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?

* By studying all the prepared assignments and taking notes on them. They were a good read! Also, I watched the videos.

What concept from this week are you uncertain of or would like to know more about?

* How to measure your motivational levels.

Where did you put your assignments on GitHub?

* In the GitHub section then reference in the index.html file.

So What? (Reflect and Regroup)

Why is this week's topic important?

* Learning how to motivate yourself or to know what peaks your interest will help you become a productive individual.

10 pts Questions Behavior: (What now?...my ideas are starting to emerge!)

What is the most significant takeaway you have gained from your study this week?

* That to be motivated is a choice. Doing small tasks can make a big difference.

What would you do differently next week?

* Go and make my bed!

20 pts Questions Cognitive: (Wow, I learn?... Ok that is deep!)

Why is this week's topic important for teamwork?

* If I am not willing to do work, I am not going to be able to work on a team.

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

By checking to see what is happening in their lives and see if I could help them at all.

How would you relate this week’s topic to the gospel if this was a religion class?

* What motivates can play a huge part of what are interest is in. If we are choosing to find God, He will give us the strength to move on.