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Level 2

How to become a memory champion

11th March, 2017

<http://www.breakingnewsenglish.com/1703/170311-memory-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1703/170311-memory-2.html>

Can you remember lists of English vocabulary quickly and easily? If the answer to this question is 'no,' help may be near. A new study says anyone can upgrade their memory if they train their brain. Scientists say that we can train our brain to be a "memory athlete," like athletes train to be champions. Scientist Martin Dresler said just six weeks of brain training can give people an incredible ability to remember things. Dr Dresler 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 memory champions with the brains of "normal" people. He wanted to see if the champions had different brains. He was surprised to find no differences. This made him think we can all become memory athletes if we train. Dresler studied people who did 40 days of daily 30-minute training using a memory technique called mnemonics. They more than doubled their memory capacity. Mnemonics is a very old method that helps people remember things, especially in lists. It could help you with 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>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1703/170311-memory-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-----------------------|
| 1. remember lists of English | a. a "memory athlete" |
| 2. quickly and | b. their memory |
| 3. help may | c. ability |
| 4. anyone can upgrade | d. easily |
| 5. we can train our brain to be | e. Championships |
| 6. just six weeks | f. vocabulary |
| 7. give people an incredible | g. of brain training |
| 8. enter the World Memory | h. be near |

PARAGRAPH TWO:

- | | |
|------------------------------------|-------------------------|
| 1. MRI | a. memory champions |
| 2. 23 of the world's | b. called mnemonics |
| 3. He was surprised to find | c. vocabulary test |
| 4. people who did 40 days of daily | d. lists |
| 5. using a memory technique | e. scans |
| 6. They more than | f. no differences |
| 7. remember things, especially in | g. 30-minute training |
| 8. help you with your next | h. doubled their memory |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1703/170311-memory-2.html>

Can you remember lists of English vocabulary (1) _____? If the answer to this question is 'no,' help may be near. A new study says anyone (2) _____ memory if they train their brain. Scientists say that we can (3) _____ to be a "memory athlete," like athletes train to be champions. Scientist Martin Dresler said just six weeks of brain training can give (4) _____ ability to remember things. Dr Dresler suggested people could train their brain (5) _____ World Memory Championships (6) _____ March every year.

Dr Dresler compared MRI (7) _____ of 23 of the world's memory champions with the brains of "normal" people. He wanted (8) _____ champions had different brains. He was surprised to (9) _____. This made him think we can all become memory athletes if we train. Dresler studied people who did (10) _____ 30-minute training using a memory technique called mnemonics. They more than (11) _____ capacity. Mnemonics is a very old method that helps people remember things, (12) _____. It could help you with your next vocabulary test.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1703/170311-memory-2.html>

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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) _____

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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) _____

