

# Good learning habits



▶ 95

1 People who learn to do something really well almost always have good [redacted] and habits. Take the Olympic swimmer Michael Phelps. Before he [redacted] in 2016, he trained 365 days a year, 5 and he had the same training routine every day. He got up at 6:30 a.m. and had breakfast. [redacted] exactly 6,000 calories every day. Then he swam for six hours a day. Before a race, he always [redacted] to very loud hip-hop music. Phelps [redacted] 18 Olympic 10 gold medals and 22 Olympic medals in total. That's more than any other person in history.

2 [redacted] 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 [redacted] 15 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 [redacted] to change. For example, imagine 20 someone who works in an office. He goes to a café during lunch, and buys coffee and cake. He [redacted], so he does it again the next day—and the next. Soon it's a habit, and he's spending more money, drinking more [redacted], and eating too many calories.

25 According to [redacted] 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., [redacted]), [redacted], can take longer—up to 254 days. One 30 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 [redacted]. In other words, change the situation and start a new routine.

3

## 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? —