



# LESSON 19. REMEMBERING MEMORIES

## **At the end of this lesson, students will be able to:**

1. Define what memory is.
2. Recognize the advantages and difficulties of recalling certain things.
3. Define vocabularies related to the reading passage
4. Interpret idiomatic expressions and utilize it in sentences.
5. Test one's skills in telling real-life stories through the use of Simple Past tense.
6. Restate other ways to express memories of something and forgetting things.
7. Discuss combining more than two adjectives with “comma” and “and”
8. Employ skills in adjectives by talking about one's unforgettable experience.
9. Pronounce The Rhotic R (American R) correctly.



*“Those who forget the past will repeat it.”*

What do you think this means?

Give examples.



## In a Nutshell

**Memory** is the power or process of remembering what has been learned. Our human memory is quite **impressive**, but **on the other hand** also quite **flawed**. Did you know, that every time you **retrieve** a memory of an event, it will become more flawed and less correct? When you retrieve a memory it gets **influenced by** newer thoughts, emotions, and knowledge which can **interfere** with the memory structure of the *neuron connections*, so when it is saved again in the **long-term** memory after being retrieved, it might no longer be the same as before. It becomes a *memory of a memory*.



## What's your happiest memory?



**REMEMBER:** What are the good things about remembering these things? What are the difficulties? Expound your answers.

	The good things	Difficulties
Spelling		
Dates in history		
Capital cities		
Song words		
People's names		
Jokes		

Express your thoughts with these:

- I believe that...
- In my mind...
- One of the merits / advantages/ benefits
- Some challenges include..
- A difficulty I encounter is..



Listen to the audio and complete the dialogue below.

## Listening 19.1

### *How to become a memory champion*

Are you (3 words) things? Can you remember (3 words) of (2 words) quickly and easily? If the answer (3 words) questions is 'no,' help may be (2 words). A new study says (2 words) anyone can have an (1 word) memory if they (3 words). Scientists say that we can train our brain to be a (2 words) just like athletes train to (2 words). (1 word) Martin Dresler wrote in the (1 word) "Neuron" that just (2 words) of brain training can (2 words) with average memories into people with an (2 words) to remember things. Dr. Dresler (3 words) could train their brain to enter the (3 words) that are (3 words) every year.

Dr. Dresler (1 word) MRI (4 words) of 23 of the world's (2 words) memory champions with the brains of (1 word) people. He said: "We were (2 words) what (1 word) memory champions (3 words), like you and me." He was (3 words) no differences. This (3 words) we can all become memory athletes with the right training. Dresler found that 40 days of (3 words) training sessions using a (2 words) called (1 word) more than doubled a person's (2 words). Mnemonics is an (3 words) that helps people remember things, especially in (2 words). Who knows? It (2 words) you with those words for your next (2 words).

