**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?

Well I went over the preparation material. This week we didn’t have to watch any videos so I just studied my first draft of my user manual and explained what a personal user manual is to some friends

* + - 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 whole first part of my user manual

* + - 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 physically made our own user manual. We had to learn more about ourselves and write about what we found.

* + - How did this week's scenario relate to the week’s topic?
    - What did you learn from your work on your project?

I learned that I need to take better care of myself when it comes to my health

* + - 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?
    - 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?

Well I would explain that we made a personal user manual. Then I would explain that a user manual is made to better understand yourself.

* + - 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 spend a little more time pondering the assignment at hand. I would take more time making sure I am doing what I need to.

* + - 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 have to understand ourselves first in order to know how we can work better in a team.

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

I plan on making sure I go over my user manual and see if there is anything in my manual that might help with the team assignments.

* + - 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?

The way I would relate a user manual to the gospel is by comparing it to the introspection questions asked by Alma in Alma chapter 5. A user manual is used to look into yourself and see how you work best. We can easily make a spiritual user manual.