Reflection        Name: Joanna Gohnert                     Total Points: 100

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

If we can’t take pressure and work to fix our mistakes instead of panicking through it all, then we won’t be able to work effectively with a team. We need to be able to trust that our teammates can work under these kinds of pressures common in the workplace and understand that we all will make a mistake at some point in our lives. It’s all about how we handle the situation that matters.

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

If I happen to make a mistake while working with my team, I will do whatever I can to fix it instead of pushing blame or feeling sorry for myself. I plan on doing the work with a professional mindset, and that also applies to any mistake I might make as I work to fix and find solutions.

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

I got used to working under a lot of pressure when I worked at a grocery store. All of the products could not be scanned because every item barcode somehow got deleted from the POS system. I managed to work out a productive plan where I could work on getting every item saved back into the system while the other employees made sure to take care of the customers needs. We worked together quickly and effectively to get the job done while still remaining calm and positive through such a high-pressure situation.

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

I told a very creative friend of mine to try doing a mind map to spark their ideas. A mind map is a great and simple way to get the creativity going in the mind, and he was very intrigued by the idea of it and was happy that I told him about it.

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

When I think about pressure, I am also reminded of pure pressure. Working to keep our covenants to our Heavenly Father in a world that doesn’t share the same views can feel overwhelming at times, and so learning to deal with the societal pressures of the world can help us work on ourselves more and less on others perception of us.