

**UOW College Hong Kong / Community College of City University**  
**Student English Enhancement Unit (SEE U)**  
**Daily English Practice**

Week 2

**#107 How to improve memory power for study with physical exercises**

**Skills/ Objectives: Reading, Speaking, Listening and Writing Skills**

**PART 1: Before you read...**

**Preparatory questions**

Qt: Did you know physical exercises can help you study more effectively? Try to find the answer from the text quoted below.

Answer to the above question will be provided in the next set of exercises.

*The answers to relevant questions in the preceding set of exercises (How to study effectively) are as follows:*

Qt 1: The four types of learners identified by Honey and Mumford are activists, theorists, pragmatists and reflectors.

Qt 2: The tips for efficient learning and revision suggested by Kelly Louise Preece are developing good work habits and sticking to basic practical rules.

Qt 3: According to Aaron Hynds, breaks are equally important as the time we spend on studying.

Qt 4: The effective way to benefit from learning in a group is to teach the topic to someone else.

**Vocabulary**

- staving off: To avoid something happening
- hippocampus: The part of the brain important for memory
- cortical: Belonging to the brain cortex
- intriguing: Interesting for being unusual

## **PART 2: Article for Reading**

Have you ever experienced difficulty in concentration while studying? Do you want to improve your memory power to achieve better academic grades? Read the passage from Guardian in the following link to find some useful tips that can help you:

Ten minutes of exercise a day improves memory

<https://www.theguardian.com/science/2018/sep/24/10-minutes-of-exercise-a-day-improves-memory>

## **PART 3: Speaking Skills Practice**

Do you make a distinction in the pronunciations of “man” and “men” in the first sentence of the text?

Men practice Tai Chi in a London park

The vowels in the middle of these words are different. They are / œ / as in “share” and / e / as in “sell”. This distinction is also found in the following pairs of similar words:

/ œ /	/ e /
pan	pen
span	spend
band	bend
tan	ten

Now make a booking for a Guidance Session with your SEE U teacher to practise pronunciation of the above words and others.

## **PART 4: Listening Comprehension**

Besides the above reading text, there is also useful advice in a video clip on You Tube to help you study more effectively. Press the following link to watch:

Six tips about training your memory

[https://www.youtube.com/watch?v=2Kr25sizHyA&list=PLcetZ6gSk969ut\\_8fqiltGeeVCNjcELix&index=7](https://www.youtube.com/watch?v=2Kr25sizHyA&list=PLcetZ6gSk969ut_8fqiltGeeVCNjcELix&index=7)

## **PART 5: Writing Practice**

**Write a short response to the following question:**

In the previous exercise, we talked about writing with idiomatic expressions. How do you rewrite the following sentence to make it more idiomatic?

- (i) The brain regions we are talking about here are very important in causing the deterioration of memory with ageing.

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Now, a suggested answer. Look at the similar expression used in the text quoted below. Is it expressing the ideas in a better way than the one above?

The brain regions involved here play a big role in the deterioration of memory with ageing.

- (ii) The police made use of many different weapons to handle the demonstrators, e.g., police batons and tear gas, and subdued the demonstration.

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Now, a suggested answer. Look at the similar expression used in the text quoted below. Is it expressing the ideas in a better way than the one above?

The police resorted to a range of weapons against the demonstrators – ranging from police batons to tear gas – and subdued the demonstration.