

改善记忆 Improving your memory

Hello and welcome to 6 Minute English, I'm Neil.

大家好，欢迎收听六分钟英语，我是内尔。

This is the programme where in just six minutes we discuss an interesting topic and teach some related English vocabulary.

本节目中我们将在仅有的六分钟时间里讨论一个有趣的话题，并教授一些相关的英语词汇。

And joining me to do this is Rob.

和我一起的是罗伯。

Hello...err, sorry Neil, how long did you say this programme is?

大家好.....呃，不好意思，内尔，你刚刚说这个节目有多长时间？

Six minutes-it's 6 Minute English, Rob.

六分钟呀——它叫六分钟英语，罗伯。

Right. OK. Sorry, what's your name again?

没错，不好意思，你的名字是什么？

Neil! My name is Neil.

内尔！我叫内尔！

Rob, what has happened to your memory? !

罗伯，你的记忆怎么了？！

Sorry, Neil-too many things on my mind, it's affecting my short-term memory, but what I can remember is that in this programme we're talking about improving our memory.

对不起，内尔——我脑子里有太多事情了，它在影响着我的短期记忆，但是我记得的是在本期节目中我们要讨论改善我们的记忆力。

We are and I think you might find it quite useful!

是的，而且我认为你会觉得本期节目很有用的！

Storing information is an important function of our brains and scientists are always looking at ways to improve it but also to stop it deteriorating, or becoming worse.

储存信息是我们大脑很重要的一项功能，并且科学家们一直在研究改善它的方法，还有防止它退化，或者说变得更糟，的方法。

Yes, and we all know that memories-that's the noun for things we remember from the past-are nice to have but also important for remembering who people are, where things are kept and how things look.

是的，而且我们都知道记忆——这个名词表示我们记得的过去的事情——能够拥有它是很好的，而且对于记住谁是谁，东西放在哪里以及事物的样子是很重要的。

Soon we'll be discussing a new idea for improving your memory but not before I've set today's quiz question.

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我们即将讨论一个关于改善记忆的新想法，但是在这之前我要提出今天的问答题。

There are many ways we can improve our memory but one way is through the type of food we eat.

我们有很多方式可以改善记忆，但是有一种方式是通过我们所吃的食物的类型。

According to the BBC Food website, which type of food supports good memory function?

根据BBC美食网站，哪种类型的食物支持良好的记忆功能？

Is it a) eggs, b) spinach, or c) bananas?

是 A. 鸡蛋，B.菠菜，还是 C. 香蕉？

Well, as a kid I was always told that spinach was good for me-Popeye ate it to make him strong-so I'll say b) spinach.

嗯，我小时候别人总是跟我说菠菜对我有好处——大力水手吃菠菜让自己变得强壮——所以我要选B.菠菜。

Well, I'll have the answer later on.

好的，我稍后会揭晓答案。

Now, let's talk more about improving our memory.

现在我们来进一步讨论改善我们的记忆吧。

Memory is the ability to encode, store and recall information, but a number of factors can affect people's memory processes including health, anxiety, mood, stress and tiredness.

记忆是编码、存储并回忆信息的能力，但是有很多因素能够影响人们的记忆过程，包括健康、焦虑、心情、压力和疲劳。

That's why, for example, if you're taking an exam, it's important to get a good night's sleep and to keep healthy.

例如，这就是为什么如果你要考试，那么睡个好觉并保持健康很重要。

But Neil, when you're revising for an exam, what helps you to remember facts?

但是内尔，当你在为考试复习的时候，是什么帮助你记住事实的？

I tend to write things down again and again and again and again.

我一般会把东西一遍一遍地写下来。

Well, that's one way.

嗯，这是一种方式。

But people have different styles to help them remember.

但是人们有不同的帮助自己记忆的风格。

According to the BBC's iWonder guide, there are three different styles-visual, auditory and kinaesthetic, that's learning by 'doing' and practicing something over and over again.

根据BBC的iWonder的指导，有三种不同的风格——视觉、听觉和动觉，即通过一遍又一遍地“做”和练习某件事情来学习。

That sounds like me.

这听起来跟我很像。

But recently, a new study has come up with a method that could possibly be the best way to improve your memory and that's by drawing.

但是最近，一项新的研究发现了一个方法很可能是最好的改善你记忆的方式，那就是通过画画。

Daryl O'Connor, who's Professor of Psychology at the University of Leeds, has been speaking about it on the BBC Radio 4 programme, All In The Mind.

达利尔·奥康纳是利兹大学的心理学教授，他在BBC电台4频道的节目《All In The Mind》中谈论这个问题。

See if you can work out why...

看看你能不能弄清楚原因.....

The authors certainly argue that one of the things that happens by drawing these particular objects, that it leads to this increased contextual representation of the object in one's mind...

这些作者们坚信在绘画这些特定的物体时所发生的事情之一，他们认为这会让这个物体在某人的思维中的背景表征更强烈.....

It makes a lot of intuitive sense-the idea that if you have encoded something in a greater level of detail, it's like you're more likely to remember it...

它产生了许多直觉意识——即如果你把某件事情以更详细的方式编码，那么你更有可能记住它.....

