Anna Arutyunova

Reflection Week 3

Total Points: 100

1. What did I do to prepare for class this week? (5pts)

I read the preparation materials for this week and discussed extraversion/introversion with my roommate.

1. What topics were studied this week, and what are their definitions? (5pts)

Self-awareness is a big topic of this week. It’s the ability to focus on your actions, emotions, and thoughts, and the effect they have on you and your surroundings.

Extraverts draw get energy from socializing and being around people. Introverts – from being alone. Ambiverts are in the middle.

1. Summarize this week’s scenario? (5pts)

On Monday we took a Blooket quiz about the reading we were supposed to finish before the class. We also completed a color code test. On Wednesday we did another self-assessment, broke into pairs and played a geese-fox game, and discussed the results of the game.

1. What did I learn from the study material? (5pts)

One of the most important things you can do for better teamwork is to work on yourself. It starts with self-awareness (internal and external). We need to hold ourselves accountable to ourselves first of all.

1. What is the most significant take-a-way you have gained from your study this week? (10pts)

Sometimes it seems like extraversion is more rewarding and more acceptable in our society and even in church. But there is nothing wrong in being an introvert. They seems to be great listeners and careful thinkers, good at visualizing and very creative. Basically, every type has its pros and cons, and being less social shouldn’t be the first thing associated with introverts.

1. Why is this week’s topic important for teamwork? (20pts)

Self-awareness is important because that is where good teamwork starts. Extraversion and introversion are important to help us understand ourselves and others a little better and adapt to different environments.

1. What would you do differently next week? (10pts)

Next time we do a self assessment test/survey, I would like to take it a little more serious and maybe save the results to go back to them later and read more carefully. I think I might find it useful.

1. How do you plan on contributing to the team, besides completing your tasks? (20pts)

This week each of us was in a team of 2 people and I liked it because it game us more time to try different things during the activity. This week we were able to try out different tactics of the game we played, and then we had time to discuss it. I plan on being more vocal during team activities.

1. If this was a religion class, how would you relate this week’s topic to the gospel. (20pts)

I liked what we learned in the process of the game this week. There pieces of the game that represented a team had to stay together and coordinate their actions in order to succeed in their mission to not let the fox out. Once the fox was out (most of the time) – the team (geese) would lose. When I think of it in the sense of the gospel I think of the evil. In the context of the game fox is evil and geese are my efforts to do good. If I don’t do what I am supposed to do the sin and my natural man will win.