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Level 3 – 30th March 2023

Scientists know more about how we forget

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2303/230330-forgetting.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Some people are very forgetful, while others can remember everything they have done. Scientists know a lot about how our brains store and remember facts and experiences. There is little research on how or why the brain forgets things. A new study looks at forgetting. A team of researchers from the USA studied the brain's process of forgetting things. The researchers are cognitive neuroscientists. They study the brain and how it thinks and works. Their work may help people who have memory problems. It may also help those with depression and dementia. The lead scientist, Marie Banich, said: "It may sound surprising that people can control what and how they forget."

Professor Banich said forgetting is important. She said it keeps the brain working smoothly. Her research found ways that people remove information from their brain. She said: "We have control over the ability to remove information from...our thoughts." This is important because it means we can focus on more important tasks. However, although we can control what and how we forget, the act of forgetting needs a lot of effort. Another researcher, Sara Festini, agreed. She said: "We've found that intentionally forgetting no-longer-relevant information from the mind is beneficial, but it doesn't happen automatically." Researchers will now look at why we forget recent events, like where we left our keys.

Sources: <https://neurosciencenews.com/memory-removal-22884/>
<https://www.inc.com/jessica-stillman/the-science-of-why-youre-already-forgetting-all-your-covid-memories.html>
<https://www.eurekaalert.org/news-releases/572840>

WARM-UPS

1. FORGETTING: Students walk around the class and talk to other students about forgetting. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

forgetful / scientists / facts / research / brain / memory / depression / dementia / information / control / focus / tasks / effort / beneficial / mind / recent events / keys

Have a chat about the topics you liked. Change topics and partners frequently.

3. TRAINING: Students A **strongly** believe we should all do brain training activities every day; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. FORGETFULNESS: Have you ever forgotten these things? What happened? Complete this table with your partner(s). Change partners often and share what you wrote.

	Have You?	What Happened?
A birthday		
Where you left your keys		
A password		
A meeting		
A hospital appointment		
Someone's name		

5. BRAIN: Spend one minute writing down all of the different words you associate with the word "brain". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. MEMORIES: Rank these with your partner. Put the best memories at the top. Change partners often and share your rankings.

- Birthdays
- First dates
- Amusement parks
- Vacations
- English classes
- Hiking
- Playing sport
- A family event

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|---|
| 1. forgetful | a. About the mental action of getting knowledge, understanding, and thinking. |
| 2. store | b. A thing that is known or is true. |
| 3. fact | c. Keep something somewhere for future use. |
| 4. process | d. An illness in which our memory and ability to think becomes worse and worse. |
| 5. cognitive | e. Likely not to remember things. |
| 6. depression | f. A series of actions or steps needed to do something. |
| 7. dementia | g. Strong feelings of sadness and negativity. |

Paragraph 2

- | | |
|-------------------|---|
| 8. smoothly | h. Ideas or opinions produced by thinking, or being suddenly in the mind. |
| 9. thoughts | i. Deliberately; on purpose; not by accident. |
| 10. task | j. Resulting in good things. |
| 11. effort | k. A small job or piece of work we need to do. |
| 12. intentionally | l. Suited to the current time or events. |
| 13. relevant | m. Physical or mental work. |
| 14. beneficial | n. Without problems or difficulties. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says we are all forgetful. **T / F**
2. Scientists know a lot about how the brain forgets things. **T / F**
3. The scientists' research may help people who are depressed. **T / F**
4. A researcher said it's not surprising that we can control what we forget. **T / F**
5. A professor said forgetting helps the brain work smoothly. **T / F**
6. The act of forgetting needs a lot of effort. **T / F**
7. Forgetting unimportant information doesn't happen automatically. **T / F**
8. Researchers say everyone forgets where they leave their keys. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-------------------------|-------------------|
| 1. forgetful | a. power |
| 2. remember | b. difficulties |
| 3. process | c. like clockwork |
| 4. problems | d. recall |
| 5. surprising | e. deliberately |
| 6. smoothly | f. action |
| 7. ability | g. useful |
| 8. focus | h. absent-minded |
| 9. intentionally | i. unexpected |
| 10. beneficial | j. concentrate |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|--------------------------|
| 1. Some people are very | a. and dementia |
| 2. how our brains store and | b. important tasks |
| 3. help people who have memory | c. scientist |
| 4. help those with depression | d. our keys |
| 5. The lead | e. to remove information |
| 6. She said it keeps the brain working | f. remember facts |
| 7. We have control over the ability | g. problems |
| 8. we can focus on more | h. information |
| 9. forgetting no-longer-relevant | i. forgetful |
| 10. where we left | j. smoothly |

