Reflection  7      Name: \_\_\_Abishek Chudal\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_                      Total Points\_100\_\_\_\_

5 pts Questions**(50 points)**

1. What did I do to prepare for this week?

Ans: To prepare for this week I went through preparation section in CANVAS.

2. What concept from this week are you uncertain of our would like to know more about?

Ans: I would love to know more about commitment and connectedness.

3. What topics were studied this week, and what are their definitions?

Ans: We learned about estimating which is an important trait to develop no matter what your career level is and we also learned about four points of practical leadership.

4. What phase of your projects did you complete?

Ans: we started doing acorn project and we played Borris ball game in class.

5. Summarize this week’s scenario?

Ans: In this week we learned about points of practical leadership and importance of estimation.

6. What did I learn from the study material?

Ans: From the study material I learned about importance of estimation and how can we be good in every sector by learning to be leader .

7. Where did you put your assignments in GitHub?

Ans: I put my assignment in my repository in the file name Technical Teamwork.

8. What did I learn from the study material?

Ans: From the study material of this week three I learned about estimation, points of practical leadership, its importance.

9. How did this week scenario relate to the week’s topic?

Ans: In this week we learned to make our bed which is a prime example of self-discipline which is exactly this topic

10. Why is this week’s topic importance?

Ans: This week topic is very important because it teaches us about self-discipline and self control.

**# 10 pts Questions (30 points)**

1. Write a SMART goal for next week?

Ans: I have made myself some SMART goal for next week. I'll try to put on some muscle so that I can spend more time working out. And in order to keep up with my studies, I'll cut back on my sleep time. I'll start meditating to keep my mind sharp and clear. I'll cut back on spending on things like groceries and game points. I'm going to make an effort to drink more water. Additionally, I'll meet with my professors during class hours to improve how I study.

2. What is the most significant take-a-way you have gained from your study this week?

Ans: I have learned many important things from this week. After this week I have started to wake up early in the morning and started to make my own bed and clean my room. AS I have learned about self-disciplined in this week I am practicing self -discipline and also to have self-control in my life also I learned how to impact by myself in my team and out project. I started to take an online class for self-improvement and to for my career preparation.

3. What would you do differently next week?

For the coming week, I'll make some changes. When I get out of bed early in the morning, I'll start making my bed. For an hour before and after going to bed, I won't use my phone or other devices. I'll try to construct a solid a connection to people. I'll begin networking and visit all the job fairs. I'll keep my bedroom tidy. Additionally, I will think and learn from prior mistakes

**# 20 pts Question (20 points)**

1. How do you plan on contributing to the teams, besides completing your tasks?

Ans: Besides completing my task followings are the plan that I would contribute my team.

1. I will listen to my teammates properly

2. I will communicate with the team as more as possible.

3. I will look my past mistakes and lesson I learned to reflect it in my present project.

4. I will ask the question to know more about any of the things which I am confused or can help to the team project.

5. I will collaborate with my teammates to know how I can contribute to them.

6. I will share my ideas with my teammates.