Reflection 8 Name Abishek Chudal Total Points 100

5 pts Questions**Affect: (What? So, What? Return, Report, Reflect and Regroup.)**

**What? (Return and Report)**

* What did I do to prepare for class this week?

Ans: I prepare by studying from preparation section in canvas.

* What concept from this week are you uncertain of or would like to know more about?

Ans: I learned about how to manage anger issue and how to manage conflict.

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

Ans: we studied about I statements and effective way of using I statement also we learned about conflict and anger management too.

* What phase of your projects did you complete?

Ans: This week we submitted our acorn project for approval, I helped my teammate to finish milestone section in the project.

* Summarize this week’s scenario?

Ans: This week we learned about important thing that we all need to learn like risk management, conflict management and anger management.

* Where did you put your assignments in GitHub?

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

* What did I learn from the study material

Ans: I learned about I statement, when to use I statements, problem with using I statement, resolving conflict.

* Why is this week's topic important?

Ans: This week topic is important because it teaches us about importance to know about anger management, risk management and ways to resolve conflicts.

* What did you learn from your work on your project?

Ans: From this week project I learned about risk management ad importance of conflict to progress in our life.

* What actions were assigned to you, in your team meeting

Ans: I was assigned to support my team in our group project and to help them type the answers.

**10 pts Questions**

* Write a SMART goal for next week?

Ans: I have made myself some SMART goal for next week. 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'll try to put on some muscle so that I can spend more time working out. I’m going to try to drink more water. Additionally, I'll meet with my professors during class hours to improve how I study.

* 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.

* What would you do differently next week?

Ans: For the Next 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 points**

* How do plan on contributing to the team, besides completing your tasks?
* Ans: Besides completing my task followings are the plan that I would contribute my team.

I will listen to my teammates properly. I will communicate with the team as more as possible. I will look my past mistakes and lesson and I learned to reflect it in my present project. I will ask the question to know more about any of the things which I am confused or can help to the team project. I will collaborate with my teammates to know how I can contribute to them.

I will share my ideas with my teammates.