1. How often does Lýdia learn a new language

- a.) She learns a new language every year.
- b.) She learns a new language every two years.
- c.) She learns a new language every three years.

2. How many languages has she learned?

- a.) She has learned 28 languages.
- b.) She has learned 8 languages.

3. What are polyglots?

- a.) Polyglots are large libraries.
- b.) Polyglots are people who speak a lot of languages.

4. What question do people ask her?

- a.) What is your favorite language?
- b.) How do you learn languages so quickly?

5. What did Lýdia want to find out?

- a.) She wanted to find out how polyglots learn languages so much faster than other people.
- b.) She wanted to find out the best way to learn a language.

6. How does her friend Benny learn a new language? What's his method?

- a.) He reads a lot of travel phrasebooks.
- b.) He talks with people and makes mistakes and learns from their feedback.

7. Where does Benny find people to have conversations with?

- a.) local libraries, community colleges, and cafes
- b.) online

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8. True or False? Lýdia says that all of the polyglots she spoke to have the same approach to learning a new language.

- a.) True
- b.) False

9. What did Lýdia realize that was really important?

- a.) Polyglots follow time-tested methods to quickly learn new languages.
- b.) The one thing polyglots have in common is that that they find ways to enjoy the language-learning process.

10. Does Lýdia always use the same method when she learns a new language?

- a.) No. For example she started learning Spanish re-reading Harry Potter and German by watching "Friends."
- b.) Yes. AND, she has developed a system that anyone can use -- a system that's available to everyone.

11. What is self-talk?

- a.) Looking into a mirror and having a conversation with yourself.
- b.) Talking out loud to yourself, for example describing your plans for the weekend, or a picture from your phone.

12. Lýdia says it's important to "revise vocabulary" -- what does that mean?

- a.) To change words into different parts of speech.
- b.) To review and repeat new vocabulary words so you remember them.

13. What is the best "system" for learning a new language?

- a.) Incorporate enjoyable language learning activities into your daily routine.
- b.) Sit down with a cup of tea and a calendar and create an 8-week plan for studying as much as possible.

14. According to Lýdia, if you learn in small chunks every day in a way that you enjoy, _____.

- a.) you'll definitely make visible progress within two months.
- b.) you'll be able to learn a new language within two months.

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