**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 prepared the same way I do every week. I watched/read all the required preparation material. I also prayed for the Holy Ghost to help me learn and retain the knowledge gained in this class

* + - 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 main topic for this week was professionalism. The definition is the competence or skill expected of a professional.

* + - 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 it is very important to be professional in the workplace. I mean I already knew that but it is good to emphasize this.

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

This week’s topic is important because in order to exceed in you job, you need to act and be professional towards your boss and coworkers.

* + - 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 got from this week is the importance of dressing professionally. When we look the part, we act the part.

* + - 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 first step of being professional in the workplace is accountability. We need to be accountable for our action and no blame others.

* + - 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 we need to be professional toward teammates if we want to exceed our teamwork. Being professional means being responsible and accountable which is key for team work.

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

I plan on acting professionally in my group. I will be responsible and accountable to each of my teammates. I will have great communication because that is what professionals do.

* + - 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?

Plus 20 points for class activity!!