





00	ورارت سوم، هیکت و فاوری		طی کاریدی
، ای مترجمی آثار مکتوب ترم:2	رشته: کاردانی حرفه	اکارشناسی □	مقطع تحصیلی:کاردانی∎
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			جلسه ی سوم:
			13
		:13	خلاصه ی متن صفحه 3
How can we learn something a	and remember i	it better? let	's learn about the
structure of our brain first. Our r	nemory has thre	e parts: senso	ory memory, short-
term memory, and long-term n	nemory. Sensory	y memory re	ceives information
from our five senses and keeps it	t for a few secon	ds. Short-terr	n memory acts like

structure of our brain first. Our memory has three parts: sensory memory, short-term memory, and long-term memory. Sensory memory receives information from our five senses and keeps it for a few seconds. Short-term memory acts like a holding area for information for a short time. If we want to remember something later, we have to move information from our short-term memory to long-term memory. Learning happens when our brain makes new connections to our past knowledge. The more the connections, the easier we will recall the information later.

There are 4 important tips that help us study successfully:

You will remember information better if there is any of these three conditions: interest in a subject, previous knowledge about it, and need







Try to learn the most important information because our brain cannot keep every detail.

Try to repeat what you have learned out loud in your own words. Or make a picture of what you have learned in your mind.

It is better to divide your study time into short sessions rather than one lone session. That's why cramming does not work.

پاسخ تمرین های صفحه ی 14 و 15:

A: 1. C 2. C 3. C

B: 1. F 2. T 3. T 4. T 5. T

A: 1. A 2. A 3. A 4. B 5. A 6. B 7. A 8. A

Vocabulary skill:

یکی از راههای موثر برای حفظ معنی لغات این است که word web ایجاد کنیم. به این معنی که یک کلمه را در نظر بگیرید و وسط بنویسید. بعد کلماتی که از نظر معنایی به آن کلمه مرتبط هستند اطراف آن کلمه بنویسید و با خط به آن وصل کنید. سپس این کار را برای هر کدام از کلمات تکرار کنید و به این ترتیب شبکه ای از کلمات به هم مرتبط دارید.







