



# PODCAST: MEMORY



Scan to review worksheet

Expemo code:  
1HJF-L1L7-00E

## 1 Warm up

In small groups, answer the questions below.

1. Have you got a good memory?
2. Are you better at memorising names, faces or numbers?
3. How do you remember everything you have to do?
4. How often do you forget things? Are they usually important?
5. Do you have any hacks to remember things?





## 2 Focus on vocabulary

Replace the underlined parts of the questions with the correct form of the words in the box. You might also have to add words and change their order. Then answer the questions in pairs.

**Group 1:**

mention (v) / consolidate (v) / technique (n) / association (n) / scribble (v) / familiar (adj.)

1. When was the last time you saw a face that you could recognise but couldn't remember the person's name?  
\_\_\_\_\_
2. Do you usually write things quickly when you're studying or listening to important information?  
\_\_\_\_\_
3. Is it easy to make new habits stronger?  
\_\_\_\_\_
4. Can you think of any ways or methods to remember important numbers?  
\_\_\_\_\_
5. Is it easy to forget things when they're spoken of only once?  
\_\_\_\_\_
6. Do you often learn something by connecting it to something else?  
\_\_\_\_\_





Group 2:

multiple (adj.) / obstacle (n) / distraction (n) / interfere (v) / subjective (adj.) / recall (v)

1. If I need to memorise something, I have to repeat it many times.  
\_\_\_\_\_
2. I can't focus, everything turns my attention away!  
\_\_\_\_\_
3. I don't think memories are based on opinions, they're facts.  
\_\_\_\_\_
4. I love it when my family remembers and tells me of my childhood.  
\_\_\_\_\_
5. I'm terrible at maths; it feels like there's something in my way and I forget all the rules.  
\_\_\_\_\_
6. Some things influence our memory more than others.  
\_\_\_\_\_

3

Listening to podcast

Part A: Listen to the first part of the podcast (00:00-02:38). Put the topics in the order they are mentioned.



- \_\_\_ We need to pay attention so we don't forget things.
- \_\_\_ If we don't use someone's name very often, we tend to forget it.
- \_\_\_ We have to recall a memory from time to time.
- \_\_\_ We can create mental pictures for things we want to remember later.
- \_\_\_ We can remember new information easier when we add a familiar element.





Part B: Listen to the second part of the podcast (02:38-06:06) and say if the sentences below are true, false or not given.



- All the techniques that Angus mentioned are used by memory athletes. \_\_\_\_\_
- Taking a break can help you remember things better. \_\_\_\_\_
- We tend to forget things when we're under stress. \_\_\_\_\_
- Angus learnt mnemonics at school. \_\_\_\_\_
- The more you talk about a memory, the more you remember what actually happened. \_\_\_\_\_

Part C: Listen to the whole podcast again and complete the sentences below with a word, number or short phrase from the podcast.



conditions  
fresh

create  
memorise

familiar  
shape

forget  
store

- Angus says that a key part of the memory process is to \_\_\_\_\_ things.
- Encoding is the part of the memory process in which we \_\_\_\_\_ a memory.
- Revising is an important aspect to keep the content \_\_\_\_\_.
- We can associate new information with something that we're already \_\_\_\_\_ with.
- Memory athletes are able to \_\_\_\_\_ multiple things.
- Taking breaks when studying is important to \_\_\_\_\_ new information.
- Good habits like sleeping and exercising can help with creating ideal \_\_\_\_\_ for a good memory.
- We tend to \_\_\_\_\_ our memory with time.

#### 4 Speaking practice

Imagine you have a friend who is studying for a test. Record a voice message talking about the podcast. Mention the key points of the podcast and say how they can memorise content better.





## 5 Language point

Read the extract below, then answer the questions together with a partner.

You know when something's on the tip of the tongue, but you just can't name it?

1. Do you remember what Helen and Angus were talking about?
2. What do you think the underlined expression means?
3. Is 'the tip of the tongue' being used in a literal way, as the real meaning?

We call **idiom** a group of words in a fixed order that together have a meaning that is completely different to the meaning if the same words are used separately. They have a non-literal meaning, which is, the meaning is not real. For example: if someone says that they **have had a change of heart**, it probably means that they've changed their opinion (non-literal) and not that they've had a heart transplant (literal)!

Part B: Read the sentences below. What do the underlined expressions mean?

1. Did you forget my name again? Let me refresh your memory: It's Greg!
2. Please, bear in mind the test finishes at four!
3. She isn't focused: the things we say go in one ear and out the other.
4. Looking at these photographs is jogging my memory.
5. If my memory serves me correctly, he is Mary's son.

## 6 Talking point

In pairs, discuss the questions below.

1. What information did you find most surprising in this podcast?
2. What questions do you still have about this topic?
3. Have you ever tried any of the techniques Angus mentioned?
4. Which ones would you like to try in future?



## 7

**Optional extension / homework**

**Task A:** Record interviews with other students about how they think their memory is, how they memorise things and some techniques they already use to improve their memory. Then show your video to other students.

**Task B:** Let's test your memory. Answer the questions below in 5 seconds with a partner.

**Student A:**

1. What's the first step in the memory process?
2. Why was Helen in a hurry to finish the last podcast?
3. What is the name of the technique of taking a break between studies?
4. What did Helen do that Angus replied with 'very funny'?
5. Is Angus better with names or faces?
6. What is the name of the IT guy Angus used as an example?

**Student B:**

1. How long did Kate Kermode need to memorise 1080 numbers?
2. How many names could Simon Reinhard match to faces?
3. What's the first technique Angus mentioned to improve our memory?
4. Where was the study that proved that we memorise better when we take breaks from?
5. What does 'My Very Excellent Mother Just Served Us Nine Potatoes' help remember?
6. What is next week's topic?