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# BBC LEARNING ENGLISH

## Take Away English 隨身英語



### Can we improve our memory? 記憶力可以提高嗎？

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字彙：*memory* 記憶

We've all been there – staring at a pile of books, desperately hoping that what we study will **stick in our mind**. Many of us have probably asked if there's any way that we can get better at remembering things. So, why don't we look at what memory experts say about this?

Every student who has made **flashcards** knows that it can be helpful to **go back over** what they've studied before. According to The Learning Scientists – a group of **cognitive** scientists – we can learn things better if we wait for some time before trying to study them again. They say that trying to **retrieve** something from your memory after you have had some time to forget it will make it easier to remember in future.

Similarly, David Robson, writing for BBC Future, highlights studies that show taking some time to just do nothing after studying might mean that you can remember things better afterwards. We don't know exactly why this happens, but it has been suggested that it's to do with the relationship between **long-term** and **short-term memory**.

Another **study tip** from The Learning Scientists is to change between different topics as you study. They say this can help you build links between different ideas. Now, **linking** ideas and **relating** them to each other or to images are often suggested as good ways to **memorise** something. Former world memory champion Jonathan Hancock highlights how **picturing** pieces of information in different physical locations or linking them to **memorable images** makes them easier to remember. Linking new information to things that are easier to remember is a technique that many people use – it could be making letter **patterns** into words called **mnemonics**, or by sorting things into categories.

There are also more general things that we can do to improve our memory. Hancock says that being generally organised makes things easier for your brain, while many other experts also recommend avoiding stress, alcohol and smoking, and that we should get a lot of rest and exercise. So, the good news to take from this is that while it may be hard, improving our memory is something we can control.

## 字彙表

stick in someone's mind	刻在某人的腦海裡
flashcard	抽認卡，（有文字或圖片的）教學卡片
go back over	複習
cognitive	認知的
retrieve	找回
long-term memory	長期記憶
short-term memory	短期記憶
study tip	學習技巧
link	使聯繫
relate	找到聯繫
memorise	記住
picture	想像
memorable image	難忘的圖片
pattern	模式
mnemonic	說明記憶的符號，助記符號

## 測驗與練習

### 1. 閱讀課文並回答問題。

1. According to The Learning Scientists, should you try to remember something immediately after learning it?
2. What do the studies highlighted by David Robson suggest might help people's memory?
3. Why do The Learning Scientists suggest changing between different subjects when studying?
4. What technique did Jonathan Hancock suggest using to memorise information?
5. What lifestyle changes are suggested as ways to improve memory?

### 2. 選擇意思恰當的單字或片語來完成下列句子。

1. When you remember something you \_\_\_\_\_ it from your memory.

memorise	retrieve	link	go back over
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2. Things that you remember for a long time are stored in your \_\_\_\_\_ memory.

short-term	cognitive	long-term	mnemonic
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3. A \_\_\_\_\_ is a word pattern that helps you remember something.

study tip	mnemonic	picture	flashcard
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4. \_\_\_\_\_ one idea to another means finding similarities and differences between them.

Linking	Relating	Retrieving	Memorising
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5. Many students write key information on \_\_\_\_\_.

mnemonics	patterns	flashcards	study tips
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## 答案

### 1. 閱讀課文並回答問題。

1. According to The Learning Scientists, should you try to remember something immediately after learning it?

**No, according to The Learning Scientists, you should try to remember something after you have had time to forget it.**

2. What do the studies highlighted by David Robson suggest might help people's memory?

**Studies highlighted by David Robson suggest that taking time to do nothing can improve people's memory.**

3. Why do The Learning Scientists suggest changing between different subjects when studying?

**Because changing between different subjects when studying can help students relate ideas to each other.**

4. What technique did Jonathan Hancock suggest using to memorise information?

**Hancock suggests linking pieces of information to physical locations or other memorable images.**

5. What lifestyle changes are suggested as ways to improve memory?

**The article mentions avoiding stress, alcohol and smoking, and getting good levels of rest and exercise.**

### 2. 選擇意思恰當的單字或片語來完成下列句子。

1. When you remember something you **retrieve** it from your memory.

2. Things you remember for a long time are stored in your **long-term** memory.

3. A **mnemonic** is a word pattern that helps you remember something.

4. **Relating** one idea to another means finding similarities and differences between them.

5. Many students write key information on **flashcards**.