**Reflection Braxton Medeiros 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?

I came ready to class by making sure I completed all of the preparation material. I also came spiritually ready by praying and asking for strength.

* + - What evidence can I provide that demonstrates with affirmation statements?
    - What concept from this week are you uncertain of or would like to know more about?
    - What topics were studied this week, and what are their definitions?

The topics studied this week was communication. Communication means the imparting or exchanging of information.

* + - What phase of your projects did you complete?
    - In your team meeting, what were the answers to this week’s questions?
    - Summarize this week’s scenario?
    - Where did you put your assignments on GitHub?
  + **So What? (Reflect and Regroup)**
    - What did I learn from the study material

I learned that communication is key. I also learned that there are different types of communication besides just verbal communication.

* + - Why is this week's topic important?

This week’s topic is important because we need communication as humans. Being an effective communicator is key in pretty much any aspect of life.

* + - How did this week's scenario relate to the week’s topic?
    - What did you learn from your work on your project?
    - What insights did your team learn from this week’s questions?
    - What actions were assigned to you, in your team meeting?
* 10 pts Questions **Behavior: (What now?...my ideas are starting to emerge!)**
  + - What is the most significant take-a-way you have gained from your study this week?

The most significant take away I got from this week is hat we need to keep in mind there are other forms of communication besides just verbal communication.

* + - What do you do, steps, or processes related to this week's topic?

I changed the way I receive communication. I now keep in mind other way people may communicate such as body language, emotions, etc.

* + - How would you explain this week's topics to a person not in this class?
    - What did you learn by explaining this week's topic to someone not in this class?
    - Write a SMART goal for next week?
    - What would you do differently next week?
    - What five takes did you get from the scenario?
    - How does the weekly topic relate to the MIM model?
* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - Why is this week's topic important for teamwork?

This week’s topic is important for teamwork because it is about communication. We must be effective communicators in our team if we want to succeed. Communication is key in a team setting.

* + - How do you plan on contributing to the team, besides completing your tasks?

I plan on communicating with my team as effectively as possible. I will try to let my team know where I’m at with my assignment of the project.

* + - How does your experience relate to other experiences you have had?
    - How does your experience relate to other classmates’ experiences?
    - Tell me about what you taught someone? And what did they learn that they didn’t know before?
    - If you were to write your experience as a STAR story, how would you phrase it?
    - If this was a religion class, how would you relate this week’s topic to the gospel?

This week’s topic is related to the gospel because we need to know how God communicates to us. He can communicate with us in several different ways.