GAP FILL

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Some people are very (1) _____, while others can remember everything they have done. Scientists know a lot about how our brains store and remember (2) _____ and experiences. There is (3) _____ research on how or why the brain forgets things. A new study looks at forgetting. A (4) _____ of researchers from the USA studied the brain's process of forgetting things. The researchers are (5) _____ neuroscientists. They study the brain and how it thinks and works. Their work may help people who have memory (6) _____. It may also help (7) _____ with depression and dementia. The lead scientist, Marie Banich, said: "It may sound surprising that people can (8) _____ what and how they forget."

team
problems
forgetful
those
little
control
facts
cognitive

Professor Banich said forgetting is important. She said it keeps the brain working (9) _____. Her research found ways that people remove information from their brain. She said: "We have control over the ability to remove information from...our (10) _____." This is important because it means we can (11) _____ on more important (12) _____. However, although we can control what and how we forget, the act of forgetting needs a lot of (13) _____. Another researcher, Sara Festini, (14) _____. She said: We've found that intentionally forgetting no-longer-relevant information from the mind is (15) _____, but it doesn't happen automatically." Researchers will now look at why we forget recent events, like where we (16) _____ our keys.

tasks
beneficial
thoughts
left
effort
focus
smoothly
agreed

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

- 1) Some people are very forgetful, while others can remember everything _____
 - a. they have begun
 - b. they have doing
 - c. they have don't
 - d. they have done
- 2) Scientists know a lot about how our brains store _____
 - a. and remembers facts
 - b. and remember facts
 - c. and remember fact
 - d. and remembered facts
- 3) Their work may help people who _____
 - a. have memorial problems
 - b. have memory problems
 - c. have memory problem
 - d. have memorized problems
- 4) It may also help those with _____
 - a. depressing end dementia
 - b. depression and dementia
 - c. depression end dementia
 - d. depressing and dementia
- 5) It may sound surprising that people can control what and _____
 - a. how they forge it
 - b. how they four get
 - c. how they forget
 - d. how they target
- 6) She said it keeps the _____
 - a. brain working smoothly
 - b. brain work in smoothly
 - c. brain work king smoothly
 - d. brain walking smoothly
- 7) We have control over the ability to remove information _____
 - a. from our thought
 - b. from our faults
 - c. from our fought
 - d. from our thoughts
- 8) This is important because it means we can focus on _____
 - a. more important tasks
 - b. more important tusks
 - c. more important tucks
 - d. more important takes
- 9) intentionally forgetting no-longer-relevant information from the _____
 - a. mind is beneficiary
 - b. mind is been official
 - c. mind is benefits all
 - d. mind is beneficial
- 10) Researchers will now look at why we forget recent events, like where we _____
 - a. left your keys
 - b. left our keys
 - c. left all keys
 - d. left dour keys

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Some people (1) _____, while others can remember everything they have done. Scientists know a lot about how our brains store and remember (2) _____. There is little research on how or why the brain forgets things. A new study looks at forgetting. A team of researchers from the USA studied the brain's (3) _____ things. The researchers are cognitive neuroscientists. They study the brain and how it (4) _____. Their work may help people who have memory problems. It may (5) _____ with depression and dementia. The lead scientist, Marie Banich, said: "It may sound surprising that people can control (6) _____ they forget."

Professor Banich said forgetting is important. She said it keeps the (7) _____. Her research found ways that people remove information from their brain. She said: "We have control (8) _____ to remove information from...our thoughts." This is important because it means we can (9) _____ important tasks. However, although we can control what and how we forget, (10) _____ forgetting needs a lot of effort. Another researcher, Sara Festini, agreed. She said: We've found that intentionally forgetting no-longer-relevant information from the (11) _____, but it doesn't happen automatically." Researchers will now look at why we forget recent events, like where we (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

1. What does the opening sentence say some people are?
2. How much research is there on how the brain forgets?
3. What process did a team of scientists study?
4. What might the research help besides dementia?
5. How did a researcher say people controlling what they forget sounded?
6. What did the professor say is important?
7. What can we focus on by forgetting?
8. What does the act of forgetting require?
9. From where is no-longer-relevant information forgotten?
10. What does the last sentence say people sometimes forget?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

