

Reflection #5 Name: _Mausham Bista_
100

Total Points:

5 pts Questions (50 points)

1. What did I do to prepare for this week?
= I went through preparation file of this week which was on module.
2. What concept from this week are you uncertain of or would like to know more about?
= I would like to know more about how personality really affects teamwork.
3. What topics were studied this week, and what are their definitions?
= We learned the different ways to be professional i.e., being a person engaged in a specified activity and do things in correct manner.
4. What phase of your projects did you complete?
= There was no certain project, but we did activity of stacking the cup by using the items provided.
5. Summarize this week's scenario?
= In this fifth week, we learned the ways to be professional, the guidance to professionalism, wrote down some points of professional and non-professional and did a fun activity of stacking cup.
6. What did I learn from the study material?
= From this study material, I learned why professionalism is important for us in our workplace and teamwork, and the ways to be professional.
7. Why is this week's topic important?

- = This week's topic is important because it teaches us to do things in professional way which is beneficial for teamwork and tips to improve it.
8. Where did you put your assignments in GitHub?
= I put my assignment in my repository in the file name Technical-Teamwork-170.
9. What did you learn from your work on your project?
= There was no certain project in this week, but we did a class activity which teaches us that we can also use things that are around us to do something.
10. How did this week scenario relate to the week's topic?
= In this week's first day we learned about the professionalism that we should be in our daily life. In second day, we did some activity related to professionalism learned the tips to be professional which relate to the week's topic.

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 complete the courses I'm taking through LinkedIn Learning and obtain a credential. In order to save money for an emergency, I won't eat out for a week. I'll go to bed early, get up early, and refrain from using any electronics an hour before and after bed. I'll hydrate myself by drinking a lot of water. Every day, I'll spend 30 minutes in meditation, and I'll avoid social media. I'll complete my job ahead of schedule and use the extra time to work on tasks that will help me develop my skills.
2. What would you do differently next week?
= I'm trying to make alternative plans for the coming week, and I'll do my best to gain my classmates' confidence while developing positive relationships with them. I'll be more adaptable by being

positive, open-minded, etc. I won't attempt to panic or lose my composure in a difficult scenario. Going forward, I'll concentrate more on the action than the argument. I'll think back on my experiences and make an effort to do better.

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

= I've picked up a few new skills this week. I'm attempting to conduct myself professionally after this week of courses in order to do well and contribute more. I'm becoming a little more personal because I want to have a positive work personality. I discovered how crucial it is to have certain professional skills for our jobs and projects. Additionally, I read an essay by a guy who was unprofessional in his career and the problems that resulted from it, which inspired me to act professionally in my industry.

20 pts Question (20 points)

We all participated in cup stacking activity (10 points)

We used all the items that were in envelope (10 points)