Where did you journey in this class?

Reflect back on your experiences in this class through the lens of the Learning Zones Model. When were you in the Comfort Zone? the Learning Zone? the Panic Zone? For each specific moment you mark on the map, include when it was, what was happening, and why you felt that way. You might not have had experiences in all of these zones. Also remember that where each individual learner’s zones begin and end is unique to them.

**COMFORT ZONE**
Here things are familiar to us; we don’t have to take any risks. This is important, because it gives us a place to return to, to reflect and make sense of things. Because we use known skills and abilities to achieve known outcomes, there’s also not much room for learning.

**LEARNING ZONE**
Here the skills and abilities to achieve specific outcomes are not in hand—but are within reach. It can be an uncomfortable stretch. But it does not call for panic. And that is when we learn and grow. Exploring beyond the edge of our abilities slowly expands our Comfort Zone.

**PANIC ZONE**
Here the overall feeling of panic inhibits us from developing new skills or abilities. It’s overwhelmingly uncomfortable here. Since all our energy is used up in managing/controlling our anxiety, there is no room for learning.