

Name:

Day One

Get Out of Your Own Way

Part 1: Silent read

→ Who is Tyrese Gibson? Read silently.

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. His father was not around, and his mother worked three jobs. As a sixth grader, Tyrese was kept back. He says now that he wanted to have fun, not do his homework.

Tyrese saw that he had choices to make growing up. There were gangs and drugs in his area. He could see the dealers' lifestyle. Most of his teenage friends made different choices. Some are dead, and many are in prison. Tyrese was lucky to attend Locke High School. There he met a helpful music teacher, Mr. Andrews. Tyrese's first big break was singing in a Coca-Cola ad. His teacher believed in him. With help, Tyrese got on the right track.

In *How to Get Out of Your Own Way*, Tyrese tells teens to hold onto dreams. You need to have a positive outlook. "Young people must resist doing things that will keep them from being in control of their thoughts and actions." He says teens often focus too much on a boyfriend or girlfriend. They forget to take care of themselves. Focus on your goals when others may be trying to pull you back!

Source: Gibson, T. (2011). *How to Get Our of Your Own Way*. New York, NY: Grand Central Publishing.



Day One

// one minute

Get Out of Your Own Way

Part 2: First timed read

WPM _____

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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

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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

What is Tyrese Gibson known for?

Who helped Tyrese in high school?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

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. // His father was not around, / and his mother worked three jobs. // As a sixth grader, / Tyrese was kept back. // He says now / that he wanted to have fun, / not do his homework. //

Tyrese saw that he had choices to make growing up. // There were gangs and drugs in his area. // He could see the dealers' lifestyle. // Most of his teenage friends made different choices. // Some are dead, / and many are in prison. // Tyrese was lucky to attend Locke High School. // There / he met a helpful music teacher, / Mr. Andrews. // Tyrese's first big break was singing in a Coca-Cola ad. // His teacher believed in him. // With help, / Tyrese got on the right track. //

In *How to Get Out of Your Own Way*, / Tyrese tells teens to hold onto dreams. // You need to have a positive outlook. // "Young people must resist doing things / that will keep them from being in control of their thoughts and actions." // He says teens often focus too much on a boyfriend / or girlfriend. // They forget to take care of themselves. // Focus on your goals / when others may be trying to pull you back! //

I read the passage in phrases out loud to my partner.