

How Good is Your Memory?

The Mind

Speaking I:

Do you identify with these sentences?

I love taking a trip down memory lane!
 I frequently lose my train of thought.
 My short-term memory is awful.
 I regularly have senior moments.
 I always get songs stuck in my head.
 Names just go in one ear and out the other.
 Important things often slip my mind.
 I'm terribly forgetful when it comes to my social life.
 I've got a memory like a sieve.
 I have many fond memories of my childhood.
 I can learn song lyrics off by heart.
 I have a photographic memory.

Vocabulary Focus:

Fill the gaps with the words from the boxes. Then, answer the questions.

vaguely	vividly	from	jog	earliest	ring
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1. When you can't remember something, what helps to _____ your memory?
2. Are you able to recite any poems _____ memory?
3. What is your _____ memory? How clearly are you able to remember it?
4. Do you ever find that someone's face _____ a bell, but you don't know why?
5. Can you think of a place from your childhood that you remember only _____?
6. What about a place that you remember _____?



Speaking II:

Discuss if you think the following are normal memory lapses or signs of possible memory loss.

- After shopping, you can't *for the life of you* remember where in the car park you parked.
- You can't remember the title of a book you read a couple of weeks ago (and quite enjoyed).
- You can't remember the main parts of the storyline of the book you read (and quite enjoyed).
- You need your friend to tell you his address a few times in order to remember it.
- You get lost driving a route you knew perfectly about five years ago, but now you can't remember where to go.
- You can't recall what you've just read, even though you only read it a few minutes ago.
- You need to write a shopping list in order to remember all the things you need to buy at the supermarket.
- You check your diary to see what time you're meeting a friend tomorrow, and you see it's in fact next week.
- You lose your phone, keys, and wallet etc. so often that it gets in the way of your day-to-day life.