

UNIT 7

WHAT IS THE BEST WAY TO STUDY?

READING: THE SECRET TO GOOD MEMORY

QUICK DISCUSSION: Discuss these questions with your classmates.

1. Look at the photo. What are the people doing? Is this a good way to study?
2. How do you study?



PREVIEW THE READING

VOCABULARY: Here are some words from Reading I. Read the sentences. Write each underlined word next to the correct definition.

1. Your brain stores information in many different places.
2. The front area of your brain helps you make decisions.
3. The brain requires sleep. You cannot learn anything new without sleep.
4. When we learn, we connect new information to what we already know.
5. Children like to repeat the same stories, again and again. That is how they learn to read.
6. If you want to learn English, you need to practice it every day.

- a. _____ (verb) to do something many times so you will do it well
- b. _____ (verb) to say or do something again
- c. _____ (verb) to keep something to use later
- d. _____ (verb) to need something
- e. _____ (verb) to bring together two different things
- f. _____ (noun) a place or space

WORK WITH THE READING

THE SECRET TO GOOD MEMORY

1 There is a saying in English, “In one ear and out the other”. It means we hear something, and we forget it quickly. Is it true?

2

2 In 1895, a doctor names Hermann Ebbinghaus researched the question, “How quickly do people forget new information?” He found that people forget new information very quickly. Within an hour, a person forgets about 55%. Within 24 hours, a person forgets about 70%.

3 We do not forget all information that quickly. If you burn yourself on a kitchen stove, you will remember to be careful for a long time. That’s because you were in danger. In the classroom, you are not in danger. In the classroom, it is easy to forget your learning.

4 How can you remember more? You need to repeat what you learned many times. Repetition is the secret. Language teachers say it takes at least 20 different repetitions to learn a word in a different language! This does not mean 20 repetitions in one hour. Learning requires repetition over days, weeks, and months.

5 Why not 20 repetitions in an hour? When you repeat the same information again and again, the information stays in your short-term memory ¹. The information is easy to find, but it does not stay in short-term memory for long.

6 When you stop thinking about the new information, your brain moves it from your short-term memory into your long term memory². It breaks the information into smaller parts. It stores the information in different **areas** of your brain. For example, when you learn a new word in English, you learn spelling, pronunciation, and meaning. This information is stored in different areas of your brain.

7 Do you ever see a word and say, “I know it, but I can’t say it!” That’s because you can find some of the information, but you can’t find all of it. You remember something about the word, but not enough to put it together. When you truly remember the word, you connect all its different parts. Every time you think about the word, those connections get stronger. With every repetition, you can find the information faster.

8 Repetition is the secret to good memory, but it does not mean repeating the same thing, the same way every time. If you practice your learning in different ways, your brain connections get stronger. For example, when you hear the word, you connect one way. When you write the word, you connect a different way. Each time you add new connections to the word, you make the memory stronger. Repetition and practice are the keys to remembering what you learn.

¹ **short –term memory**: the type of memory that stores information temporarily, e.g., while repeating a phone number.

² **long –term memory**: the type of memory that stores information for a long period of timer

B. IDENTIFY: Circle the main idea of the article.

1. It takes 20 repetitions to learn a new word.
2. The brain makes many connections.
3. Repetition is the secret to good memory.
4. It is easy to forget classroom learning.

RESTATING

To restate is to say or write information from the reading in your own words. You can restate one or many sentences. Try not to use the exact same words as in the reading. Restating is a good way to test how well you understand the reading.

STATEMENT

"We do not forget all information that quickly. If you burn yourself on a kitchen stove, you will remember to be careful for a long time. That's because you were in danger."

RESTATEMENT

We remember things we learn from danger.

C. IDENTIFY Read the statements. Which paragraph do they restate?

- _____ a. People forget more than half of what they hear in an hour.
- _____ b. Humans store information in different areas of the brain.
- _____ c. We quickly lose information in short-term memory.
- _____ d. Learning takes time.
- _____ e. The brain remembers danger.
- _____ f. It is better to practice in several ways.
- _____ g. Memory is about connecting different bits of information.
- _____ h. People need to repeat new learning to remember it.
- _____ i. Thinking about words makes the memory of the words stronger.



WRITING

How to Write a Title

A title tells the reader what the topic of the paragraph is. It is usually a word or phrase, not a sentence. It should be brief, but not so brief that it does not tell the reader what to expect. A good title catches the reader's interest.

Remember these points when writing a title:

- The first letters of the words in a paragraph are capitalized. Prepositions and articles are not capitalized; however, the prepositions of more than five letters may be capitalized. Articles that begin the title, of course, are capitalized
- The title of a paragraph or an essay is not underlined.
- The title is not enclosed in quotation marks or ended with a period.

Exercise 1: Write an appropriate title and a concluding sentence for the paragraph below.

I remember my high school graduation very well. Besides my immediate family, a lot of my aunts, uncles, and cousins came to the ceremony, I put on my graduation gown and cap and we all drove to the ceremony. It didn't last very long. Some people gave speeches and then they presented awards. We all just sat there quietly during all that. Next, they handed us our diplomas. While we stood in line to receive them, my mother took a lot of photos and my brother tried to make me laugh. I think my mom cried a little. Once I got my diploma, I felt really fantastic. After everyone had their diplomas, we all threw our graduation caps up in the air. That's a fun tradition. Later, at home, my friends and family gave me cards and presents.

Exercise 2: Complete the paragraph below. Choose the correct topic sentence and supporting details from the box. There is one extra option. Also, write an appropriate title.

