Ethan Stancliffe

10/8/22

CSE-170

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?

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?

In your team meeting, what where the answers to this week’s questions?

Summarize this week’s scenario?

Where did you put your assignments in GitHub?

**So What? (Reflect and Regroup)**

What did I learn from the study material

Why is this week's topic important?

How did this week scenario relate to the week’s topic?

What did you learn from your work on your project?

What insights did your team lean 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?

**I think the most significant takeaway from this week was that all I really need to be more productive is more self-discipline, and the ability to truly focus on the task ahead of me.**

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?

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?

**Next week, I will remove distractions, and become more disciplined in my studies, so that not only in this class will I do better, but in all my other classes as well, forming better work habits**

What five take 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?

**Self-discipline is important in teamwork, because you need it to stick to a schedule and get your part of the project done so that you can put together your part and the parts of the others in your group to create a whole. You also need to be disciplined enough to know how to respect others and to stick to your task instead of becoming unfocused.**

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

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

**I have had many experiences in my life where I have had to learn self-discipline, both in the church and the rest of my life. I have had to learn to discipline myself with the word of wisdom, and to get my schoolwork done on time (usually).**

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?

**When I told my roommate he needed to be more disciplined, he gave me a blank stare and said, “Okay.”, which I took as a sign that he had learned more about controlling himself, sticking to a schedule, being focused, and how to pass all his classes this semester. He’s lucky to have such a helpful friend, I don’t think he would’ve understood self-discipline if it weren’t for me.**

If you were to write your experience as STAR story, how would you phrase it?

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

**Discipline is a huge part of the gospel. Following God’s commands sounds easy enough, but there are a lot of temptations in this world, and you have to have a lot of self-control and discipline to resist giving in to the works of Satan and keep all the commandments of the Lord.**