing
 - d) it became heavier
- 10) How old is the memory device mnemonics?
 - a) 100 years old
 - b) not so old
 - c) 23 years old
 - d) it's ancient

ROLE PLAY

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

Role A – English Vocabulary

You think English vocabulary is the most important thing to remember. Tell the others three reasons why. Tell them why their things aren't as important. Also, tell the others which is the least important of these (and why): passwords, words to songs or jokes.

Role B – Passwords

You think passwords are the most important things to remember. Tell the others three reasons why. Tell them why their things aren't as important. Also, tell the others which is the least important of these (and why): English vocabulary, words to songs or jokes.

Role C – Words to Songs

You think words to songs are the most important things to remember. Tell the others three reasons why. Tell them why their things aren't as important. Also, tell the others which is the least important of these (and why): passwords, English vocabulary or jokes.

Role D – Jokes

You think jokes are the most important things to remember. Tell the others three reasons why. Tell them why their things aren't as important. Also, tell the others which is the least important of these (and why): passwords, words to songs or English vocabulary.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'memory' and 'remember'.

memory	remember
---------------	-----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• long• hand• just• wrote• ability• even	<ul style="list-style-type: none">• 23• what• believe• 40• doubled• next
---	---

MEMORY SURVEY

From <http://www.BreakingNewsEnglish.com/1703/170311-memory.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.

MEMORY DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'memory'?
3. What do you do to remember things?
4. Do you have a good memory?
5. How many different meanings of the word 'memory' do you know?
6. Could you be a memory champion?
7. How do you train your brain?
8. Why are some people better at remembering things?
9. How would life be different if you could remember everything?
10. What happens at the World Memory Championships?

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MEMORY DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'champion'?
13. What do you think about what you read?
14. Why do we forget things?
15. Would you like to be a memory athlete?
16. What techniques do you use to remember vocabulary?
17. Should we have brain training at school?
18. What could you do if your memory capacity doubled?
19. What do you know about mnemonics?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Are you good (1) _____ remembering things? Can you remember a long list of English vocabulary quickly and (2) _____? If the answer to these two questions is 'no,' help may be at (3) _____. A new study says pretty much anyone can have an upgraded memory if they train their brain. Scientists say that we can train our brain to be a "memory athlete" (4) _____ like athletes train to be champions. Neuroscientist Martin Dresler wrote in the journal "Neuron" that just six weeks of brain training can turn people with (5) _____ memories into people with an incredible ability to remember things. Dr Dresler even suggested people could train their brain to enter the World Memory Championships that are (6) _____ in March every year.

Dr Dresler compared MRI scans of the brains of 23 of the world's (7) _____ 50 memory champions with the brains of "normal" people. He said: "We were interested (8) _____ what differentiates memory champions from normal people, like you and me." He was surprised (9) _____ find no differences. This made him believe we can all become memory athletes with the right training. Dresler found that 40 days of daily 30-minute training sessions (10) _____ a memory technique called mnemonics more than (11) _____ a person's memory capacity. Mnemonics is an ancient memory device that helps people remember things, especially in list (12) _____. Who knows? It could help you with those words for your next vocabulary test.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-------------|--------------|-------------|-------------|
| 1. | (a) at | (b) for | (c) by | (d) on |
| 2. | (a) easiest | (b) easy | (c) easily | (d) easier |
| 3. | (a) head | (b) foot | (c) hand | (d) back |
| 4. | (a) as | (b) fair | (c) such | (d) just |
| 5. | (a) verge | (b) overage | (c) average | (d) outage |
| 6. | (a) hold | (b) held | (c) holding | (d) holds |
| 7. | (a) height | (b) top | (c) leader | (d) summit |
| 8. | (a) at | (b) in | (c) on | (d) of |
| 9. | (a) at | (b) of | (c) to | (d) by |
| 10. | (a) user | (b) used | (c) usage | (d) using |
| 11. | (a) doublet | (b) doubling | (c) double | (d) doubled |
| 12. | (a) fern | (b) farm | (c) firm | (d) form |

SPELLING

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

Paragraph 1

1. English ucvblayora
2. yttepr much anyone can
3. an rueddagp memory
4. tleatshe train
5. people with gaeevra memories
6. an cbrdnieile ability to remember things

Paragraph 2

7. Dr Dresler ecrodmap MRI scans
8. the world's top 50 memory nmahoipcs
9. 30-minute training issseon
10. a memory ecuqnhtej called mnemonics
11. an inneatc memory device
12. eailpylsec in list form