- 1) What does the opening sentence say some people are?
 - a) forgettable
 - b) forgotten
 - c) memorable
 - d) forgetful
- 2) How much research is there on how the brain forgets?
 - a) loads
 - b) little
 - c) none
 - d) a huge amount
- 3) What process did a team of scientists study?
 - a) the process of memorizing things
 - b) the process of remembering things
 - c) the process of thinking
 - d) the process of forgetting things
- 4) What might the research help besides dementia?
 - a) neurosis
 - b) neuralgia
 - c) depression
 - d) deepening
- 5) How did a researcher say people controlling what they forget sounded?
 - a) natural
 - b) normal
 - c) shocking
 - d) surprising
- 6) What did the professor say is important?
 - a) sleep
 - b) remembering things
 - c) forgetting things
 - d) exercise
- 7) What can we focus on by forgetting?
 - a) important tasks
 - b) remembering
 - c) daily life
 - d) thinking
- 8) What does the act of forgetting require?
 - a) brain power
 - b) a lot of space
 - c) a lot of effort
 - d) mind control
- 9) From where is no-longer-relevant information forgotten?
 - a) the soil
 - b) the mind
 - c) the brain
 - d) the heart
- 10) What does the last sentence say people sometimes forget?
 - a) where they leave keys
 - b) their name
 - c) passwords
 - d) their phone number

ROLE PLAY

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Role A – Birthdays

You think birthdays offer the best memories. Tell the others three reasons why. Tell them why their things do not create as good memories. Also, tell the others which is the least memorable of these (and why): vacations, playing sport or amusement parks.

Role B – Vacations

You think vacations offer the best memories. Tell the others three reasons why. Tell them why their things do not create as good memories. Also, tell the others which is the least memorable of these (and why): birthdays, playing sport or amusement parks.

Role C – Playing Sport

You think playing sport offers the best memories. Tell the others three reasons why. Tell them why their things do not create as good memories. Also, tell the others which is the least memorable of these (and why): vacations, birthdays or amusement parks.

Role D – Amusement Parks

You think amusement parks offer the best memories. Tell the others three reasons why. Tell them why their things do not create as good memories. Also, tell the others which is the least memorable of these (and why): vacations, playing sport or birthdays.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'scientist' and 'forget'.

scientist	forget
------------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• while• store• little• team• problems• control	<ul style="list-style-type: none">• smoothly• remove• ability• tasks• mind• keys
--	---

FORGETTING SURVEY

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Write five GOOD questions about forgetting in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

FORGETTING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'scientist'?
3. How forgetful are you?
4. Who is the most forgetful person you know?
5. What have you forgotten to do recently?
6. What are you good at remembering?
7. What are your earliest memories?
8. What do you know about the brain?
9. What do you know about depression and dementia
10. What advice do you have to help people remember things?

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FORGETTING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'forget'?
13. What do you think about what you read?
14. What do you do to help your brain?
15. Are there things you would like to forget?
16. What things must you not forget to do this week?
17. What's the biggest thing you've forgotten to do?
18. What do you do when you forget someone's name?
19. Do you ever forget where you left your keys and phone?
20. What questions would you like to ask the scientists?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Some people are very forgetful, while others can (1) _____ everything they have done. Scientists know a lot about how our brains (2) _____ and remember facts and experiences. There is little research on how or why the brain forgets things. A new study looks at forgetting. A team (3) _____ researchers from the USA studied the brain's process of forgetting things. The researchers are cognitive neuroscientists. They study the brain and how it thinks and (4) _____. Their work may help people who have memory problems. It may also help (5) _____ with depression and dementia. The lead scientist, Marie Banich, said: "It may (6) _____ surprising that people can control what and how they forget."

Professor Banich said (7) _____ is important. She said it keeps the brain working smoothly. Her research found ways that people remove information from their brain. She said: "We have control (8) _____ the ability to remove information from...our thoughts." This is important because it means we can focus (9) _____ more important tasks. However, although we can control what and how we forget, the act of (10) _____ needs a lot of effort. Another researcher, Sara Festini, agreed. She said: We've found that intentionally forgetting no-longer-relevant information from the mind is (11) _____, but it doesn't happen automatically." Researchers will now look at why we forget recent events, like where we left (12) _____ keys.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|--------------|-----------------|
| 1. | (a) memory | (b) remember | (c) memorial | (d) remembrance |
| 2. | (a) stare | (b) store | (c) steer | (d) star |
| 3. | (a) as | (b) by | (c) at | (d) of |
| 4. | (a) workings | (b) works | (c) work | (d) workers |
| 5. | (a) them | (b) they | (c) their | (d) those |
| 6. | (a) hear | (b) listen | (c) sound | (d) voice |
| 7. | (a) forgetting | (b) forgot | (c) forgets | (d) forgotten |
| 8. | (a) again | (b) by | (c) over | (d) as |
| 9. | (a) by | (b) as | (c) to | (d) on |
| 10. | (a) forgetting | (b) forgotten | (c) forgets | (d) forget |
| 11. | (a) beneficial | (b) benefits | (c) benefit | (d) benefitting |
| 12. | (a) our | (b) your | (c) my | (d) all |

SPELLING

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Paragraph 1

1. Some people are very gffruotle
2. our brains store and remember tsacf
3. studied the brain's epsosrc
4. help people who have mmyreo problems
5. help those with ssiepedrno and dementia
6. The lead isnestict

Paragraph 2

7. it keeps the brain working shloytom
8. the ability to eomrev information
9. rnetlea information
10. the mind is einieafldb
11. it doesn't happen autaltcmialoy
12. look at why we forget ncetre events

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Number these lines in the correct order.

