Reflection        Name: Joanna Gohnert                      Total Points: 100

* 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?

While writing about my user manual, I realized just how much I value healthy communication over all. Being able to speak to anyone about an issue or allowing others to speak establishes respect between any individuals no matter their differences. I work best in an environment with people who care enough about their job to communicate efficiently without acting out of spite or discouragement over trivial matters.

* + - What do you do, steps, or processes related to this week's topic?

I tried everyday this week to be as professional as I could, like getting to where I need to be on time, dressing a bit nicer and keeping respect with those around me. I also pondered a lot about my work ethic and how to improve on my professional skills moving forward.

* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - Why is this week's topic important for teamwork?

It is important to learn how to be a professional when working anywhere. Whether it be by yourself or on a team, being professional helps other people see you as a valuable asset and a reliable worker, someone anyone can turn to for help.

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

I worked several different jobs in my life, and I noticed a big difference in my performance when I take the time to look and dress nicer. I feel more professional when I dress appropriately, and I also noticed a big difference with how I interact with others when I do. I am more confident and able to take charge when I feel organized, productive and clean.

* + - Tell me about what you taught someone? And what did they learn, that they didn’t know before?

I have a friend who has very low confidence at times, so I referred the 16-personality test to him, that way he could better understand himself more. From there I explained how knowing a bit more about your personality can help make anyone become a professional in their life. When we understand our flaws, we can overcome them in order to be the reliably responsible person we want to become, and that was my friends biggest take away.

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

All of the requirements to becoming a professional have the exact principles missionaries are required to follow. When we present ourselves with dignity and hold to a higher standard, we can be a light to those who are seeking comfort and truths about Heavenly Father and the Lord’s gospel.