

Noah Lloyd

Reflection 6

Total: 90

- What did I do to prepare for class this week? (5 Points)
 - I read all the prereading articles as well as watching the video that was a part of the preparation material. I also completed the checkpoint activity. I also reread the scenario that we got handed last week.
- What topics were studied this week and what are their definitions? (5 Points)
 - Three of the main words/topics this week were engagement, energy, and flow. Their definitions are:
 - Engagement—to be involved in an activity
 - Energy—having the strength that is needed for sustained physical or mental activities
 - Flow—being in the zone, fully immersed in the activity
- What concept from this week are you uncertain of or would like to know more about? (5 Points)
 - I was still a little confused about the concept of doing the mind maps and odyssey plans. It just kind of really confused me and left me a little blank for what to write about.
- What phases of the project did you complete? (5 Points)
 - I worked on and finished the chapter 2 part of the user manual. All the stuff that we started working on in class. I added it to my User Manual Word Document.
- Why is this week's topic important for teamwork? (20 points)
 - This week's main topic was pressure. Sometimes at work, we may feel like we are under some pressure. Especially if we make a mistake. We need to learn what to do when we are under pressure. When we are working in a team, we need to work together and figure out that problem and not have to feel like we are under pressure.

- What did you learn from your work on your project? (5 points)
 - When working on the project this week, I learned what a mind map was, and an odyssey plan was. I have never heard about those before. So that was something that I learned. I got to make my own mind maps and plans for my future.
- What did I learn from the study material? (5 Points)
 - One of my favorite articles from the study material talked about how finding meaning in the workplace is more important than feeling happy. Everyone wants to feel happy, but with statistics, a lot of people do not feel meaningful at work. If we are feeling meaningful at work, it has been proven that it will help increase performance, productivity, and engagement. The biggest way to help people feel more meaningful is for us to be more giving.
- What was the significant take-a-way you have gained from your study this week? (10 Points)
 - I think the biggest take a-way that I have gained from my studies this week was working on the project and thinking more deeply with some of the questions that we had to answer. It really had to get me thinking of what to say and how to answers some of these questions. Especially the life view and work view compass and personal reflection/statement.
- If this was a religion class, how would you relate this week's topic to the gospel? (20 Points)
 - I would relate the preparation material to the gospel. In my favorite article from the preparation work, it talked about how being givers to other people can make them have a better feeling of meaningfulness. Just like how Jesus Christ gave up his life for us, we in return, must give everything we have in thanks to what he has done for us.
- What would you do differently next week? (10 points)
 - Next week, I really want to start being more of a giver and give to others around me hoping that they will feel more meaningful, and that people love and care about them. There are a lot of people in this world that do not feel like the mean anything to others, and I really want to change that.