



مقطع تحصیلی: کاردانی کارشناسی رشته: مترجمی مکتوب ترم: ۱ سال تحصیلی: ۱۳۹۸-۱۳۹۹
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جزوه درس: خواندن و درک پایه (چهارشنبه ۱۱-۱۳؛ ۷ اسفند) مربوط به هفته: اول دوم سوم
text: دارد ندارد voice: دارد ندارد power point: دارد ندارد
تلفن همراه مدیر گروه:

Please buy the book to use the **audio** files as well. Nevertheless, this is the first text we work on. Unit 1, Chapter 1 (Page 13):



For Better Grades – Use Your Brain!

- 1 If you're like most students, you probably started this new **academic** year with a resolution to study harder. Now, science can help you keep your resolution. Recent discoveries in brain research point to better ways to learn.
- 2 How does the brain save new information? Think of the last time someone told you their phone number. Could you remember that number five minutes later? Probably not! That's because it was in your short-term memory.
- 3 Our memory actually has three **components**. *Sensory memory* takes in information from our five senses and is stored for just a few seconds while our brain processes it. *Short-term memory* works like a "holding area" for new information—that's where you keep the phone number while you dial it. But if you can put the phone number into *long-term memory*, you'll remember that same phone number next week. This part of your memory holds everything from irregular verbs to the names of all your cousins.
- 4 When you study, you **transfer** new information into **long-term** memory. Every time we learn something new, the **structure** of the brain actually changes as we build new connections to information that we already know. When there are more connections to the new information, it's easier to find it again.
- 5 Brain researchers have discovered four key points for **effective** study.
 - 1 **Make an effort.** The brain remembers better when we are interested in the subject, already know a little about it, and know we will need the information in the future.
 - 2 Find the most important information and organize it. Your brain can process only a limited amount of information at one time, so don't try to remember every detail. When studying a textbook, look for titles, headings, and illustrations to show you the main ideas.
 - 3 Make the new brain connections stronger. One **technique** is to **recite**¹ the ideas out loud in your own words. This is the most powerful way to transfer information from short-term to long-term memory. Another method is drawing a picture of the information to activate the visual part of the brain.
 - 4 Give the new material time to soak in—your brain has to build new physical connections. For this reason, it's better to study for several short sessions than one long one. And **cramming**² the night before a big test doesn't help.

By understanding how the brain works, and following these four tips, you can make this your most successful academic year ever.

¹ When you **recite** something, you say it aloud after practicing or memorizing it.

² When you **cram** for an exam, you try to study for it in a short space of time.



Outline of ideas: This is a short summary of the passage you see above! First read this summary and then read the text carefully.

A. Main Idea: Recent research showing ways to improve learning!

- Our brain uses different types of mechanisms to remember information.
- We have three types of memory: Sensory Memory, Short-term Memory and Long-term Memory.
- Sensory memory takes in information from our senses. It happens in a flash! So quick.
- Short-term memory holds the information received from sensory memory for a couple of seconds! When we try to remember a phone number for 5 seconds, it is in our short-term memory.
- Long-term memory keeps information for a longer time and maybe for a lifetime. For example, you remember the name of yourself and your family members forever because it is in your long-term memory.
- When we study to learn, we send information to long-term memory! There are some ways to have a more effective long-term memory:
 1. Try to read more.
 2. Organize information.
 3. recite or say the information out loud to remember them better.
 4. Read in many short sessions to give it time to soak in! Long sessions are not helpful.

B. Conclusion: Follow research suggestions on how to learn better to be a more successful student.



Difficult and important words of the text.

Probably	Maybe; Not surely
Academic	Related to university
Resolution	A promise to yourself; Determination
To keep	To save; To hold
Discovery	A fact or something someone finds about after a research or search
Recent	Late; Happened a short time ago
To remember	To bring something back in your mind
Component	Part; Section
To process	To work on something
To transfer	To pass over; To move
Structure	The way things are connected
Effective	Efficient; Helpful
Connection	Linking; Relations
To make an effort	To try
To organize	To give order to something
Technique	Method; A special way of doing sth
To soak in	To take in information in your mind
Visual	Related to the eyes
Several	Many

Please check these words (you can also refer to an English-to-Persian dictionary if you have problems understanding the meanings) and look them up in the text. Try to understand the meanings in the sentences of the passage.

