Silas Carlson

**What?**

The topics that were studied this week were about introvert and extrovert and how each person contributes to a team. We learned about the different personality traits and how at most times the tests that require the person to self-evaluate their personality can sometimes be flawed. For an example, the user might put in an untrue answer in order to please the person issuing the test. We also went over a scenario with someone who is not very happy with their job at a startup company. We went over possible solutions the person could do to solve the issue.

**So What?**

I learned that even if you are an introvert or an extrovert you are still a valuable member to the team and that if everyone was the exact same on the team it wouldn’t be able to function especially when brainstorming. This week is important because it signifies how important it is that everybody is unique and that everyone can bring something special to the team. It also signifies that introverts, extroverts, and ambiverts can work together in a processional and productive manner. The scenario reflects this week topic by showing that it is important that you enjoy your job in order to be a productive member of the team in order to avoid burnout and fatigue.

**What now?**

The most significant take-away I have gained from my study this week is that everyone is unique with a different personality and they can all contribute and work in a professional and productive team environment. I would explain this week’s topic to someone who is not in the class by describing the difference between the personality traits and how they can all contribute to a team. Something I will do different next week is being more open-minded to different personalities and affirm myself that everyone has something to offer.

**Cognitive**

This week’s topic is important for teamwork because it shows that there are many different personality traits but they are all able to work together as a team. One way I plan on contributing to the team besides completing my tasks would be through actively participating in discussions and making sure everyone’s voice is heard. Another contribution I would do, based on this week’s scenario, is to make sure everybody is currently happy with their positions on the team and aren’t suffering from burnout or fatigue. If this were a religion class this week’s topic would relate to the gospel by signifying that we may all have different personalities but heavenly father loves us each individually despite our introvert/extroverted ness.