

# 5 pts Questions (50 points)

1. What did I do to prepare for this week?  
= I went through preparation file which was on the canvas in week 07.
2. What concept from this week are you uncertain of our would like to know more about?  
= I would like to know about the importance of the motivation we need for effective teamwork.
3. What topics were studied this week, and what are their definitions?  
= We read the Phillip Walker Case Study, talked about the overconfidence i.e., the quality of being too confident; more than needed, we talked about the estimating the timeline to finish one project.
4. What phase of your projects did you complete?  
= This week we need to submit our acron project proposal and we have discussed about it today and I am thinking about what to write.
5. Summarize this week's scenario?  
= In this seventh week, we talked about Phillip Walker case study, we talked about how we will know estimated time for the project, we played one game borris ball point game which was about the iteration and talked with the group member about acron project.
6. What did I learn from the study material?

- = From this study material, I learned that we should have patience while doing any project and have some motivation.
7. Why is this week's topic importance?  
= This week's topic is important because it teaches that about the motivation we need to have, commitments, how to talk with boss and about the overconfidence that we don't need to have.
8. Where did you put your assignments in GitHub?  
= I put my assignment in my repository in the file name Technical\_teamwork\_reflection.
9. What did I learn from the study material?  
= From the study material of this week seven I learned about the cons of overconfidence that we have, how to manage time for project.
10. How did this week scenario relate to the week's topic?  
= In this week's we read the case study of Phillip Walker, about overconfidence and the project estimation which are connected to the motivation we need to have in our work.

# 10 pts Questions (30 points)

1. Write a SMART goal for next week?  
= For the coming week, I've listed a few SMART objectives. I'll finish the online course I'm taking. I'll just consume nutritious food and drink a gallon of water each day. I'll go to bed at ten o'clock and get up before six. Every day, I'll read 10 pages. I'll set aside two hours on Saturdays and Sundays to prepare for my profession. I'll

spend 20 minutes each day in meditation and avoid social media. I'll complete my duties ahead of schedule.

2. What would you do differently next week?

= For the coming week, I'll make some changes. When I get out of bed, I'll start making my bed. For an hour before and after going to bed, I won't use my phone or other devices. I'll make an effort to develop positive connections with others. I'll start networking and attend all of the job fairs. I'll keep my bedroom tidy. In addition, I will think back on my experiences and make improvements.

3. What is the most significant take-a-way you have gained from your study this week?

= This week has taught me a few useful things. After this week of courses, I won't be overly optimistic about a project or assignment, stating that I'll finish in a few hours and do other things instead. This will definitely waste my time and cause stress if I don't finish on time. During any teamwork or project, I won't worry about the time or any other issues; instead, I'll be more driven and concentrated. I started taking an online course for job preparation and self-improvement.

# 20 pts Question (20 points)

1. How do you plan on contributing to the teams, besides completing your tasks?

= In addition to fulfilling work, this is how I want to contribute to the teams. In order to understand how I can help my teammates; we shall work together. I'll ask a question to learn more about any topic that confuses me or might be useful for the team project. I'll be in touch with the group as often as I can. To increase efficiency, I will divide the project into clearly defined jobs and encourage my coworkers to do the same. I'll consider the lessons I've learnt from

my prior blunders and apply them to my current undertaking. I'll express some of my own thoughts that could be useful. And I'll pay close attention when others speak. I'll be approachable and make an effort to get to know people, which could assist to balance the job.