

Title: Zones of Development.

Zones of development conceptualize what students can do with and without help.

Graph with 3 horizontal segments labeled on the Y axis: a darker one at the top labeled Struggle zone, what students cannot do, even with help. In the middle is a lighter segment labeled Growth zone, what students can do with help. At the bottom is an even lighter segment labeled Comfort zone, what students can do without help. The X axis is labeled Time, and increase from left to right. A dashed line moves up and down between the zones over time, with plateaus within each zone.

An arrow points to the graph, from a text box, saying, over the span of a course and even a single class period, it can be useful for students to move between all three zones.

Why should students move through the zones?

- If students spend all their time in their comfort zone, they're not learning anything, and may get bored from a lack of challenge.
- If students spend all their time in their growth zone, they may feel like they do not have expertise and lose confidence.
- If students spend all their time in their struggle zone, they may get discouraged and check out.

How do you know what students can do?

- **Ask.** Use surveys and polls to ask about student knowledge and confidence.
- **Observe.** Watch how students respond to your problems and questions.

Be sure to encourage students to lean into challenges and ask questions!