

4OW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 9

#195 Methods of learning – Memory Improvement Methods

Skills/ Objectives: Reading, Listening and Writing Skills

PART 1: Before you read...

Preparatory questions

1. Have you ever experienced difficulty in memorizing your lesson materials before the exam?
2. Did you know there are effective ways to boost your memory power?
3. Are you aware of some useful ways to remember things quickly?

If you do not yet know the answers to the above questions, try to find them in the article of this exercise.

Vocabulary

- scratchpad (n): a set of loose paper bounded for notes-writing.
- neurons (n): nerve cells in the brain.
- hack (v): to chop off something roughly
- latch (n): metal bar for locking a door or gate.
- prime(v): to forewarn someone to prepare for a forthcoming event.
- gush(v): to flow out in liquid quickly and in large amount
- swaddle (v): to wrap a baby tightly in a cloth

PART 2: Article for Reading

Now, read the informative article posted by Melanie Pinola on the internet and learn some useful tips for improvement of your memory power:

<https://zapier.com/blog/better-memory/>
The Science of Memory: Top 10 Proven Techniques to
Remember More and Learn Faster

PART 3: Listening Comprehension

Listen to the following video posted on YouTube to practise your listening skills and learn more about the topic:

<https://www.youtube.com/watch?v=DYpK7nE2Pbo>

PART 4: Writing Practice

Did you ever doubt why the author uses “envious” instead of “jealous” in the following sentence in the article? Do you know the difference between these two words?

I've always been envious of people with exceptional memories.

If you are envious of somebody, you admire the good quality or good thing that he/she has. But if you are jealous of somebody, you have developed anger or negative feelings towards the person because of his/her good quality or possession. Therefore, the sense of “envious” is positive and that of “jealous” is negative. Now, try to write out two sentences of each of these words and send them to your SEE U teacher at see.u@cccu.edu.hk. Remember! Our SEE U teachers are always ready to give you feedback.