**Professor McMillan, M.S. M.Ed.**

**Sociology-200**

**Spring 2021**

**Out of Comfort Zone**

**Purpose**

* Get a feeling for how quickly other people prejudge us and our status.
* Get a better understanding of who we are as an individuals.
* Analyze why it matters what other people may think about us.
* Get a better understanding of our own sociological perspective of society and its requirements of us.
* Understanding the importance of not to making assumptions about people or their social status.
* Looking for people’s reactions toward us when we appear to be operating outside of society’s norms (**caution**: this may be good or bad).
* Be able to put ourselves in the shoes/position of others in certain situations

**Directions/Outline:**

1. Do something that will take you out of your comfort zone, (examples: go to a movie alone or go to dinner alone or attend a religious service different that your own belief or go to a bar alone or strike up a conversation with someone different from your culture or go to a gay bar or dress inappropriately for a social or public setting).
2. Write a three or more page report of your experience.
   1. Fully describe where you went and why.
   2. Discuss your initial feelings when you arrived at the location.
   3. Discuss your after feelings when you left the location.
   4. Discuss how this experience could benefit you and others.
   5. Discuss what you did not like about this experience.
   6. Discuss if this experience helped you to grow as a sociologist.
   7. **You should use at least 4 major concepts that would explain what observed learned or felt during and after this experiment from the chapters you have read.**
3. Be prepared to discuss this experience with your colleagues during our class.
4. A cover page, double spaced, and black ink required.

**Examples of Out of Comfort Zone Experiences:**

Go to a movie alone.

Go out to dinner alone at an upscale restaurant.

Attend a religious service differ from your own belief.

Go to a social gathering where the majority of people are males if you are a woman.

Go to a social gathering where the majority of people are females.

Visit a nursing home and spent time with someone you do not know.

Hang out with some one of a different ethnicity for a few hours and learn a much as you can about their culture.

Go to a bar alone on a Friday or Saturday evening.

Go test drive some fancy sport cars alone.

Visit a homeless shelter.

Have a conversation with a homeless person.

Cook dinner for your significant other or parents.

Have a conversation with a stranger about global warming.

Go shopping for women clothing if you are a man

Go shopping for men clothing if you are a woman

Stand on the street corner and sing your favorite songs

Visit a mental health facility and have conversation with someone you do not know.

Visit a gay bar with a friend or alone.

Dress in a way society deemed to be unacceptable and inappropriate and go shopping in a crowded area.

Eat alone at a restaurant completely different than your cultural background.