

HOW TO IMPROVE YOUR MEMORY

In 30 seconds, answer the following questions:

Would you like to have a perfect memory? Why or why not?

Watch the video and answer the given question in 60 seconds:

In your opinion, what are the advantages of caffeine?

Video



Source: <http://www.dailymotion.com/video/x4r9mgg>



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Listen and repeat. Then, choose a word to define.

1. Reinforce (v) /ˌriːɪnˈfɔːrs/

2. Blurred (adj) /blɜːrd/

3. Commemorative (adj) /kəˈmemərəɪtɪv/

4. Redolence (n) /ˈredələns/

5. Resonate (v) /ˈrezəneɪt/

6. Retentive (adj) /rɪˈtentɪv/

Make a sentence using that word.

Example: She tried to piece together the **blurred** details and recollections of the accident.



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Wear Your Words

Explanation of a useful idiom and a phrasal verb:

Bear in mind that...

to remember or consider that...



Take someone back

to make someone remember or learn about an earlier period in time



Examples:

- ✓ You must **bear in mind that** the cost of living in Canada is higher than in the US.
- ✓ The smell of the sea **took him back** to his childhood.

Make a sentence using either the given idiom or phrasal verb.



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Structure:

It is + adjective + (for somebody) + to infinitive.

Example: *It is important for you to boost your memory by eating right.*

Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss “Ways to improve your memory” with your partner.

Suggestions

- ✓ Eat properly
- ✓ Stop multitasking
- ✓ Get a good night's sleep
- ✓ Play brain games
- ✓ Keep learning new things
- ✓ Try mnemonic devices
- ✓ Etc.



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Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to improving memory

- ✓ **One idiom and one phrasal verb:**

Bear in mind that...

Take somebody back

- ✓ **Structure:**

It is + adjective + (for somebody) + to infinitive.

- ✓ Discussion about ways to improve your memory



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Homework

Complete your mission and find more in related lessons.

Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Search for related lessons in the course browser [here \(It doesn't apply to all students\)](#)
- ✓ Take those lessons

Recommendation

- ✓ [99-make up your mind \(#0484\)](#)
- ✓ [48-test modal forms and use \(#0112\)](#)



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Teacher

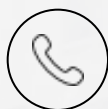


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Material

- ✓ Please don't forget to rate our lesson today



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