tough 难的

I have a memory like a sieve 我的记忆力很差

try doing sth 尝试...

while doing sth 在...的过程中

memorize sth 记忆...

sentence structures 句型结构

grammar rules 语法规则

train 训练

it has worked 起作用

certain=sure 确定的

has gotten worse than ten years ago 比十年前变差了

can’t think of anything 想不到任何事