

# Start

Apex Tech (Thurs @ 2)

- \* Start moving forward sooner
- \* communicating (team, groups, pairs)
- \* progressing towards goals in between each meeting
- \* insure cohesion

# Stop

- \* procrastinating
- \* interrupting
- \* frustrated easily
- \* stop being isolated

# Continue

- \* Discussion
- \* Meeting
- \* Up-beat attitude
- \* out of meeting communication