**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 was able to read all the preparation material. I also came prepared by praying in the morning asking for help from the spirt to gain an understanding of my classes that day.

* + - 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?
    - What phase of your projects did you complete?
    - In your team meeting, what where the answers to this week’s questions?
    - Summarize this week’s scenario?
    - Where did you put your assignments on GitHub?

I put my assignment in my html file on my gitHub page.

* + **So What? (Reflect and Regroup)**
    - What did I learn from the study material

I learned that even though we as people have a lot of different personality types, that doesn’t mean we can’t all get along with each other. Understanding different personality types can prove to be useful in building team chemistry.

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

This weeks’ topic was important because we were talking about awareness. It is important to be aware of this when working in a team. We need to be aware of each other in order to be effective in our work.

* + - 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 takeaway I had from this week is how important it is to be self-aware. If we sit in a team acting oblivious, that is going to benefit no one. We have to be self-aware in order to be effective.

* + - What do you do, steps, or processes related to this week's topic?
    - How would you explain this week's topics to a person not in this class?

The way I would explain this to someone not in this class is by letting them know the importance of being self-aware. I would explain how easy it could be to not be aware of your situation. You need to be mindful of those in your group.

* + - 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 weeks’ topic is important for teamwork because if we had no awareness, the teamwork would not work.We have to be mindful of those in our group if you want good teamwork.

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

I plan on making sure I am aware of how my teammates are doing. I will make sure that I am self-aware. I will make sure everyone is included and no one feels left out.

* + - 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?

Well I was talking about this to my roommate and I brought but how we need to be self-aware in a team setting when working on a project. He said he learned that it was easy for him to just do the work on his own and not really pay much attention to his teammates. He said he will be self-aware next group project.

* + - 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?