

Good habits/Bad habits

Objetivo de clase : Cómo hablar sobre sus hábitos en español

Concepto A : Los Hábitos

Los expertos dicen que, dependiendo del hábito, se necesitan entre 18 y 254 días para formar un nuevo hábito. Después de un promedio de 66 días, un nuevo comportamiento se vuelve automático.

¿Qué son los hábitos?

Los hábitos son acciones que realiza todos los días. Son el resultado de las decisiones grandes y pequeñas que toma.

Cada hábito, bueno o malo, comienza con un patrón psicológico llamado ciclo de hábitos, que es un proceso de tres partes:

- **Recordatorio: una señal le dice a su cerebro que entre en modo automático y desencadena un comportamiento.**
- **Rutina: el comportamiento en sí mismo; la acción que tomas**
- **Recompensa: el beneficio que obtiene al realizar el comportamiento.**

Conocer este marco hace que sea más fácil adherirse a nuevos hábitos para que pueda mejorar su bienestar, trabajo, relaciones y vida en general.

Concepto B : Cómo decir "hábitos" en español

Según investigadores de la Universidad de Duke, los hábitos representan aproximadamente el 40% del comportamiento de un individuo. Estas son las principales formas de decir "hábitos" en español:

- **Los hábitos**
- **Los costumbres**

Además, un par de frases relacionadas con los hábitos:

- **Una criatura de hábitos**
- **La formación de hábitos**

QUESTION 1

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Visionary
- 2. Empathetic
- 3. Authoritative

QUESTION 2

- 1. A leader should be someone who is naturally charismatic and confident.
- 2. A leader should be someone who is naturally outgoing and sociable.
- 3. A leader should be someone who is naturally assertive and decisive.

ANSWER

- 1. A leader should be someone who is naturally charismatic and confident.

QUESTION 3

Which of the following is NOT a characteristic of a good leader?

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Visionary
- 2. Empathetic
- 3. Authoritative

QUESTION 4

QUESTION 1

Which of the following is NOT a characteristic of a good research question?

ANSWER

- 1. It is too broad
- 2. It is too narrow
- 3. It is too specific

QUESTION 2

- 1. The research question should be clear, concise, and specific.
- 2. The research question should be broad and general.
- 3. The research question should be open-ended and exploratory.

QUESTION 3

- 1. The research question should be clear, concise, and specific.

QUESTION 4

Which of the following is NOT a characteristic of a good research question?

It is too broad

ANSWER

- 1. It is too broad
- 2. It is too narrow
- 3. It is too specific

QUESTION 5

QUESTION 1

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Selfish
- 2. Humble
- 3. Empathetic

QUESTION 2

- 1. A leader should be someone who is always right and never wrong.
- 2. A leader should be someone who is always confident and never doubts themselves.
- 3. A leader should be someone who is always calm and never gets angry.

QUESTION 3

- 1. A leader should be someone who is always honest and never lies.

QUESTION 4

Which of the following is NOT a characteristic of a good leader?

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Selfish
- 2. Humble
- 3. Empathetic

QUESTION 5

QUESTION 1

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Being self-centered
- 2. Being confident
- 3. Being assertive

QUESTION 2

- 1. A leader should be able to inspire and motivate others to achieve their best performance.
- 2. A leader should be able to delegate tasks and responsibilities to others.
- 3. A leader should be able to communicate effectively with others.

QUESTION 3

- 1. A leader should be able to establish a clear vision and direction for the organization.

QUESTION 4

Which of the following is NOT a characteristic of a good leader?

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Being self-centered
- 2. Being confident
- 3. Being assertive

QUESTION 5

QUESTION 1

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Visionary
- 2. Empathetic
- 3. Authoritative

QUESTION 2

- 1. A leader should be someone who is naturally charismatic and confident.
- 2. A leader should be someone who is willing to take risks and make decisions.
- 3. A leader should be someone who is able to inspire and motivate others.

QUESTION 3

- 1. A leader should be someone who is able to listen and understand others.

QUESTION 4

Which of the following is NOT a characteristic of a good leader?

Which of the following is NOT a characteristic of a good leader?

ANSWER

- 1. Visionary
- 2. Empathetic
- 3. Authoritative

QUESTION 5