**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 by doing the prepared content and coming to class ready to learn.

* + - 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?

I completed the planning phase of our project. I just needed to tweak one thing for our acorn project approval.

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

This week's topic is important because we were talking about conflict. At first glance conflict can be seen as a bad thing. But we need conflict/opposition to be effective.

* + - 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 assigned to work on one of our projects we are gonna do for the acorn project. Since it is split up into 4 projects and we have 4 people in our group, we split up the work evenly.

* 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?

One major take-away I got from this week is that we need conflict to help us out sometimes. We did a class activity where we all leaned on teacher and because of the conflict between our hands holding each other up, we were able to not fall

* + - 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 need conflict even though it may seem like a bad thing. We sometimes need opposition to hold us up. If we avoid conflict in the workplace, then we won’t be as effective.

* + - 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 sometimes need conflict to help us out. If we avoid conflict, we won’t be as effective.

* + - How do you plan on contributing to the team, besides completing your tasks?
    - How does your experience relate to other experiences you have had?

It relates to this other experience I had because one time on my mission I had a companion I didn’t really get along with. We would avoid conflict at all costs. One day we blew up at each other. After that conversation, we were able to put our differences aside and were more effective.

* + - 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?

I would relate it to the gospel by saying we need conflict/opposition in our life. Without it, we would not be able to grow. Like it says in the scriptures, there is opposition in all things. It is our job to use that opposition to our advantage.