

## Memory (记忆力)

### 知识点:

- I have a good/ great/ amazing... memory 我有很棒、超级棒、惊人的记忆力
- I have a bad/ terrible/ horrible... memory 相反，记忆力很差
- I can't remember ANYTHING 什么都记不住
- I forget things easily 很容易忘事儿
- Have a memory like an elephant/ have a memory of an elephant 拥有大象的记忆力（表示记忆力超群）
- 相反 have a memory like a goldfish/ have a memory of a goldfish 金鱼的记忆力（表示很差）
- Have a knack for it 有天赋
- Be one's strong suit 是某人的强项
- Keep my brain sharp 保持大脑敏捷
- Rote learning 死记硬背
- Rely on reminder/ calendar/ planner 依赖备忘录
- Forgetful 健忘的
- A scatterbrain 马虎的人，昏头昏脑之人

### 1. Are you good at memorizing things?

① I have a great memory. This is my thing (是我的特长) / It's my strong suit (强项). My friends all call me "the memory queen/king" (记忆力女王、国王). I've always been able to pick up and recall (记住和回忆起来) facts, numbers, or even song lyrics (歌词) really quickly. I've got a natural knack for it (有天赋), and also, I train my memory all the time to keep my brain busy and sharp (保持脑子的快捷好使)). So, I would say, it boils down

to (归结于) a bit of nature and nurture (先天+后天)。(朋友们的评价, 细节, 原因)

② Yeh, I would say that I've got a knack for it (有天赋的)。It's pretty easy for me to pick up and remember things, especially with something visual, like a picture, a painting, an imagine. It's like, if I put my mind to it (下定决心, 全力以赴) and really focus, I can remember things quite well, especially if it's something that interests me. (细节, 强调)

③ Ummm, yes and no. firstly, it depends on my interest. I can remember fun and interesting things effortlessly (毫不费力地)。But with some really dull, boring and meaningless things, I'll find it challenging/ difficult to memorize them (课上讲的句型)。And also, it's like my brain always prefers to truly understand things rather than rote learning (死记硬背)。I mean, I can memorize things if I really put my mind to it and focus, but it usually takes a lot of repetition and effort. I definitely learn better when I can relate things to real-life situations (真实生活情况)。(分情况, 分角度, 罗列原因)

④ Remembering things is not my strong suit (不是我的强项) at all. I rely heavily on my reminder (严重依赖备忘录) to remind me of all kind of things, like, phone numbers, birthdays, appointments, deadlines, etc. It's like, I'll read something or someone will tell me a date, and it just vanishes/disappears from my mind (从脑子里消失、蒸发)。So yeah, I'm definitely more of a “write it down or I'll forget it” kind of person. (细节)

2. Have you ever forgotten something that was important?

① Not that I can think of. As I told you, I'm like a memory queen, I don't forget things easily, especially important things. When it comes to very essential things, I always put it in my reminder, calendar or planner, so that I won't make the mistake of forgetting it. (原因)

② Oh, yeh, probably many times. The thing is (问题是), I even forgot the times when I forgot important things!! How crazy is that! As a forgetful

(健忘的) person like me, I don't even remember my "criminal evidence"  
(犯罪证据, 自我讽刺) . I'm such a scatterbrain!

③ Oh, definitely! There was this one time (有这么一次) I totally forgot about my best friend's birthday. It was terrible! I usually have these dates set in my calendar, but for some reason (不知道什么原因), I just didn't see it and completely forgot about it. I felt terrible and that was a lesson learned (学到了一课): always double check (核对, 二次核查) your calendar!! (讲故事法)

④ Oh yeh, off the top of my head (首先想到的是), there was this one time during my finals week (期末考试周 finals 主题复数) at university when I forgot to set my alarm (设好闹钟) and overslept (不小心睡过头) for an exam. I jumped out of my skin (吓到灵魂出窍) when I realized how late I was. Thank God my professor was kind enough to let me take the exam later that day (当天稍晚的时候). That was like a horror movie (像恐怖片一样可怕). (讲故事法)

### 3. What do you need to remember in your daily life?

① 工作党: As a working professional (上班族, 专业技术人员), in my day-to-day work life (日常工作生活中), there're a ton of things (一大堆事情) to keep in mind (想到, 注意到) / keep on top of (注意到, 操控好). First off, I need to remember my schedule, such as, meetings, deadlines, presentations, things like that. And then, I also have to keep track of emails (追踪邮件) and respond promptly (快速回复). Generally speaking, I need to remember so many detailed/ nitty-gritty (细枝末节的) things at work, that's why I always make sure that I write EVERYTHING down. (罗列)

② 学生党: As a university student, I get to practice my memory on a daily basis. First off, I have to remember my lecture times (上课时间), assignment deadlines (作业截止日期), and exam dates. And then, from time to time (时不时地), I have school project meetings (学校项目会议).

And of course, there's the actual studying part (真正学习干货的部分) : memorizing concepts, facts, equations and formulas. Sometimes there's a lot of rote learning (死记硬背) involved. After all these, as a social butterfly (交际花), I also have a bunch of social events to go to every week. School-life balance (学业和生活的平衡) is very important for me. (罗列)

#### 4. How do you remember important thing?

① Staying structured and organized is key (保持条理很重要) . I always use digital helpers (数码助理) such as my reminder, planner, calendar, and alarm. They are super handy (方便好使) and they have been making my life so much easier. I also have this habit of reviewing my planner (提前看一下每日计划) every morning before leaving home. It helps me get a clear picture of my day (了解每天的行程) . And sometimes, those traditional ways still help a lot, like sometimes I will put sticky notes on my fridge (冰箱上贴备忘贴) to remind me to run errands and chores (做家务和杂事) . (罗列)

② I wish I knew the answer (我倒是想知道答案) , but I don't. Like I said, I'm such a scatterbrain, my life is chaotic (一团乱) . I keep forgetting things and letting people down (让别人失望, 辜负别人) . I think I need to really work on it and get better in the future. (先抑后扬)