

BITESIZE

PASSPORT
DAY

Welcome to Bitesize Passport Day.
A virtual journey to higher education,
one week at a time!

This worksheet is an interactive PDF so you can complete it on your computer or mobile device (or print it if you prefer!). Once completed, please email it back to passportday@studyhigher.ac.uk with any questions or queries. Good luck!

Step 1

Print or Download the worksheet. If you are completing it on your device, select to open it in a PDF Viewer.

TIP: If you have two devices (i.e. a laptop and a phone), you could watch the workshop video on your phone whilst completing the worksheet on your laptop).

Step 2

Complete the worksheet as best you can – jot down any questions you want to ask us!

Step 3

Email your completed worksheet back to us along with any questions you have.

This week the theme is

COMFORT ZONES

TASK 1





Find the definition of **comfort zone** and write it here:

www.studyhigher.ac.uk

-  I feel extremely uncomfortable
-  I feel slightly uncomfortable
-  I feel very comfortable

TASK 2

Rate the following activities red, amber or green based on whether they are inside or outside of your comfort zone.

Bungee jumping   	Online shopping   	Swimming with sharks   	Saving money   
Having a job interview   	Making an important phone call   	Socialising with friends   	Playing video games   
Presenting   	Watching TV   	Using social media   	

TASK 3a

Thinking about your comfort zone when you're **not at school**:

1. Inside the circle, list the things you do in your leisure time that are **inside your comfort zone** e.g. Watching TV
2. Outside the circle, list the things you do in your leisure time that are **outside of your comfort zone** e.g. joining a new club

Inside your comfort zone

Outside your comfort zone



WEEK 1

Sheet 3 of 3

TASK 3b

Thinking about your comfort zone when you're **at school or work**:

1. Inside the circle, list three things you do at school or work that are **inside your comfort zone** e.g. group work with friends
2. Outside the circle, list three things you do at school or work that are **outside of your comfort zone** e.g. presenting your work

Inside your comfort zone

Outside your comfort zone

TASK 4

Thinking about the things you have listed **outside of your comfort zone** - what would you like to work on over next year? Try to think particularly about what would help you with your GCSEs.

Why is pushing yourself out of your comfort zone important?

Name one thing you are going to do while you're at home to push yourself out of your comfort zone:

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