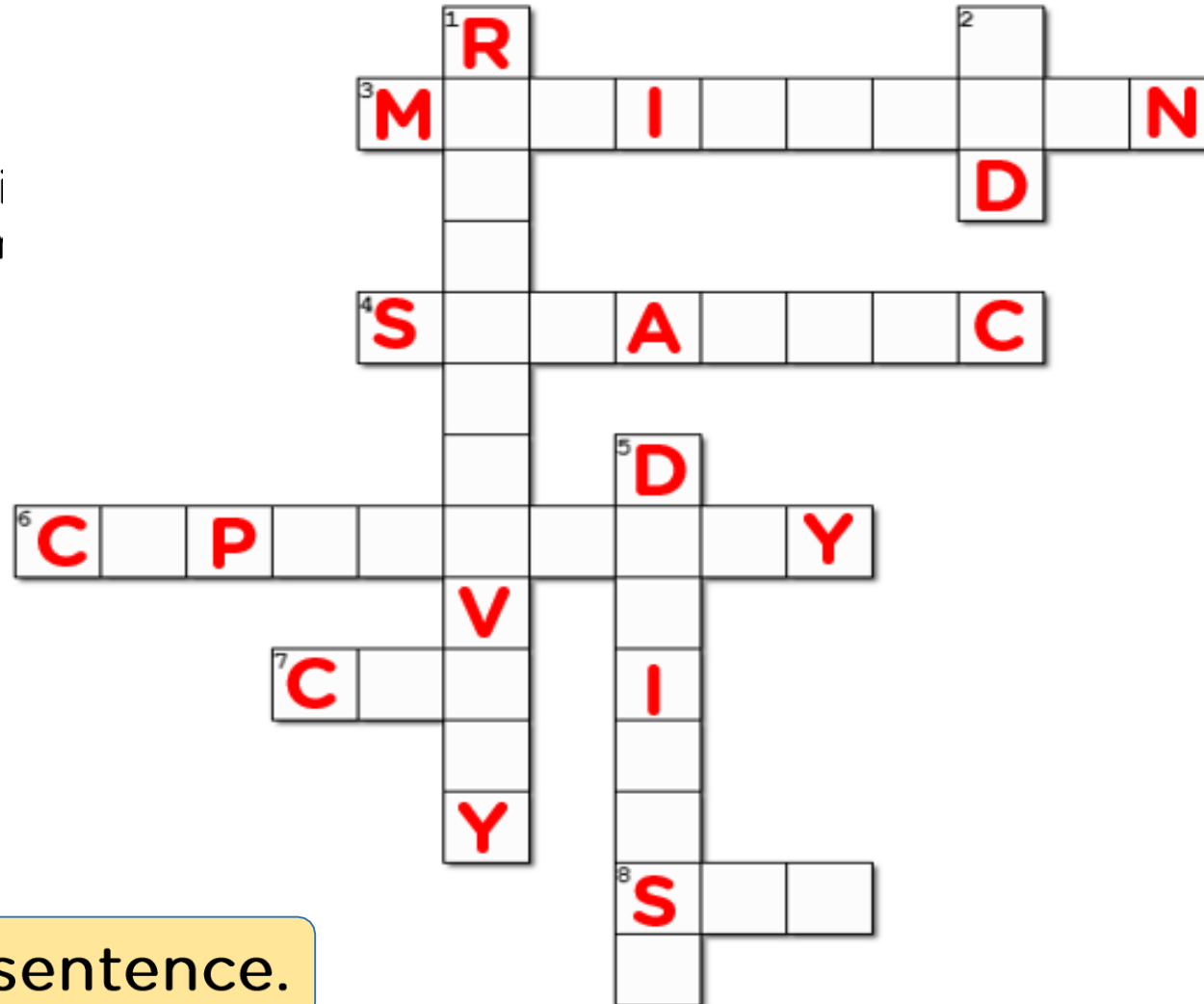
## Complete the puzzle.

### Across:

3. the act of giving your attention to only one thing either as a religious activity or as a way of becoming calm and relaxed
4. of or relating to meaning in language
6. The power to do something.
7. something serving as a signal or suggestion
8. the total

### Down:

1. in the order given
2. help, typically of a practical nature.
5. make or become less.



Use the words in your own sentence.



Most people wish they had better memories. They also worry about forgetting things as they get older. But did you know that we have different kinds of memory? When one or more of these kinds of memories start to fail, there are a few simple things that everyone can do to improve their memories.

What most people think of as memory is, in fact, five different **categories** of memory. Our **capability** to remember things from the past, that is, years or days ago, depends on two categories of memory. They are remote memory and recent memory, **respectively**. Think back to last year's birthday. What did you do? If you can't remember that, you are having a problem with your remote memory. On the other hand, if you can't remember what you ate for lunch yesterday, that is a problem with your recent memory. Remembering past events is only one way to use memories. When taking a test, we need to **draw on** our **semantic** memories. That is the **sum** of our **acquired** knowledge. Or maybe we want to remember to do or use something in the future, either minutes or days from now. These cases use our immediate and **prospective** memories, respectively. *On the other hand*, maybe you can easily remember to meet your friend for lunch next week. That means that at least your prospective memory is **in good working order**. Many people think that developing a bad memory is unavoidable as we get older, but this is actually not the case.

