Area III classes challenge students and teachers to become more aware of who they are and think more deliberately about their choices, actions and beliefs. Area III encourages introspective thinking that is both reflective (How does this discussion or idea make me feel?) and analytical (Why do I feel that way?). Area III integrates ideas and discussions from Areas I, II and throughout the GS environment in an ongoing reflection on how the curriculum affects students personally. This discussion completes, at least structurally, the Governor's School learning process by relating the overall curriculum to students' lives.

Area III strives to develop emotional and intellectual tools for encountering ourselves and our society. Area III classes become mirrors of the honest, non-defensive, and generous encounters with difference that the school prizes. Area III classes are based on honest, open discussion. Lessons typically will be guided by a general topic (for instance, personality, race, censorship, government, education, family) and a more specific example or circumstance (for instance a speaker's views on education or race, arts performances, or optional seminars).

"Area III was the bomb!! Class discussions were amazing, and it was so nice to talk about things like politics, religion, and feelings with a diverse range of perspectives in an environment that encouraged everyone to be open. It's not the only time that's happened for me, but it's rare that it happens with people my age who aren't close friends."