Total Points: 100

What did I do to prepare for this class this week? 5 pts.

To prepare for class this week I read through all the preparation material given to me.

What evidence can I provide that demonstrates with affirmation statements? 5 pts.

I know discipline more now and understand that fear is a natural part of life. I can overcome fear with discipline and making my bed.

What concepts from this week are you uncertain of or would like to know more about? 5 pts.

I would like to know more decisions I can make that can help mitigate my fear. Also, how to use discipline more effectively as a tool in my life.

What topics were studied this week, and what are their definitions? 5 pts.

Discipline, fear and how what actions we could take to “control” fear. Also talked more about Mr. Potter and his job at Slick Tix.

Where did you put your assignments in GitHub? 5 pts.

<https://mahonriray.github.io/CSE-170---Technical-Teamwork/>

Why is this week’s topic important? 5 pts.

This week’s topic was important because when working in a team it’s important to be disciplined so work can be done in a timely manner. It’s also important to learn how one can keep themselves motivated so work won’t pile up and workload stays light.

What is the most important take-a-way you have gained from your study this week?10 pts.

The most important take-away for me this week was that discipline is a very strong tool that can be applied not only in a team aspect, but in life as well. Making your bed not only starts you day off right, but with a small victory, those to come later will seem easier to obtain.

How would you explain this week’s topic to someone who isn’t in this class? 10 pts.

If I were to explain this topic to a person not in this class, I would explain that fear is a natural response for activities or situations we find ourselves in. We however shouldn’t run away from this fear, we should learn how to responsibly react to it. Through the use of self-discipline and motivation that comes from within we can easily overcome the fear we face not only every day, but situationally as well.

What would you do differently next week? 10 pts.

This upcoming week, I am going to try and put into practice ways I can motivate myself. I’m also not going to shy away from fear as much as I usually do, I’ll try to face fear more head on. Doing so I hope I can put into practice some things I learned from this week. Also, I’ll try making my bed every morning and see if that helps motivate me throughout the day!

Why is this week’s topic important for teamwork? 20 pts.

This weeks’ topic is important for teamwork because it’s important to keep motivation high so that work doesn’t pile up, making it easier to fall behind. Teamwork is dependent for each person to do their work in order to progress towards the end goal. If motivation to do work falls, not only would you be hurting yourself by increasing your work load for your future self, it also halts the progress of the team. Having the discipline to know when you need to be motivated helps prevent a lull in production. Practicing all these things will help the synergy of a group and help keep whatever fear you might feel to a minimum.

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

I could easily relate this week’s topic to the gospel because I feel a decent number of members have fears when it comes to the gospel. Fear they might not be worthy enough, if they actually have faith or are just afraid of what could happen if they don’t believe, and so on. As we learned in class this week, fear is as natural as breathing and is in every aspect of our lives’. We can’t eradicate fear completely from our lives’, but doesn’t mean we shouldn’t try. Same principle can be applied to the gospel, fear will always be present, but through diligence in our faith, we can help lighten the fear we feel. With the help of self-discipline and motivation we create ourselves we can strengthen our faith. If we have the discipline to read scriptures daily, pray and attend church activities, we can progress our faith and fear less.