Of our five kinds of memory, immediate, remote, and prospective (if **aided** with **cues** like memos) do not **degrade** with age. But how can we prevent a **diminishing** of our semantic and **unaided** prospective memories? The secret seems to be activity. Studies have shown that a little mental activity, like learning new things or even doing crossword puzzles, **goes a long way** in positively affecting our memories. Regular physical activity appears to be able to make our memories better as well. This is possibly due to having a better blood supply to the brain. The one thing to avoid **at all costs**, though, is stress. When we are stressed, our bodies release a hormone called **cortisol**, which is harmful to our brain cells and thus our memories. Reducing stress through **meditation**, exercise, or other activities can help to **preserve** our mental abilities.





## Choose the correct answer.

1. What is the main focus of this reading?

- A. Types of human memory
- B. Functions of brain chemicals
- C. Tricks of remembering things
- D. How to stay active

2. Which category of memory would you use to remember where your car keys are?

- A. Immediate memory.
- B. Recent memory
- C. Remote memory
- D. Semantic memory

3. Which of the following would positively affect your memory?

- A. Watching TV
- B. Stretching
- C. Working a lot
- D. Producing cortisol

4. Which of the following is NOT true, according to the reading?

- A. Some kinds of memory are not affected by age.
- B. Stress makes us forget more things.
- C. Too much blood flow can degrade our memory.
- D. Physical activity and having good memory are connected.

5. Which word is closest in meaning to the word “secret” in this reading?

- A. A hidden thing
- B. A private thin
- C. An unexplainable thing
- D. A successful method

The word 'MEMORIES' is written in large, colorful, 3D-style letters. Each letter has a different color and a shadow, giving it a vibrant, artistic appearance.

Choose the correct word for each definition.

1. Something that we do or use now that leads to a big beneficial result later
2. From a different, conflicting, or contradictory point of view
3. To use information or your knowledge of something to help you do something
4. Working properly
5. No matter what; absolutely

Complete each sentence with the best word.

1. His novels \_\_\_\_\_ his childhood.
2. \_\_\_\_\_ vitamin c \_\_\_\_\_ when you're fighting a cold.
3. I'd like to eat out, but \_\_\_\_\_ I should be trying to save money.
4. If you are sick, you should avoid becoming overtired \_\_\_\_\_.
5. The car is \_\_\_\_\_ for the trip.

**in good working order**

**a little (something) goes a long way**

**draw on**

**at all costs**

**on the other hand**



## Past Simple Tense

It is used when you need to express an action which took place in the past and was completed at that time.

- I **went** to Italy last year.
- She **studied** English when she was a child.
- He **did** his exam online.

Affirmative	Negative	Interrogative
She forgot my birthday.	She <b>didn't</b> forget my birthday.	Did she forget my birthday?
He <b>was</b> in your house.	He <b>was not</b> in your my house.	Was he in your house?

## Vocabulary Spotlight

### Past Time Expressions

- yesterday
- a week (month, year) ago
- last (month, year, weekend, Monday) night
- the day before yesterday
- two days (months, years) ago

To formulate the simple past, we use:

**Regular and Irregular Verbs**  
[Verb Forms: List of Regular and Irregular Verbs in English - ESLBuzz Learning English](#)

# Flashback Activity

What are your memories about the following?  
Tell a story for each and use the Simple Past.



Commence your story with these phrases:

- There I was/we were
- Once upon a time
- It all began
- To start off



Friends

Vacation



Family

School



Game





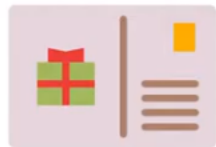
# Test Your Memory Game



**Listening 19.2** Watch and answer the activity.

<https://www.youtube.com/watch?v=Um1EXbwmYYs>

## MEMORIZE IMAGES



**How well did you do?  
Share your score!**



Study the following expressions below.

## EXPRESSIONS FOR REMEMBERING THINGS

- As far as I can remember...
- I'll always remember...
- I remember...
- If (my) memory serves me correctly,...
- I'll never forget...
- As I recall...
- If I'm not / Unless I'm - mistaken.
- Now I come to think of it...
- I can (clearly) remember...
- I have a vague recollection of...
- As far as I can recall...
- If I remember correctly...