- () at forgetting. A team of researchers from the USA studied the brain's process of forgetting things. The researchers are
- () experiences. There is little research on how or why the brain forgets things. A new study looks
- () ways that people remove information from their brain. She said: "We have control over the ability to remove information
- () done. Scientists know a lot about how our brains store and remember facts and
- () tasks. However, although we can control what and how we forget, the act of forgetting needs a lot
- () automatically." Researchers will now look at why we forget recent events, like where we left our keys.
- () of effort. Another researcher, Sara Festini, agreed. She said: We've found
- () Professor Banich said forgetting is important. She said it keeps the brain working smoothly. Her research found
- () scientist, Marie Banich, said: "It may sound surprising that people can control what and how they forget."
- () people who have memory problems. It may also help those with depression and dementia. The lead
- () from...our thoughts." This is important because it means we can focus on more important
- () that intentionally forgetting no-longer-relevant information from the mind is beneficial, but it doesn't happen
- () cognitive neuroscientists. They study the brain and how it thinks and works. Their work may help
- (**1**) Some people are very forgetful, while others can remember everything they have

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

1. they have people Other remember done . everything can
2. a brains . our lot about Scientists know
3. why the How forgets or brain things .
4. They study the works . and how brain it
5. depression . may with help It those also
6. smoothly . brain said working keeps She it the
7. Ways their that information remove people from brain .
8. The remove ability from information our to thoughts .
9. can more focus on tasks . important We
10. forget . now Researchers will at why we look

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

Some people are very *forgot* / *forgetful*, while others can remember everything they have done. Scientists know a *lot* / *loads* about how our brains store and remember *facts* / *fact* and experiences. There is little research *in* / *on* how or why the brain forgets things. A new study looks at forgetting. *A* / *The* team of researchers from the USA studied the *brains* / *brain's* process of forgetting things. The researchers are cognitive neuroscientists. They study the brain and how it thinks and *workings* / *works*. Their work may help people who have memory problems. It may also help those *on* / *with* depression and dementia. The *leads* / *lead* scientist, Marie Banich, said: "It may sound surprising that people can control *which* / *what* and how they forget."

Professor Banich said forgetting *is* / *be* important. She said it keeps the brain working *smooth* / *smoothly*. Her research found ways that people remove information *from* / *of* their brain. She said: "We have control over the ability to remove information from...*your* / *our* thoughts." This is important because it means we can focus *on* / *in* more important tasks. However, although we can control what and how we forget, the *art* / *act* of forgetting needs a lot of effort. Another researcher, Sara Festini, agreed. She said: We've *find* / *found* that intentionally forgetting no-longer-relevant information from the *mend* / *mind* is beneficial, but it doesn't *happen* / *happening* automatically." Researchers will now look at why we forget *recently* / *recent* events, like where we left our keys.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

S_m_ p__pl_ _r_ v_ry f_rg_tf_l, wh_l_ _th_rs c_n
r_m_mb_r _v_ryth_ng th_y h_v_ d_n_. Sc__nt_sts kn_w
_ l_t _b__t h_w __r br__ns st_r_ _nd r_m_mb_r f_cts
_nd _xp_r__nc_s. Th_r_ _s lttl_ r_s__rch _n h_w _r
why th_ br__n f_rg_ts th_ngs. _ n_w st_dy l__ks _t
f_rg_tt_ng. _ t__m _f r_s__rch_rs fr_m th_ _S_
st_d__d th_ br__n's pr_c_ss _f f_rg_tt_ng th_ngs. Th_
r_s__rch_rs _r_ c_gn_t_v_ n__r_sc__nt_sts. Th_y st_dy
th_ br__n _nd h_w _t th_nks _nd w_rks. Th__r w_rk
m_y h_lp p__pl_ wh_ h_v_ m_m_ry pr_bl_ms. _t m_y
ls h_lp th_s_ w_th d_pr_ss__n _nd d_m_nt___. Th_
l__d sc__nt_st, M_r__ B_n_ch, s__d: "_t m_y s__nd
s_rpr_s_ng th_t p__pl_ c_n c_ntr_l wh_t _nd h_w th_y
f_rg_t."

