

Dave Farrow is a Canadian who appears in the book Guinness World Records for having the greatest memory in the world. As a student, Dave had a learning disability called “dyslexia.” (1)Even though he had difficulties with skills like reading and writing, Dave found ways to improve his memory in order to do well in school. In 2008, he set a world record by memorizing the order of 59 packs of playing cards in two days. How did his brain store all of this information? According to Dave, anybody’s brain can do it, and it helps to understand the working of memory.

Your brain is always taking in information through your senses. The information enters your sensory memory – an area with enough space for a lot of information – but only a few seconds. If you ignore the information, your brain will throw it away. However, if you pay attention to it, the information goes into your short-term memory. Therefore, learning to pay attention is an important first step to improving your ability to remember things.

To help the brain to focus, Dave advises breaking big tasks down into smaller ones. (2)He sets a timer and works as hard as he can for short periods of time until the alarm sounds. Then he takes a small break. This helps his focus strong.

Your short-term memory can only hold information from 15 seconds to a few minutes. In addition, short-term memory can only hold about seven things at one time. Memory champions like Dave have to hold long lists of information in their short-term memory at one time. (3)To do this, they make use of several different techniques.

One technique is to look at the first letter of every word you want to memorize. Then, create your own word, phrase or sentence with all of those letters. This is called an acronym. For example, if you want to remember all the colours in a rainbow, try remembering the name Roy G. Biv. Each letter in this fictional name matches the first letter of a colour: red, orange, (4a), (4b), (4c), indigo and violet. (5)When you want to remember the colour of a rainbow, just think of Roy G. biv, and you will have an easier time.

Another technique is to organize information into chunks. For example, when you try to remember a telephone number, your brain usually remembers it in three chunks: the first three numbers [the area code], the next three numbers, and the last four numbers. This way, your brain only has to remember (6a) things instead of (6b). This works for words, as well as numbers. Imagine that you wish to improve your vocabulary. (7)Whenever you learn a new word, study words of the same meaning, and you learn more new words at the same time and you only need to memorize one definition. Such words are called synonyms.

A third memory technique is to use visualization. Say you want to memorize how people evolved from worm-like creatures into human beings. First, create a picture in your mind for each stage (picture a worm, a fish, a monkey and a human). Then think of your usual route. For example, you might normally walk from the path outside your home, into your house

and into the kitchen. Finally, imagine each picture in a place along that route. For instance, in the garden you might see a worm. There might be a garbage can in the garden, you can imagine that the garbage can is full of rainwater, and inside, you can see a fish. When you enter the house, you might see a bedroom door. You can imagine a monkey is jumping on the bed. Then you might see a member of your family, a (8), and he or she might be cooking in the kitchen. Visualize that route a few times, and you'll be able to memorize the information. Visualization works because the brain remembers images well, and the crazier an image is, the easier it is to remember.

If you don't keep using the information, your brain throws it away. If you keep reviewing the information, it will go into your long-term memory. (9)The more you practice doing this, the better you will be at remembering. Try these methods the next time you need to remember a phone number, a new word or something like that.

1. 下線部(1)を和訳しなさい。
2. 下線部(2)を和訳しなさい。 timer, alarm はカタカナ表記でも構わない
3. 下線部(3)の具体的内容を、日本語で簡潔に答えなさい。
4. 空欄(4a)～(4c)に入る語をそれぞれ1語で答えなさい。
5. 下線部(5)を和訳しなさい。 Roy G. Biv はアルファベットのままで構わない
6. 空欄(6a),(6b)に入る数をそれぞれアルファベットで答えなさい。
7. 下線部(7)を和訳しなさい。
8. 空欄(8)に入る1語を、同じ段落から抜き出しなさい。
9. 下線部(9)を、thisの内容を具体的に明示しつつ和訳しなさい。

1.		
2.		
3.		
4a.	4b.	4c.
5.		
6a.	6b.	
7.		
8.		
9.		