

UNIT 19 REVIEW TEST LISTENING SCRIPT

Teacher: In today's class, I'll discuss activities that can help improve memory. These activities are useful if you work with children, elderly adults, or anyone who has experienced memory loss due to injury or disease. Of course, there are plenty of online games for memory improvement, but interacting with people face-to-face enhances the experience. Besides, not everyone wants to use a digital device. Elderly people, for example, may not be entirely comfortable using smartphone apps.

Thomas: What if you have a bad memory yourself?

Teacher: Good question. I believe memory can be improved with practice. Obviously, that's not the case with someone who has suffered a traumatic brain injury, but in general, a weak memory can be strengthened with practice. Alright, for the first activity, let's think of countries around the world that begin with the letter "C."

Dianna: That's easy. China. And Canada.

Thomas: How about Cambodia?

Teacher: Very good. It gets more difficult once the major countries are covered. If you want to make it even more challenging, set a time limit. For instance, allow each person in the group only five seconds to answer before moving on to the next person. This activity is difficult but fun. Plus, the options are endless because any letter and any category can be used. For the next activity, I'm going to ask everyone to leave the room for one minute.

Teacher: OK, now come back in and tell me what is different about the room. I've made several changes.

Dianna: Did you move the plant from one side of the desk to the other?

Teacher: No, actually. The plant was in the same place before you left the room.

Thomas: You're holding a different book. This one is gold, but the other one was blue.

Teacher: You're correct. This activity draws awareness to the fact that your memory is always working, even if you're not aware it is. Does anyone have any questions so far?

Thomas: These are good group games, but what if I want to strengthen my own memory skills?

Teacher: There are a number of things you can do; for example, after you read a book, try to recollect as much as you can—not only the highlights, but the smaller details, too. What did the characters look like? What were their conversations about? The same activity can be done with movies. Recalling vivid details is like a workout for your brain, and your brain needs exercise to stay in shape. Additionally, you could memorize poems or songs, or even speeches that you like. Anything that causes your brain to work hard will create a stronger memory function.