- a. Find a shared interest or talk about what is around you, like your school or your teacher.*
 - b. Friends are easy to make at work.*
 - c. There are several ways to make new friends.*
 - d. For example, you could talk about your boss or your customers.*
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_____ (1) First, if you go to school, you can make new friends in class. Come early so you have time to meet other people before class starts, and try not to sit by yourself. Instead, sit next to another student and use small talk to start a conversation. _____ (2) Soon you will discover what you have in common, and your new friendship can develop! Another great place to make new friends is at work. You and your coworkers will already have many things in common to talk about _____ (3) . If your friendship develops, you might even hang out, which will give you something to look forward to after you finish work. Making new friends is not always easy, but with a little effort, you can build friendships with the people around you, and in the process, you may even find your new best friend!

UNITY AND COHERENCE

Unity

Effective writing must have unity. Unity in a paragraph means that all the sentences are related to the topic sentence and its controlling idea. Otherwise, the paragraph loses focus.

The supporting sentences must support, demonstrate, prove, or develop the main idea in the topic sentence. If they do not, they will be irrelevant or off-topic and destroy the unity of the paragraph.

Exercise 1: The following paragraph contains three sentences that are irrelevant or unnecessary to the main point of the paragraph. Cross out the irrelevant sentences and put the numbers of those in the spaces provided.

Why Adults Visit Amusement Parks

(1) Adults visit amusement parks for several reasons. (2) For one thing, an amusement park is a place where it is acceptable to "pig-out" on junk food. (3) At the park, everyone is drinking soda and eating popcorn, ice-cream, or hot dogs. (4) No one seems to be on a diet, and so buying all the junk food you can eat is a guilt-free experience. (5) According to research, junk food is harmful for your health. (6) Another reason adults visit amusement parks is to prove themselves. (7) They want to visit the park that has the newest, scariest ride in order to say that they went on the Parachute Drop, the seven-story Elevator, the Water Chute, or the Death Slide. (8) Also, going on a scary ride is a way to feel courageous and adventurous without taking much of a risk. (9) You can also see wild animals at the zoo. (10) Teenagers like rides more than adults. (11) A final reason adults visit amusement parks is to escape from everyday pressures. (12) When they are poised at the top of a gigantic roller coaster, they are not thinking of bills, work, or personal problems. (13) In conclusion, adults at an amusement park may claim they have come for their children, but they are there for themselves as well.

The numbers of the irrelevant sentences are ____ _

*Pig-out: to eat a lot

Exercise 2: Cross out the irrelevant sentence(s).

Learning Responsibility

My first job was as a sales clerk in a small clothing store. It was not a difficult job and it was not really a very interesting job. My best friend had a more exciting job. Every week I had to open the store at 10:00 a.m. I could not be late. Now on the weekends I like to sleep late. I helped the customers find clothes, and I kept the store clean and neat. My parents' house was very clean, too. I used the cash register and handled credit cards, so I had to be very careful. These things all taught me responsibility. Now I work in a research laboratory. I do not work with clothing anymore, but I still use that important skill I learned in my first job.





Exercise 3: Which additional sentences could be connected to the paragraph? Write C (connected) or U (unconnected).

- a. _____ I answered the phone and opened the mail.
- b. _____ On weekdays, I did my homework for school.
- c. _____ I once worked delivering pizza, too.
- d. _____ I learned how to choose and order new clothing.
- e. _____ Dressing neatly and professionally was an important part of the job.
- f. _____ A lab assistant is a good job for me.
- g. _____ In the future, I would like to take some business trips.

Coherence

Coherence in writing means that all the ideas fit together in a logical flow. In other words, everything in the writing should make sense to a reader.

Important features of coherence are:

-  logical order
-  use of transitional words or phrases (will be studied in the following units)
-  use of pronouns
-  use of parallel forms (will be studied in the following units)

SAMPLE STUDENT PARAGRAPHS

My Study Routine

My study routine is very challenging for teenagers because we have so many other things in our mind. Everyone has a different method. I am a quick learner but I forget things quickly. I have to study almost every day. When it's time to study, I find a nice quiet spot in the house. Flashcards is a technique that I use when I study. I write questions on one side and the answers on the other side. It helps me remember and store my information. If you like playing memory games, flashcards are great when preparing for a test. I also study for my hard classes first and my easier classes last. Hard subjects usually take more time to learn than others. Even though my study routine may not help others, it helps me to pass all my tests. My study routine also helps me to be ahead of more students. I am one of the top students in my class and I give all the credit to my study routine. Studying is very essential for me to be successful in life.

Write a title!

Indent the first word of your paragraph!

I will improve my study habits ~~and learn and learn,~~ ~~Because~~ **learn, because** ~~+~~ I want to become more intelligent, in other words ~~i want to be successful(.) in addition~~ **In addition,** ~~i~~ want to help my family so that they will never suffer ~~anymore.~~ I ~~almost~~ want to ~~like~~ stop schooling ~~cause~~ **because** it's so hard. ~~Likewise~~ in my mind ~~i~~ feel bad ~~cause~~ ~~i~~ want to continue studying ~~and~~ work hard for my family.



WRITING TASK 10

Write a well –organized paragraph about one of the topics given below.

1- “The best ways to study”

2- “Your study routine”

EDIT- Complete the self-assessment checklist before you hand in your paragraph.

SELF-ASSESSMENT	Yes	No
Does the paragraph have a strong topic sentence and concluding sentence?		
Are there supporting sentences with specific details or/and examples?		
Is there an appropriate title?		
Are all your sentences related to the topic?		
Did you pay attention to the correct word order while forming your sentences?		
Are all words used in their correct form?		
Does the paragraph include vocabulary from the unit?		
Did you check the paragraph for punctuation, spelling, and grammar?		

