**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 for this class this week by completing the prepare content prior to 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?
    - What phase of your projects did you complete?

My team and I completed the planning phase for the acorn project.

* + - 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?

I put my assignment on my GitHub page. I uploaded the doc to my code then linked that to the correct place.

* + **So What? (Reflect and Regroup)**
    - What did I learn from the study material
    - Why is this week's topic important?
    - 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?

I was in charge of doing a section of our acorn project. I was in charge of putting the information on the effective communicator section.

* 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?
    - 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?

I would explain that we are working on a group project. We have 4 different projects we need to work on. So this week we went through which projects we will be doing and submitted our ideas to get approved by the teacher.

* + - 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?

I would make sure that I am communicating better on my part. My part was the last part to get done because I didn’t get the document shared. I got it straightened out eventually but it would have been nicer to get it done earlier.

* + - 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 was about commitment. You need to be committed in order to finish your work. We also started the acorn project so we needed to use teamwork to get it done.

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

I plan on being committed to doing my part. I will also make sure I am being an effective communicator by reaching out to my team consistently to make sure we are on track.

* + - 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?

Well this week’s topic is related to the gospel because we were talking about commitment. In order to live the gospel, we need to be committed to it. Just like doing a group project, we need to make sure we are committed to our part of the plan and follow through.