



How much time does it take you to learn a new skill?

Can you call yourself a quick learner?

change a car wheel do yoga dance salsa
knit or sew play a musical instrument play tennis
ride a bike run 5 km sing well ski swim
take good photos use an Excel spreadsheet
type fast

- something that you would like to be able to do
- something you've tried to learn, but have never been able to do well
- something you learned to do after a lot of effort
- something you can do, but you'd like to be able to do better
- something you think all young people should be able to do before they leave school

- 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.

- e 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*.

b Read the information box. Then complete the adjectives with *-ed* or *-ing*.

- 1 What music do you listen to if you feel **depress**_____?
- 2 What do you think is the most **excit**_____ sport to watch?
- 3 What's the most **amaz**_____ scenery you've ever seen?
- 4 Have you ever been **disappoint**_____ by a birthday present?
- 5 Which do you find more **tir**_____, clothes shopping or food shopping?
- 6 What's the most **embarrass**_____ thing that's ever happened to you?
- 7 Are you **frighten**_____ of heights?
- 8 Do you usually feel very **tir**_____ in the morning?
- 9 What's the most **bor**_____ film you've ever seen?
- 10 Do you ever get **frustrat**_____ by technology?