Reflection        Name: Joanna Gohnert                   Total Points: 100

Please answer a subset of the following questions:

* 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?

What I gathered overall during this week’s lesson is how I need to be able to say no more often when I understand that I have too much on my plate. There is no need to burn myself out only to get the project rushed and incomplete. I liked learning that I am able to say no as an employee when I feel that things are getting far too difficult to handle.

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

When meeting with my team for the first time to discuss our projects, I went in with an open mind towards disagreements and the possibility of conflict. I knew I had nothing to worry about because I care about the people I am working with and the projects that we will be striving to complete more than anything they might have said to me. I was happy to find that we didn’t struggle with any forms of conflicts, only because we were willing to listen to each other’s disagreements.

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

It is important to understand that no matter who you work with or for how long, conflict can and will happen at some point of our lives. By accepting that fact, we can look for ways to better understand how to resolve conflict, such as showing respect and understanding towards the individual we are at odds with.

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

I want to contribute by showing how much I appreciate their efforts, because I know that I will never be able to get any of my projects done without them, and I want to make sure they understand that I am grateful for their help within our team.

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

I learned from a very young age on how to resolve conflict by watching how my dad interacts with others he works with. He always showed his team members respect and compassion, especially during a disagreement. From that, he has built a lot of trust over the years with others, and was highly respected in the work place.

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

Conflict can arise even in the church, and more often than not, I find that all conflicts are resolved because we understand that we are all children of our Heavenly Father and are worth listening to in order to resolve the issues. Treating others as the Savior would is the best possible outcome for any problems that come up within the church and our fellow neighbors.