

Figure 40.2

## Student Directions for Choosing a Comfort Zone Book

✓	Steps
	1. Select a book that seems interesting. Read the title and front and back covers. Look at the size of the font, the illustrations, the white space, and the number of pages. If the book still seems interesting to you, continue with the following steps or choose another book.
	2. Choose three sections in the book to test: one near the beginning, one near the middle, and one near the end.
	3. Count out about twenty words in the first section, or about three lines of text.
	4. Read the passage in a low, whispering volume.
	5. Mark any words you have trouble with or do not understand with a sticky note. I will give you some to use. Do not count names of people.
	6. Look away from the passage and tell yourself what you just read.
	7. If you missed more than one word, the passage was too hard.
	8. If you could not explain what the passage was about, the passage was too hard.
	9. Repeat steps 3–8 for the middle and ending sections of the book.
	10. If you missed only one word in each passage, or no words, and you could explain each passage, the book is in your comfort zone. Read and enjoy! If two or more passages are too hard, save the book for later in the year.

Source: McEwan & Bresnahan, 2008b. Used with permission.