

Elementary listening and note taking

Choose one topic

- A How to have a better memory
- B How to have more energy at university/work
- C How to keep healthy as you get older
- D How to keep your brain healthy as you get older
- E How to be happy and optimistic

Intro: My topic is.....

I want to talk about this topic because.....

I believe there are 3 ways to

First

Second

Third

In conclusion

Script

How to have a better memory

Good morning everybody. Nice to see you here today.

My topic today, is how to have a better memory. I want to talk about this topic, because

I want to be good at remembering English vocabulary.

I believe, there are three ways to have a better memory.

First, be creative when you try to remember things.

For example, when you learn a new word, you can create a picture, of the word in your mind. Also, you can write the word, on a piece of paper, and, stick it to a wall or window, where you will see it every day. This will help you remember it.

Second, you need to focus when you're learning new words. Make sure you're in a quiet place, where you can concentrate. Then, it's easier to focus on the word, and keep a clear picture in your mind.

Third, practice using the word. Think about the word's meaning. Use the word in sentences. Say the word over and over. Spell the word again and again.

In conclusion, if you do these things, you will be able to build a bigger vocabulary very quickly.