

Cse170 – conflict reflection

- Why is this week's topic important for teamwork?
 - o An inevitable part of teamwork is going to be disagreement. Disagreement is a natural part of teamwork, and how a team handles disagreements can determine whether that team is functional or not. A team that's able to handle conflict or multiple conflicting ideas, is one that is productive and can contribute in creative and an effective manner. Without disagreements, decisions are isolated to individuals and can signify a rather toxic work environment where employees don't feel safe sharing or voicing their ideas. This week's topic is especially important because it teaches us how to share these ideas in a straightforward effective manner that contributes to a conversation rather than contributing to an argument.
- How does your experience relate to other experiences you have had?
 - o Conflict is something I'm rather accustomed to being one of three brothers. And especially so when it comes to dorming with one of my brothers. Something that I learned, is that being able to express my ideas in a straightforward manner rather than just starting an emotionally charged conversation is far more effective in working out issues. While disagreements happen often, the way that my brother and I handle those disagreements doesn't need to be in an aggressive or mean way.
- Tell me about what you taught someone? And what did they learn, that they didn't know before?
 - o I was talking with my brother this week about some of the preparation materials that were required before class. Something that was interesting was from Harvard Business Review, where it mentioned that agreeing was usually easier than confronting an individual. There are definitely times where my brother and I might want to avoid disagreements, but at the cost of our own sanity. Instead, it's much better to bring up what frustrations might be ailing us in hopes to get the issue resolved amicably rather than let it fester within ourselves.
- If you were to write your experience as STAR story, how would you phrase it?
 - o There was a time where my brother and I were dorming together and oftentimes my brother would do his homework during the late night to early morning hours rather than at a more reasonable time. During that situation, instead of bringing up my frustration about his sleeping

schedule and the negative effects it was having on my own sleep, I let it fester inside of myself. I knew that eventually I would have to talk with my brother, but it was easier to keep it bottled up and avoid a potential argument than bring up an issue and get into a huge argument. However, there came a day where the cap blew off my festering feelings, and I became extremely frustrated with the behaviors of my brother. We had an argument, one that I could've avoided altogether if I was more forward. However, in this argument, I knew that when dealing with my brother, I needed to come with my own solutions, lay them out, and come to an agreement with my brother. Opposed to other arguments, coming to the table with multiple solutions worked, and helped the argument not be as tense as it would've been. However, it could've been better if I didn't let those feelings fester in the first place and have a calmer conversation earlier rather than later.

- If this was a religion class, how would you relate this week's topic to the gospel?
 - I think that if this week's topic was related to the gospel it would be related through the theme of love. Going off of the talk by Dallin H Oaks, it's important to live peaceably with others who do not share our values or ideas. It's okay to be different, and have different perspectives, but succumbing to the turmoil that exists around us is unacceptable. When we live with kindness in our hearts, we can have a respect for differences in others.