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () incredible ability to remember things. Dr Dresler even suggested people could train their brain to
- () and me." He was surprised to find no differences. This made him believe we can all
- () easily? If the answer to these two questions is 'no,' help may be at hand. A new study says pretty
- () be a "memory athlete" just like athletes train to be champions. Neuroscientist Martin Dresler wrote in the
- () enter the World Memory Championships that are held in March every year.
- () people. He said: "We were interested in what differentiates memory champions from normal people, like you
- () form. Who knows? It could help you with those words for your next vocabulary test.
- () Dr Dresler compared MRI scans of the brains of 23 of the world's top 50 memory champions with the brains of "normal"
- (**1**) Are you good at remembering things? Can you remember a long list of English vocabulary quickly and
- () much anyone can have an upgraded memory if they train their brain. Scientists say that we can train our brain to
- () sessions using a memory technique called mnemonics more than doubled a person's memory
- () capacity. Mnemonics is an ancient memory device that helps people remember things, especially in list
- () journal "Neuron" that just six weeks of brain training can turn people with average memories into people with an
- () become memory athletes with the right training. Dresler found that 40 days of daily 30-minute training

PUT THE WORDS IN THE RIGHT ORDER

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

1. English of list long a Remember quickly vocabulary .
2. can anyone much Pretty memory upgraded an have .
3. brain athlete" our train can We "memory a be to .
4. remember to ability incredible an with People things .
5. suggested even Dresler brain their train could people .
6. champions The brains of 23 of the world's top 50 memory .
7. champions memory differentiates what in Interested .
8. become with training all athletes right can memory the We .
9. person's a doubled than more Mnemonics capacity memory .
10. that device memory ancient An remember people helps .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Are you good at remembering *thing / things*? Can you remember a long list of English vocabulary quickly and *easy / easily*? If the answer to these two questions is 'no,' help may be at *hand / head*. A new study says *pretty / prettily* much anyone can have an upgraded *memorial / memory* if they train their brain. Scientists say that we can train our brain to be a "memory athlete" just *liken / like* athletes train to be champions. Neuroscientist Martin Dresler wrote in the *journal / diary* "Neuron" that *justly / just* six weeks of brain training can turn people with average memories into people with an incredible ability to remember things. Dr Dresler even *suggested / suggestion* people could train their brain to enter the World Memory Championships that are *hold / held* in March every year.

Dr Dresler compared MRI *scams / scans* of the brains of 23 of the world's top 50 memory *championship / champions* with the brains of "normal" people. He said: "We were interested *on / in* what differentiates memory champions from *normal / normally* people, like you and me." He was surprised to find *no / not* differences. This made him believe we can all become memory athletes with the *write / right* training. Dresler found that 40 days of daily 30-minute training sessions *usage / using* a memory technique called mnemonics more than *doubled / double* a person's memory capacity. Mnemonics is *an / on* ancient memory device that helps people remember things, especially in *list / lust* form. Who knows? It could help you with those words for your next vocabulary test.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

r y__ g__d _t r_m_mb_r_ng th_ngs? C_n y__
r_m_mb_r _l_ng l_st _f _ngl_sh v_c_b_l_ry q__ckly
_nd __s_ly? _f th_ _nsw_r_t_ th_s_ tw_ q__st__ns _s
'n_,' h_lp m_y b_ _t h_nd. _ n_w st_dy s_ys pr_tty
m_ch _ny_n_ c_n h_v_ _n _pgr_d_d m_m_ry _f th_y
tr__n th__r br__n. Sc__nt_sts s_y th_t w_ c_n tr__n
__r br__n t_ b_ _ "m_m_ry _thl_t_" j_st l_k_ _thl_t_s
tr__n t_ b_ ch_mp__ns. N__r_sc__nt_st M_rt_n Dr_sl_r
wr_t_ _n th_ j__rn_l "N__r_n" th_t j_st s_x w__ks _f
br__n tr__n_ng c_n t_rn p__pl_ w_th _v_r_g_
m_m_r__s _nt_ p__pl_ w_th _n _ncr_d_bl_ _b_l_ty t_
r_m_mb_r th_ngs. Dr Dr_sl_r _v_n s_gg_st_d p__pl_
c__ld tr__n th__r br__n t_ _nt_r th_ W_rld M_m_ry
Ch_mp__nsh_ps th_t _r_ h_ld _n M_rch _v_ry y__r.

