

## COMFORT ZONE ASSIGNMENT – CHOIR 2011-2012

Purpose: Eleven years of teaching experience has taught me that the students in the choirs which are most successful exhibit a few common attributes: first, they are willing to take personal risks in front of their peers to become better people; second, they care more about others than they do themselves and show it by action; third, they are an example for good, not just in music, but in every walk of their lives. After a meaningful experience with a similar assignment in college I decided to incorporate the *Comfort Zone Assignment* into my class curriculum.

Assignment: Students are required to do one of the following to earn credit for their assignment

- One or two acts or decisions which are very difficult for you to do based on your current comfort zone
  - These must appropriately benefit others as well as yourself
  - Publicly embarrassing yourself, or bringing attention to yourself does not count
  - Should be something you would not probably dare to do if not to fulfill the assignment
- A journal of small daily acts of service (at least 4 or 5 a week)
  - These could include finding someone to compliment, choosing to greet and smile at everyone you see in the hall, helping someone with a small task
  - Larger acts of kindness or service may count for several small ones (you be the judge)

A written description of what you did to stretch your comfort zone, or to serve and lift others will be due on the second to last day of the term. Description should be throughout and should include a self-grade out of 75. After reviewing the submitted assignment the teacher will determine whether the self-grade is an accurate reflection of fulfilling both the spirit and the letter of the assignment. If the teacher disagrees with your self-grade you'll be notified privately on the last day of the term.

Occasionally the comfort zone assignment may include things that are too personal to provide a detailed description. If that is the case, please note in your written assignment the personal nature of your assignment, and a brief description (not detailed) of why it was a stretch of your comfort zone and a self score. Your privacy will be respected.

### **Due dates:**

**Term 1 – Friday, October 21, 2011**

**Term 2 – Friday, January 6, 2012**

**Term 3 – Friday, March 16, 2012**

**Term 4 – Friday, May 18, 2012**