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**CILE 101 Reading and Reflection: Prep for Week 4 Discussion**

Read and reflect upon chapters 2 & 3 of the book. What information did you find the most useful? Do you have any personal experiences or additional insights to offer on this topic?

I find it interesting of the effects that lack of sleep has on the brain, most specifically. While everyone knows that it is important to sleep, I think majority of people do not understand the negatives of not getting enough sleep. Most people do not realize that not getting enough sleep effects your life short and long term, as it ruins your body’s ability to stay regulated on a schedule. Lack of sleep also impairs memory, as they are solidified during R.E.M. sleep most specifically. While most people prefer to stay up all night to study for something, odds are in the morning most of that time will be wasted as your brain is too foggy to actually store any of the information.

Reflect on a time that poor communication caused a situation to be negatively impacted. How could this have been prevented? Or . . . reflect on a time that good communication caused a situation that could have gone bad, to go better than expected.

Something that I do with my free time is play Overwatch competitively. Overwatch is a team-based game where communication outweighs most other mechanics of the game. A well-coordinated team will win a large majority of the time over one that relies on a couple people to “carry” the game. I do the secondary shot-calling, which is in short telling my team what to do and when to do it, as well as make up a plan for the next fight based on the resources we have available and what we assume the enemies have. Without this communication, the team would become very unfocused and lose based off not enough communication alone. I also play midfield in soccer, which is arguably the most reliant position due to the field rotating around those two players. Without another person knowing your intent, everyone loses connection and becomes at a large disadvantage.