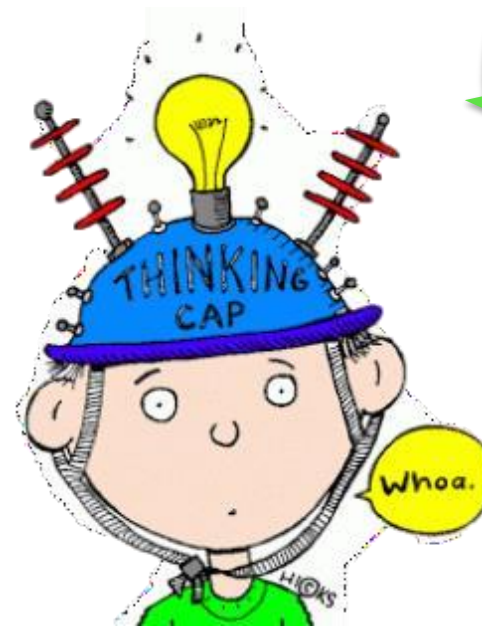
## EXPRESSIONS FOR FORGETTING THINGS

- My mind went blank.
- It doesn't ring a bell.
- It completely slipped my mind.
- I lost my train of thought.
- My memory is short.
- I'm sorry, I forgot about it.
- I forget.
- I can't remember.
- I don't remember.
- It's on the tip of my tongue.
- It went in one ear and out the other.
- Can you refresh my memory?
- I had a senior moment.
- I failed to remember
- It escaped my memory..
- I'd forget my head if it wasn't attached
- I do not memorize anything.



# Do you remember?

What did you do? Use the expressions on the previous page to recall events.





## COMBINING MORE THAN TWO ADJECTIVES

### Using "and" with Paired Adjectives

If the paired adjectives come BEFORE the noun, DO NOT USE "and".

- *She went to a fabulous French restaurant.*

If the paired adjectives come AFTER the noun, USE "and".

- *The restaurant is fabulous and French.*

### Commas with Paired Adjectives

If the paired adjectives come BEFORE the noun AND give DIFFERENT TYPES of information, DO NOT USE A COMMA between them.

- *She went to a fabulous French restaurant.*

If the paired adjectives come BEFORE the noun AND give SIMILAR TYPES of information, USE A COMMA between them.

- *She ate some delicious, elegant food.*

If the paired adjectives come AFTER the noun, USE "and" with NO COMMA. It does not matter what types of adjectives are in the pair.

- *The food was delicious and elegant.*

When you use more than one adjective, you have to put them in the right order, according to type.  
>> Check order of adjectives on the source link.

Source: <http://www2.estrellamountain.edu/faculty/stonebrink/ESL022/Paired%20Adjectives.htm>





Go to this link, click the “*Test Yourself*” and answer the questions:  
<http://www2.estrellamountain.edu/faculty/stonebrink/ESL022/Paired%20Adjectives.htm>

**Write about your most unforgettable experience on your chatbox. Use as many adjectives as you can while following the rules on the previous page. Discuss it in class.**



Some adjectives you can use for describing experiences:

Emotional  
Brief  
Satisfying  
Imperfect

Frustrating  
Horrorifying  
Terrible  
Mystic  
Rare

Exhilarating  
Amazing  
Rewarding  
Moving  
Encouraging  
Remarkable  
Academic  
Educational  
Mind-boggling

## The Rhotic R (American R)

Many languages have a “trilled” r sound, where the tip of the tongue touches just behind the front teeth (like the /d/) in quick, repeated motions. To pronounce the rhotic r, or “American /r/,” however, you must produce it from the back of the mouth, with the tip of the tongue touching nothing.

### STEP 1 Listening 19.3

- We're in the red this quarter.
- They're bringing up the rear.
- It's a race against time.
- That's about the right height.
- That's really easy writing.
- Let's find a workaround
- Please correct that amount.
- What time does she arrive?
- It's a pilot program?

Repeat after each sentence.

### STEP 2

Now read the letter. Make sure to pronounce the sounds correctly.

Dear Laura,  
You're probably wondering why I'm writing this letter so hurriedly. My trip to Europe has been a real treasure. Yesterday, I boarded a train for the southern area of Germany. Ever since we crossed the Rhine River, it's been a series of rolling hills and breath-taking views. The Bavarian Forest is right out of a fairy tale. Tomorrow we head for Switzerland. Can't wait for the roller coaster journey across the Alps. Well, I'd better get this card in the mail. See you in Ireland!

Sincerely yours,  
Roland

# The End