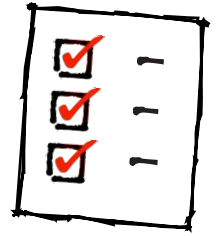


Name:



Day Two

Get Out of Your Own Way

Part 1: Tricky phrases and words

→ Read these phrases and words **out loud** to your partner.

- He acted in *Transformers*
 - He has also written a self-help book
 - You need to have a positive outlook
 - that will keep them from being in control of their thoughts and actions
 - Focus on your goals
-
- Transformers trans | **FORE** | murz
 - positive **PAHZ** | uh | tiv
 - resist rih | **ZISST**
 - thoughts **THAWTSS**
 - focus **FOH** | kus



Decoding practice:

There are seven compound words in the passage. Can you find them and write them down? The first chunk of each compound word is given:

home_____

boy_____

life_____

girl_____

teen_____

them_____

out_____



Day Two

// one minute

Get Out of Your Own Way

Part 2: Last read

WPM _____

Who is Tyrese Gibson? He is a performer. He acted in *Transformers* and the *Fast and Furious* movies. He has also written a self-help book, *How to Get Out of Your Own Way*.

His life did not start out easy. Tyrese grew up in Los Angeles. He was very poor. 51

His father was not around, and his mother worked three jobs. As a sixth grader, 66

Tyrese was kept back. He says now that he wanted to have fun, not do his homework. 83

Tyrese saw that he had choices to make growing up. There were gangs and drugs in 99

his area. He could see the dealers' lifestyle. Most of his teenage friends made 113

different choices. Some are dead, and many are in prison. Tyrese was lucky to attend 128

Locke High School. There he met a helpful music teacher, Mr. Andrews. Tyrese's 141

first big break was singing in a Coca-Cola ad. His teacher believed in him. With 157

help, Tyrese got on the right track. 164

In *How to Get Out of Your Own Way*, Tyrese tells teens to hold onto dreams. You 181

need to have a positive outlook. "Young people must resist doing things that will 195

keep them from being in control of their thoughts and actions." He says teens often 210

focus too much on a boyfriend or girlfriend. They forget to take care of themselves. 225

Focus on your goals when others may be trying to pull you back! 238

Part 3: Comprehension and discussion

Tyrese says that many teens focus too much on a boyfriend or girlfriend. They don't focus enough on themselves. Do you agree or disagree? Why?

Check with your partner. Do you feel the same way or differently?
