



mairovergara

# **AULA 14**

# **Connected Speech**

DOMINANDO A PRONÚNCIA DO INGLÊS  
**CONNECTED SPEECH**  
COM PAULO LÖEBLEIN

# Connected Speech

AULA 14 | COM PAULO LÖEBLEIN

## TEXTO COMPLETO

### How Memories Form and How We Lose Them – Part 2

This process, called long term potentiation, is considered to be a mechanism by which memories are stored long-term, but how do some memories get lost? Age is one factor.

As we get older, synapses begin to falter and weaken, affecting how easily we can retrieve memories. Scientists have several theories about what's behind this deterioration, from actual brain shrinkage, the hippocampus loses 5% of its neurons every decade for a total loss of 20% by the time you're 80 years old to the drop in the production of neurotransmitters, like acetylcholine, which is vital to learning and memory.

These changes seem to affect how people retrieve stored information. Age also affects our memory-making abilities. Memories are encoded most strongly when we're paying attention, when we're deeply engaged, and when information is meaningful to us.

Mental and physical health problems, which tend to increase as we age, interfere with our ability to pay attention, and thus act as memory thieves.

## TEXTO DETALHADO

**This process, called long term potentiation,**

[ðɪspræs kɔld lɔŋtɜrm pətɛnfjɛɪʃən]

**is considered to be a mechanism by which memories are stored long-term,**

[ɪzkənsɪdɜrd tu bi əmekənɪzəm baɪwɪtʃ mɛmɪz ɑrstɔrd lɔŋtɜrm]

**but how do some memories get lost? Age is one factor.**

[bʌt haʊdu səmmɛmɪz ɡɛtlɔst? eɪdʒɪz wʌnfæktər]

**As we get older, synapses begin to falter and weaken, affecting how easily we can retrieve memories.**

[æzwi:geɪtəʊldər sɪnəpsəz bɪɡɪn tuːfɔltər ænwɪkən, əfɛktɪŋ haʊi:zɪli wɪkən rɪtri:v mɛməri:z]

**Scientists have several theories about what's behind this deterioration,**

[saɪəntɪsts hævsɛvrəl θiəri:z əbaʊt wɒtsbihaɪnd ðɪsdɪtriəri:ʃən]

**from actual brain shrinkage, the hippocampus loses five percent of its neurons every decade**

[frəm æktʃuəl breɪnʃrɪŋkɪdʒ ðəhɪpəkæmpəs lu:zəz faɪvɜ:psɛnt əvɪts nju:ɹɒnz evrɪdekeɪd]

**for a total loss of twenty percent by the time you're eighty years old**

[fɔ:təʊtəʊləs əvtwɛnɪɜ:psɛnt baɪðətaɪm jʊr eɪtɪjɪrzoʊld]

**to the drop in the production of neurotransmitters, like acetylcholine, which is vital to learning and memory.**

[tuðədrɒp ɪndəprɒdʌkʃənəv nju:ɹɒtrænzˌmɪtə:z laɪk əsetəlkoʊlɪn wɪtʃɪzvaɪtli tu:lɜ:niŋ ænmɛməri:]

**These changes seem to affect how people retrieve stored information.**

[ði:z tʃeɪndʒɪz sɪmtuəfɛkt haʊ pi:pəl rɪtri:v stɔ:rdɪnfərmɛɪʃən]

**Age also affects our memory-making abilities.**

[eɪdʒ əlsəʊəfɛkts ɑ:mɛməriˌmeɪkɪŋ əbɪlətɪz]

**Memories are encoded most strongly when we're paying attention,**

[mɛməri:z ɑ:ɪnkəʊdɪd moʊstrɒŋli wɛnwɜ:pəɪɪŋ ətɛnʃən]

**when we're deeply engaged, and when information is meaningful to us.**

[wɛnwɜ: di:pli:ŋɡeɪdʒd ænwɛn ɪnfərmɛɪʃən ɪzmi:nɪŋfl tuəs]

**Mental and physical health problems, which tend to increase as we age,**

[mɛntələnˌfɪzɪkəl hɛlθprɒbləmz wɪtʃtɛnd tu:ɪnkri:s æzwi:eɪdʒ]

**interfere with our ability to pay attention, and thus act as memory thieves.**

[ɪntəˈfɪr wiðəreɪbɪləti tuːpeɪ ətɛnʃən ænðæs ækt æzmɛməri θɪvz]