Anna Arutyunova

Reflection Week 4

Total Points: 100

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

I skimmed through the preparation material about motivation this week.

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

This week we focused on motivation and discipline. I understand motivation as a drive to do something. And discipline as doing that something whether you have a drive to do it or not.

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

We watched a few videos is improving self-discipline at work and in life in general. We also watched “Make Your Bed” by Admiral William H McRaven. We completed “The x – y Theory Questionnaire”

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

The reading mentioned SMART goals and I liked going over that again. I think it’s a really good way of setting goals that I first came across on my mission. I try to keep that in mind when I set goals now.

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

“Nothing matters but your will to succeed” (“Make Your Bed” by Admiral William H McRaven). I really want to get a degree in Software Engineering. Programming is a very new thing to me. I’ve never thought I’d want to do it. I didn’t know I liked it until I took a programming class a year ago, and then I knew that I wanted to do it. But it is so new to me that literally every single thing we talk about in this field is new. That’s a lot. It’s also very different from everything I’ve ever liked to learn about. Anyway, I often have doubts that I can do it, because it’s hard. But it’s good to be reminded that nothing matters more than my will to succeed. If that’s what I want, and if that’s what I will put the effort in studying – then I can do it.

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

I think it’s important to be disciplined to gain trustworthiness of your team members. If you have discipline – the changes are that you will succeed at what you are working on even if you don’t have immediate skills to accomplish it. You are reliable. And you know it.

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

I didn’t participate at all this week in the discussions we had in class. I think I should work on participating.

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

I think I need to be more disciplined and more accountable to myself first of all. If I have discipline then I can contribute to my team by being reliable and doing my part of the job.

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

I think discipline in the gospel is important because the gospel asks for high standards. They are hard to follow all the time. There are also a lot of little daily and weekly things we should be doing to improve – daily scripture study, prayer, journaling, weekly home evenings, sacrament meetings, serving in callings. There is just a lot. It’s hard to keep up if you lack discipline and the will to do what you said you would do when you entered into covenants with God.