

How Good is Your Memory?

The Mind

- Teacher's Insights -

Timing:

This class should take about 45-60 minutes.

Answers:

The first section is for students to understand the terms and discuss whether they feel identified. You could write on the board "that's so me" and "that's not me at all" for them to react.

In **Vocabulary Focus**, the answers are:

jog your memory; from memory; earliest memory; ring a bell; remember only vaguely; and remember vividly. You can also mention vague and vivid memories as adjectives.

If the students have trouble answering the questions, give answers of your own, but allow them to interrupt and speak if they come up with their own ideas.

In **Speaking II**:

After shopping, you can't *for the life of you* remember where in the car park you parked.

This is normal, and especially common if you were thinking about what you needed to buy when you parked.

You can't remember the title of a book you read a couple of weeks ago (and quite enjoyed).

This is normal, but you should remember it if you are given a strong prompt.

You can't remember the main parts of the storyline of the book you read (and quite enjoyed).

This could be worrying; if you enjoyed the book, you should remember the main parts of the storyline.

You need your friend to tell you his address a few times in order to remember it.

This is normal; most people need to hear an address or directions a few times 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.

This could be worrying; you should be able to remember a route for a very long time if you knew it well.

You can't recall what you've just read, even though you only read it a few minutes ago.

This is normal, especially if you were a bit distracted while reading it, or thinking about something else.

You need to write a shopping list in order to remember all the things you need to buy at the supermarket.

This is normal, but if you keep buying things you don't need and end up with 20 boxes of cereal, that's not.

You check your diary to see what time you're meeting a friend tomorrow, and you see it's in fact next week.

This is normal, but if you see that you were wrong and still go the next day, that's not.

You lose your phone, keys, and wallet etc. so often that it gets in the way of your day-to-day life.

This could be worrying, especially if it's happening so often that it affects your life.