

Week 3

#11 A psychologist's tips to remembering things quickly, accurately, and more easily

Skills/ Objectives: Reading and Speaking

PART 1: Before you read...

Preparatory questions

1. Do you have a good memory? What is your earliest memory?
2. Spend five minutes to take the memory test:
<https://www.psychologytoday.com/us/tests/ig/memory-test>
How is the result? What do you learn about yourself in terms of your memory?
3. How often do you have to replace passwords (numerical or verbal) because you've forgotten the original one?

Vocabulary

1. Repetition (noun): the act of repeating
2. Scattered (adjective): Spread over a wide area
3. Mnemonic (noun): a special word, sentence, or short poem that helps you remember something
4. Cram into (verb): to do a lot of things in a short time
5. Consolidate (verb): to become stronger

PART 2: Article

In this article, the reporter interviewed Nicola Chung Yee-la, a clinical psychologist, for some tips to improve people's memory. The article also explains the process of memorization.

A psychologist's tips to remembering things quickly, accurately, and more easily (*click the link to read the article*)

<https://yp.scmp.com/education/from-the-experts/article/107521/psychologist%E2%80%99s-tips-remembering-things-quickly-accurately>

(Source: Young Post)

PART 3: Let's discuss!

1. Do you have a good memory? What is your earliest memory?
2. How do you help yourself remember something?
3. Which type of the memory aids mentioned in the article is most useful to you?
4. How can we strengthen our memory?

PART 4: Speaking practice

Interview your friends, siblings, or parents about their earliest memories. What were the memories about? How old were they? What do they do to help them remember things? Do you find them useful to you? Share with us on Moodle!

PART 5: Learn further

1. Adulthood 101: from your keys to your English essay - here's how to stop losing your things

This article offers some tips to help people remember things. Do you find them helpful? You can comment on Moodle too!

<https://yp.scmp.com/go-to-gurus/advice/article/107786/adulthood-101-your-keys-your-english-essay-heres-how-stop-losing>

2. How to take notes in class that will actually help you learn and remember the details

This article provides some suggestions for students to take notes during class. Have you tried any of them? Do you find them helpful? You can comment on Moodle too!

<https://yp.scmp.com/education/exam-tips/article/107347/how-take-notes-class-will-actually-help-you-learn-and-remember>

Chat online!

[Moodle Chat Room](#)

26 September 2018 (Wednesday) 5:30 – 6:30 pm

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