It's much stronger than just remembering and writing down the words.

它比仅仅只是通过把单词写下来来记忆要牢固得多。

OK, so let's try to explain that.

好的，我们来试着解释一下吧。

Drawing something leads to increased contextual representation of the object.

绘画使得物体的背景呈现更强烈。

When something is contextual, it is in the situation where it usually exists.

当某物是有背景的，那么它处在它经常会存在的场景中。

So as you draw something you are creating a picture in your mind about what it is, how you use it and where it is used.

所以当你在绘画的时候，你便在脑海中创建了某个物体的样子、你会怎么使用它以及它被用在何处的画面。

I wonder if this means artists have good memories...

我想知道这是否意味着艺术家们的记忆会更好.....

Maybe.

也许吧。

Daryl O'Connor says that when you draw, you are encoding something in a greater level of detail, more than you would by just writing things down.

达利尔·奥康纳说当你在绘画的时候，你在以一种更详细的方式编码某个事物，比你只是写下来要更详细。

Encoding is changing information into a form that can be stored and later recalled.

编码指的是将信息转变成一种可以被储存并且之后能够被唤起的形式。

That's because as you draw, you're thinking about different aspects of the object.

那是因为你在绘画的时候，你在思考物体的不同方面。

He says it makes intuitive sense-intuitive means it is 'based on feelings rather than facts or proof'-so, you just feel it is the best thing to do.

他说它产生了直觉意识——直觉的意味着它“基于感觉而非事实或证明”——所以你只是觉得这样做最好。

Of course this is just one more way to improve your memory.

当然这只是另一种改善你记忆的方式。

I have also heard that doing crossword puzzles and Sudoku can help, especially when you're older.

我还听说过做拼字游戏和数独对记忆能力有帮助，尤其是当你年纪大了的时候。

Yes, as we get older we can often have more difficulty retrieving information from our memory-and people with Alzheimer's find it very difficult to encode information-so any way to keep our memory working is a good thing.

是的，随着我们变老，我们可能常常会觉得从记忆中重获信息会更难——而患有阿兹海默综合症的人会发现编码信息非常难——所以任何能够让我们的记忆维持工作的方式都很好。

Basically we need brain training!

基本上我们需要训练我们的大脑！

Brain training and eating the right food, Rob!

大脑训练以及吃对食物，罗伯！

You might remember that earlier I asked you, according to the BBC Food website, which type of food supports good memory function?

你可能记得之前我问你，根据BBC美食网站，哪种类型的食物能够支持良好的记忆功能？

Is it a) eggs, b) spinach, or c) bananas?

是 A. 鸡蛋，B.菠菜，还是 C. 香蕉？

And Rob, you said...

罗伯，你说得是.....

I do remember and I said b) spinach.

我记得很清楚，我说的是 B. 菠菜。

And that is sort of the wrong answer.

这个答案可以说是错的。

In fact they were all correct-they are all examples of food that can help support good memory.

事实上它们都对——它们都是有助于支持良好记忆的食物例子。

Apparently, foods rich in B vitamins are important as they provide protection for the brain as we age and support good memory function.

很显然，富含维生素B的食物很重要，因为它们在我们年龄增长的过程中为大脑提供保护，并且支持良好的记忆功能。

I think it's time to change my diet!

我认为是时候改变我的饮食了！

Now on to the vocabulary we looked at in this programme.

现在该回顾本节目中我们说到的单词了。

So today we've been talking about our memory—we use our memory to remember things and memories is the noun for things we remember from the past.

所以今天我们一直在谈论我们的记忆——我们利用记忆来记住事情，而记忆这个名词指的是我们记住的过往的事情。

Then we discussed a learning style known as kinaesthetic, that is learning by 'doing' and practising something over and over again.

然后我们讨论了一种叫做动觉的学习风格，即通过一遍又一遍地“做”和练习某事来学习。

We heard from Professor Daryl O'Connor, who talked about contextual representation—when something is contextual, you see it in the situation where it usually exists.

我们听了达利尔·奥康纳教授的发言，他谈到了背景呈现——当某个事物是有背景的，那么你是在它经常存在的场景中看它。

Next we talked about encoding.

接下来我们讨论了编码。

That is changing information into a form that can be stored and later recalled.

指的是将信息转变成一种能够被储存并之后被回忆起来的形式。

And we mentioned intuitive sense—having an intuitive sense means doing something 'based on feelings rather than facts or proof'—so, you just feel it's the best thing to do.

我们还提到了直觉意识——拥有直觉意识指的是做某事是“基于感觉而非事实或证明”——所以你觉得这样做是最好的。

And finally we mentioned Alzheimer's—a disease affecting the brain that makes it difficult to remember things and it gets worse as you get older.

最后我们提到了阿兹海默综合症——一种影响大脑，让记住事物变得困难的疾病，并且随着年龄的增长会恶化。

Well, there are lots of new words to remember there, but that's all for this programme.

嗯，有很多新单词要去记，但是本期节目就到这里。

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别忘记在脸书、推特、INS和YouTube以及我们的网站**bbclearningenglish.com**上访问我们。

Bye for now.

再见了。

Goodbye!

再见！

