

Unit 2 Then and now

Before you watch

1 Work in pairs or small groups. Choose T (true) or F (false).

- 1 Goldfish can only remember things for about five seconds. **T / F**
- 2 We're more likely to remember things that we can associate with our senses (touch, smell, hearing). **T / F**
- 3 It's impossible to actually improve your ability to remember information. **T / F**

2 Watch the video to check your answers.

While you watch

1 Watch the video to about 2.10 and complete the sentences using one or two words.

- 1 Speaker 1 thinks she has a good memory because she can memorise _____.
- 2 Speaker 2 has particular difficulty in remembering _____.
- 3 Happy, sad or frightening events are usually remembered more _____.
- 4 It is much more difficult to remember information if you are _____.
- 5 Memory is also not always completely _____.

2 Watch the video from about 2.10 to the end. Tick the memory techniques that are mentioned.

- ☐ 1 going to sleep at the same time each night
- ☐ 2 using visualisation or picturing something in your mind
- ☐ 3 eating nutritious and healthy food
- ☐ 4 getting plenty of exercise
- ☐ 5 meditating
- ☐ 6 learning to play a musical instrument
- ☐ 7 using memory techniques, such as mnemonics

After you watch

Complete the texts with the correct forms of the verbs in brackets.

Use *used to* + verb, the past simple or the past perfect.

When I was younger I trained as an actor. I (1) _____ (*learn*) and remember very long speeches. However, once I (2) _____ (*finish*) acting in the play, I always (3) _____ (*forget*) the words very quickly because I didn't need them anymore.

When I first started teaching I (4) _____ (*find*) it difficult to remember everyone's name. Now I am quite good at it, but not if I see them in a different place. Once I saw a student in the supermarket. I (5) _____ (*teach*) her for three years, but I just couldn't remember her name. It (6) _____ (*be*) really embarrassing.

I have a terrible memory. I always need someone to remind me about sending birthday cards. Once my best friend (7) _____ (*not speak*) to me for a week because I (8) _____ (*forget*) her birthday!

Over to you**1 Discuss these questions in pairs.**

- 1 How good or bad do you think your memory is? Explain your answer.
- 2 Do you find it easier to remember people's faces or names?
- 3 Do you have any memory techniques you use to remember things such as people's names or telephone numbers?

2 Choose one of these personality types and tell your partner about someone you remember who fits this description.

an academic a joker a party animal a rebel
a troublemaker geeky popular sporty