

INTERMEDIATE CONVERSATION CLASS

15 - 20 May 23

Watch the video and TURN OFF THE SUBTITLES. Then, answer the questions.

<https://youtu.be/yOgAbKJGrTA>

Questions:

Long-term potentiation is a mechanism by which

- Memories are lost
- Memories are stored
- Memories are formed

Which two factors contribute to memory loss as we age?

- Brain shrinkage and extra neuronal connections
- Brain growth and a drop in neurotransmitter production

You look up a friend's phone number. However, when you call the number, the line is busy. When you start to dial the number again at a later time, you realise you no longer remember it. This experience probably occurred because the phone number was only temporarily stored in your:

- Long-term memory
- Short-term memory
- Sensory memory
- None of the above

The major factor that promotes our ability to retrieve information from long-term memory is:

- Stress
- Boredom
- Paying attention to meaningful information
- Depression

We can do the following to preserve our memories EXCEPT:

- Exercise
- Eat healthily
- Take drugs
- Participate in mentally stimulating activities