Pr_f_ss_r B_n_ch s__d f_rg_tt_ng _s _mp_rt_nt. Sh_
s__d _t k__ps th_ br__n w_rk_ng sm__thly. H_r
r_s__rch f__nd w_ys th_t p__pl_ r_m_v_ _nf_rm_t__n
fr_m th__r br__n. Sh_ s__d: "W_ h_v_ c_ntr_l _v_r
th_ _b_l_ty t_r_m_v_ _nf_rm_t__n fr_m...__r th__ghts."
Th_s _s _mp_rt_nt b_c__s _t m__ns w_ c_n f_c_s _n
m_r_ _mp_rt_nt t_sks. H_w_v_r, _lth__gh w_ c_n
c_ntr_l wh_t _nd h_w w_ f_rg_t, th_ _ct _f f_rg_tt_ng
n__ds _ l_t _f _ff_rt. _n_th_r r_s__rch_r, S_r_
F_st_n_, _gr__d. Sh_ s__d: "W_'v_ f__nd th_t
_nt_nt__n_lly f_rg_tt_ng n_-l_ng_r-r_l_v_nt _nf_rm_t__n
fr_m th_ m_nd _s b_n_f_c__l, b_t _t d__sn't h_pp_n
__t_m_t_c_lly." R_s__rch_rs w_ll n_w l__k _t why w_
f_rg_t r_c_nt _v_nts, l_k_ wh_r_ w_ l_ft __r k_ys.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2303/230330-forgetting.html>

some people are very forgetful while others can remember everything they have done scientists know a lot about how our brains store and remember facts and experiences there is little research on how or why the brain forgets things a new study looks at forgetting a team of researchers from the usa studied the brains process of forgetting things the researchers are cognitive neuroscientists they study the brain and how it thinks and works their work may help people who have memory problems it may also help those with depression and dementia the lead scientist marie banich said it may sound surprising that people can control what and how they forget

professor banich said forgetting is important she said it keeps the brain working smoothly her research found ways that people remove information from their brain she said we have control over the ability to remove information from our thoughts this is important because it means we can focus on more important tasks however although we can control what and how we forget the act of forgetting needs a lot of effort another researcher sara festini agreed she said weve found that intentionally forgetting no longer relevant information from the mind is beneficial but it doesnt happen automatically researchers will now look at why we forget recent events like where we left our keys

PUT A SLASH (/) WHERE THE SPACES ARE

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Some people are very forgetful, while others can remember everything they have done. Scientists know a lot about how our brains store and remember facts and experiences. There is little research on how or why the brain forgets things. A new study looks at forgetting. A team of researchers from the USA studied the brain's process of forgetting things. The researchers are cognitive neuroscientists. They study the brain and how it thinks and works. Their work may help people who have memory problems. It may also help those with depression and dementia. The lead scientist, Marie Banich, said: "It may sound surprising that people can control what and how they forget." Professor Banich said forgetting is important. She said it keeps the brain working smoothly. Her research found ways that people remove information from their brain. She said: "We have control over the ability to remove information from... our thoughts." This is important because it means we can focus on more important tasks. However, although we can control what and how we forget, the act of forgetting needs a lot of effort. Another researcher, Sara Festini, agreed. She said: "We've found that intentionally forgetting no-longer-relevant information from the mind is beneficial, but it doesn't happen automatically." Researchers will now look at why we forget recent events, like where we left our keys.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. FORGETTING: Make a poster about forgetting. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LESSONS: Write a magazine article about having lessons at school on how to forget and remember things. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on forgetting. Ask him/her three questions about it. Give him/her three of your opinions on forgetting. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. n 9. h 10. k 11. m 12. i 13. l 14. j

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 F 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. h	2. d	3. f	4. b	5. i
6. c	7. a	8. j	9. e	10. g

COMPREHENSION QUESTIONS (p.9)

- Forgetful
- Little
- The process of forgetting things
- Depression
- Surprising
- Forgetting things
- Important tasks
- A lot of effort
- The mind
- Where they leave keys

WORDS IN THE RIGHT ORDER (p.19)

- Other people can remember everything they have done.
- Scientists know a lot about our brains.
- How or why the brain forgets things.
- They study the brain and how it works.
- It may also help those with depression.
- She said it keeps the brain working smoothly.
- Ways that people remove information from their brain.
- The ability to remove information from our thoughts.
- We can focus on more important tasks.
- Researchers will now look at why we forget.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)