Reflection W13 Emily Raventos Total Points: 100

Justification: I answered questions to equal 100 points. I found an article and video about personality.

5 What did I do to prepare for class this week?

5 Why is this week’s topic important?

10 How would you explain this week’s topics to a person not in this class?

20 If this was a religion class, how would you relate this week’s topic to the gospel?

20 How does your experience relate to other experiences you have had?

20 How do you plan on contributing to the team, besides completing your tasks?

20 Why is this week’s topic important to teamwork?

To prepare for class this week I watched a video about the Meyers Briggs Personality test. I’m really interested in personality tests. I think it’s cool to see how accurate they are and then read the insights on that personality. The Meyers Briggs test is my favorite personality test so I figured I would find something on that. I also found an article that talked about what personality is. After doing this prep work, if I needed to explain this week’s topic to someone else, I would say we learned how to be more aware of who we are to be a better teammate. I would then talk about how some people are Extroverts, some are Introverts, and some are Ambiverts, and I would describe each of those. There are also other aspects of a personality that affect others as well. There are always different strengths people can bring to the table.

If this were a religion class, I would bring up that our Heavenly Father knows us personally. He loves us as we are but wants us to progress and get better. As we get to know ourselves better, we will be better able to know how we learn, work, and are able to progress. One of the most important things though, is that we had our personality before we were born, and we will have the same personality after we die. We have an divine destiny.

I’ve noticed in my group projects I’ve had to do for class that it’s very helpful to have people with different personality types. For example, I’m an introvert and I do not like presenting, public speaking, etc. However, there’s usually someone who is more extroverted and does like that kind of thing. It’s a good balance and helps the project work effectively.

This will help me contribute to groupwork for this class, as well as any other teamwork I might have, because I’ll be more aware of who I am and who others might be too. It’s so important to be aware of yourself and how you work in teams. I know I’ve mentioned this before in another week’s reflection, but I’m working as a Software Tester right now and have a team I work with. It’s nice to know some people’s personalities and strengths and weaknesses.