

Unit 8: Learn to Change

Reading 2: A Step to College Success

Answer the questions as you read.

1. What is the main idea of the whole reading? (paragraph 1) _____

2. What are three advantages of following a routine? (paragraph 2) _____

3. What is the *pomodoro* method of studying? (paragraph 3) _____

4. Why are exercising and eating well an important part of being successful at college?
(paragraph 4) _____

5. What kinds of activities does the writer recommend balancing in paragraph 5?

6. What is a synonym for *task* in paragraph 5?
