Learn new skill in 20 hours

a Read the text. Do you believe Malcolm Gladwell or Josh Kaufman?
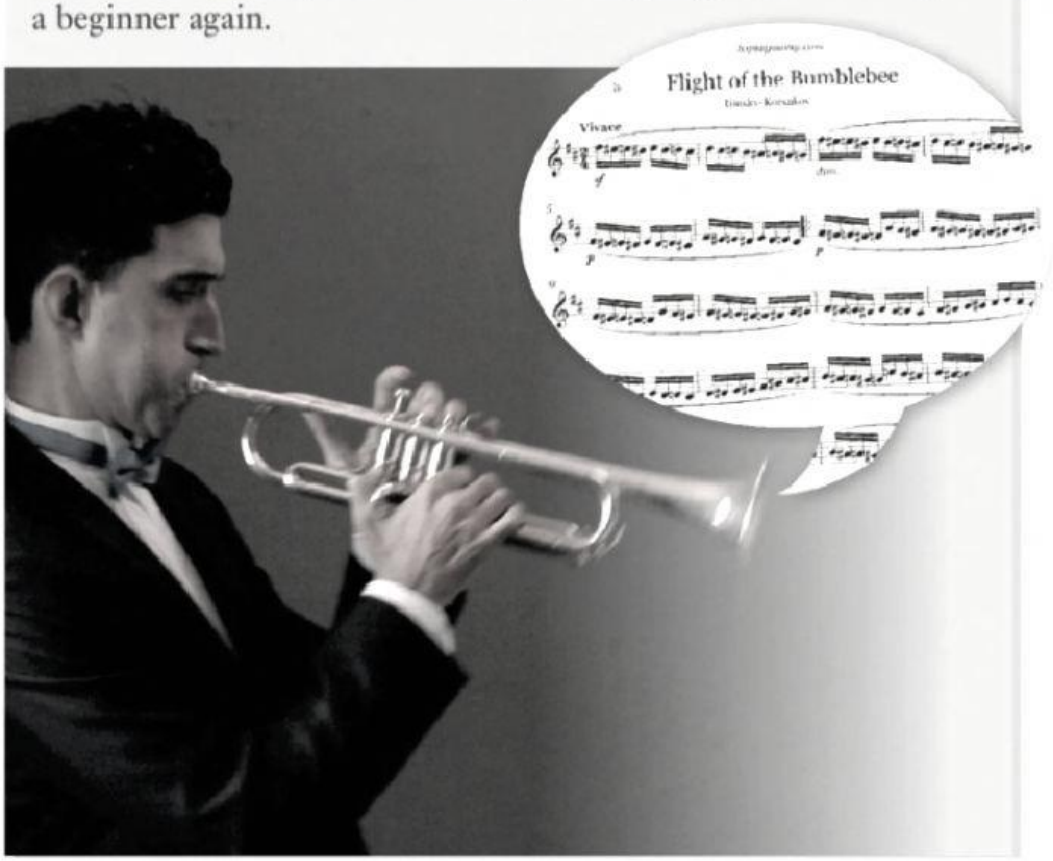
Learn a new skill in 20 hours

It was Malcolm Gladwell, the popular writer on modern psychology, who popularized the idea that it takes 10,000 hours of practice to really master a new skill, such as playing the piano. But in this non-stop world, who has that kind of time? In his book *The First 20 Hours*, Josh Kaufman tells you how to learn any new skill really quickly. By completing just 20 hours of focused practice, you'll be able to go from knowing absolutely nothing to performing well. But is it really possible? Matt Rudd, a *Sunday Times* journalist, decided to give it a try.

b Read about Matt's past experience of learning the trumpet. Why do you think he gave up so fast?

Matt Rudd learns the trumpet

I haven't played a musical instrument for years. Five years ago, I got a trumpet for my birthday and I tried to learn it, but I gave up after seven minutes, and it ended up in the garage. So here I am, a beginner again.



LIVEWORKSHEETS

4.17 **Listen and match the sounds with the music words in bold.**

- three different **musical instruments** playing together
- five **notes** from C to G
- a **high note** and a **low note**
- an **octave**
- a **tune**
- somebody **busking**

4.18 **Now listen to Matt talking about his experience. Choose the best summary.**

1 He didn't learn anything at all.
2 He learned something, but not enough.
3 He learned a lot.



Listen again. For each stage, circle the correct word or phrase.

1 hour
He feels *optimistic / pessimistic.*

2 hours
He feels *pleased / unhappy* with his progress.

5 hours
He thinks the online trumpet teacher is *annoying / great.*

9 hours
He's frustrated by how little he can play / He's happy because he can play simple tunes.

14 hours
He's really enjoying himself / He's depressed and wants to give up.

15 hours
Matilda Lloyd tells him he's doing *well / badly.*

17 hours
He feels *optimistic again / disappointed.*

20 hours
He thinks he'll probably give up / He thinks he'll be able to improve.

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