

Spencer Wilson

W07 Reflection

Point Total: 100

Why is this week's topic important for teamwork? (20 points)

This week we learned about commitment. More specifically, we learned about setting realistic expectations for ourselves, and delivering accurate estimates to managers and clients. These are important to teamwork because working with others is most effective when the members are cognizant of their variable skills and capabilities.

How do plan on contributing to the team, besides completing your tasks? (20 points)

I plan on contributing to the team this coming week by setting realistic expectations for myself, and trying to help my team members do the same.

How does your experience relate to other classmates' experiences? (20 points)

It is difficult to say, as we all possess different capabilities when it comes to stress-management, problem-solving, and coding. This is why it is so important that each individual learn to analyze their own capabilities.

Tell me about what you taught someone? And what did they learn, that they didn't know before? (20 points)

My wife and I had a conversation about setting realistic expectations for ourselves. It was interesting to see the differences in how we approach problems, and set goals and make plans. We came to the conclusion that the most important part of goal-setting is to be completely honest with yourself regarding your capabilities and limitations.

If this was a religion class, how would you relate this week's topic to the gospel? (20 points)

Many general authorities and prophets from the scriptures have spoken to the importance of being realistic when setting expectations and goals. One of my favorite scriptures on the subject is Mosiah 4:27

“**27** And see that all these things are done in wisdom and a**order**; for it is not requisite that a man should run b**faster** than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.”

By being honest with ourselves, we are able to increase our capacity to improve.