

Good learning habits



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- 1** People who learn to do something really well almost always have good [] and habits. Take the Olympic swimmer Michael Phelps. Before he [] in 2016, he trained 365 days a year, and he had the same training routine every day. He got up at 6:30 a.m. and had breakfast. [] exactly 6,000 calories every day. Then he swam for six hours a day. Before a race, he always [] to very loud hip-hop music. Phelps [] 18 Olympic gold medals and 22 Olympic medals in total. That's more than any other person in history.
- 2** [] are useful for all of us. We brush our teeth without thinking. Most people travel to school or work the same way every day and don't []. And when we want to learn something new—like a musical instrument—it's important to have a daily routine, such as practicing for thirty minutes

before breakfast. Of course, habits can also be bad and [] to change. For example, imagine someone who works in an office. He goes to a café during lunch, and buys coffee and cake. He [], so he does it again the next day—and the next. Soon it's a habit, and he's spending more money, drinking more [], and eating too many calories.

- 3** According to [] at University College London, most people can make something into a habit after 66 days of routine and repetition. Stopping a bad habit (e.g., []), [], can take longer—up to 254 days. One conclusion was that the "situation" is important for a habit. So, if you are going to change the habit of having coffee and cake every day, don't go to the café—go for a walk []. In other words, change the situation and start a new routine.

Reading

3 Read the article and answer the questions.

- 1 What was Michael Phelps's habit before a race?
- 2 What has he won?
- 3 What examples of useful habits are there in paragraph 2?
- 4 How does a bad habit form?
- 5 How long can it take to stop a bad habit?
- 6 How can you change a habit?

1.
2.
3.
4.
5.
6.

Critical thinking supporting the main idea

4 Each paragraph in the article has a main idea. Match the paragraphs (1–3) with these ideas.

- a how we can have good and bad habits ____
- b how good habits can help us do something well ____
- c how we can change our habits ____

5 The writer supports the main ideas in three different ways. Which paragraph (1–3) uses:

- a different examples from everyday life? ____
- b information about a real person? ____
- c information from research and studies? ____