Dr Dr_sl_r c_mp_r_d MR_ sc_ns _f th_ br__ns _f 23 _f
th_ w_rld's t_p 50 m_m_ry ch_mp__ns w_th th_ br__ns
_f "n_rm_l" p__pl_. H_s__d: "W_ w_r_ _nt_r_st_d _n
wh_t d_ff_r_nt__t_s m_m_ry ch_mp__ns fr_m n_rm_l
p__pl_, l_k_ y__ _nd m_." H_w_s s_rpr_s_d t_f_nd n_
d_ff_r_nc_s. Th_s m_d_ h_m b_l__v_ w_ c_n _ll
b_c_m_ m_m_ry _thl_t_s w_th th_ r_gh_t tr__n_ng.
Dr_sl_r f__nd th_t 40 d_ys _f d__ly 30-m_n_t_
tr__n_ng s_ss__ns _s_ng _ m_m_ry t_chn_q__ c_ll_d
mn_m_n_cs m_r_ th_n d__bl_d _ p_rs_n's m_m_ry
c_p_c_ty. Mn_m_n_cs _s _n _nc__nt m_m_ry d_v_c_
th_t h_lps p__pl_ r_m_mb_r th_ngs, _sp_c__lly _n l_st
f_rm. Wh_ kn_ws? _t c__ld h_lp y__ w_th th_s_ w_rds
f_r y__r n_xt v_c_b_l_ry t_st.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

are you good at remembering things can you remember a long list of english vocabulary quickly and easily if the answer to these two questions is 'no' help may be at hand a new study says pretty much anyone can have an upgraded memory if they train their brain scientists say that we can train our brain to be a "memory athlete" just like athletes train to be champions neuroscientist martin dresler wrote in the journal "neuron" that just six weeks of brain training can turn people with average memories into people with an incredible ability to remember things dr dresler even suggested people could train their brain to enter the world memory championships that are held in march every year

dr dresler compared mri scans of the brains of 23 of the world's top 50 memory champions with the brains of "normal" people he said "we were interested in what differentiates memory champions from normal people like you and me" he was surprised to find no differences this made him believe we can all become memory athletes with the right training dresler found that 40 days of daily 30-minute training sessions using a memory technique called mnemonics more than doubled a person's memory capacity mnemonics is an ancient memory device that helps people remember things especially in list form who knows it could help you with those words for your next vocabulary test

PUT A SLASH (/) WHERE THE SPACES ARE

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Are you good at remembering things? Can you remember a long list of English vocabulary quickly and easily? If the answer to these two questions is 'no,' help may be at hand. A new study says pretty much anyone can have a upgraded memory if they train their brain. Scientists say that we can train our brain to be a "memory athlete" just like an athlete trains to be a champion. Neuroscientist Martin Dresler wrote in the journal "Neuron" that just six weeks of brain training can turn people with average memories into people with an incredible ability to remember things. Dr Dresler even suggested people could train their brain to enter the World Memory Championship that are held in March every year. Dr Dresler compared MRI scans of the brains of 23 of the world's top 50 memory champions with the brains of "normal" people. He said: "We were interested in what differentiates memory champions from normal people, like you and me." He was surprised to find no differences. This made him believe we can all become memory athletes with the right training. Dresler found that 40 days of daily 30-minute training sessions using a memory technique called mnemonics more than doubled a person's memory capacity. Mnemonics is an ancient memory device that helps people remember things, especially in list form. Who knows? It could help you with those words for your next vocabulary test.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about the memory technique mnemonics. Share what you discover with your partner(s) in the next lesson.

3. MEMORY: Make a poster about memory. Show your work to your classmates in the next lesson. Did you all have similar things?

4. MEMORY ATHLETE: Write a magazine article about elementary schools training us to be memory athletes. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on memory. Ask him/her three questions about it. Give him/her three of your tips on how to remember vocabulary. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c T d T e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|-----------------|
| 1. at hand | a. near |
| 2. pretty much | b. almost |
| 3. just | c. only |
| 4. incredible | d. unbelievable |
| 5. enter | e. join |
| 6. top | f. leading |
| 7. normal | g. ordinary |
| 8. technique | h. method |
| 9. capacity | i. ability |
| 10. especially | j. particularly |

COMPREHENSION QUESTIONS (p.8)

1. A list of English vocabulary
2. Pretty much anyone
3. (The name of) a journal
4. Six
5. March
6. 23
7. They weren't / They were no different
8. 30 minutes
9. It more than doubled
10. It's ancient

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)