**PORTFOLIO**

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* Course: ADVANCED 5

**Draft 1 including teacher´s correction**

**things I do to stay healthy**

The habits I have to stay healthy I get up in the morning at 6 am and I run 10 kilometers every day. I also work out 3 times a week, such as sit-ups and push-ups at home. There are always my 4 friends who give me some advice to improve with my diet. Besides, I play soccer, and I wrestle with some friends every weekend to stay in good shape. From time to time, I go to swim for 20 minutes to reduce my stress and increases flexibility. I always stretch to prevent future injuries.

From now on.  I would like to stop eating fast food like burgers and cans of soda and I want to start eating more vegetables and fruits, and among other things, I really like to drink plenty of water daily and eat fish and meat. On the other hand, I love to stop eating a lot of rice y bread. Another habit I want to break is playing videogames so I can sleep 8 hours or more to feel energized enough to improve the quality of my work. 6 months ago, I got a job as programmer and I spend a lor of time in front of my laptop screen, so I try to take short breaks every hour, and I do eye exercises for my health.

Finally, having good habits is very important because it helps you prevent many diseases such as diabetes, high blood. Aside from that, it gives you plenty of energy and a good mood to continue at work or whatever you want to do. Always listen to good advice from professionals to improve your health. This way, you can not only improve yourself, but you can also give a piece of advice to your family or a friend or anyone who needs it.to conclude, it’s important to continuo with these habits in the future to always have a good health.

**Official writing 1 (corrected version)**

**things I do to stay healthy**

The habits I have to stay healthy I get up in the morning at 6 am and I run 10 kilometers every day. I also work out 3 times a week by doing sit-ups and push-ups at home. There are always my 4 friends who give me some advice to improve with my diet. Besides, I play soccer, and I wrestle with some friends every weekend to stay in good shape. From time to time, I go swimming for 20 minutes to reduce my stress and increase flexibility. I always stretch to prevent future injuries.

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**Draft 2**

I really feel little stressed y nervous when I have to take any exam, because I’m one of those people who leaves everything to the last minute. Also, I don’t have much time to study because I work all day that’s why I don't have enough time to review the class topics. Besides, when I get home, I have to clean my house, wash the dishes and I do some of my laundry and I do that every day, so I sleep only a little. For that reason, I can’t do my best on my exam, I only study 30 minutes before each test on weekdays.

Before an exam, I always try to prepare very well for each exam.I start by reviewing the notes I took in class and highlighting the most important points. Then I look for a quiet place to study because there is a lot of noise in my house to be able to concentrate well. In addition to that, if I don’t understand some things because of time, I ask my friends about any doubt I have on that subject, they are always willing to help me. And likewise, when they don’t get something about any topic, I explain it as many times as needed until they understand.

Things I would like to start doing to prepare for an exam would be to stop being less lazy and leaving everything to the last minute. This way, I can have plenty of time to organize the topics I need to study most, so I would also have fewer problems taking my tests. Besides, I’d love to have a virtual meeting with my friends for a couple of minutes each day, asking each other questions about the exam topics so I can improve. Those are the things I would like to do every time I have an exam, so I don't feel too much pressure.

REFLECTION PAPER

**what did I learn in this grammar course?**

To start, I learned a lot of things that I had already studied before and I had forgotten, the first time I saw the grammar I didn't understand it very well and it didn't make much sense, the grammar was very confusing, but reviewing those topics again and with the help of my teacher I understand it much better, and now I know in what situations I have to use the grammar I learned in this month. For example, I studied countable and non-countable nouns. It helped me improve because I used to spoke and wrote some words incorrectly, and now I don't make those mistakes. Another topic was adjective clauses. Now it helped me understand, and so when I speak to someone, this grammar helped me to speak more fluently in a conversation and give more detailed information.

Finally, this month I learned a lot and that will help me improve my level of English when I speak and I also learned new phrases from my teacher that are used in everyday life and I believe it will be necessary next month and everything I learned will be useful to me.This month was great in my English class to learn new things and I hope to keep learning next month.