Anna Arutyunova

Reflection Week 9

Total Points: 100

1. Why is this week's topic important? (5pts)

Competition. I think it is important because there is competition in every work setting. Since competition cause different reactions, it is important that we talk about healthy competition and what we can do in team to have it work for the benefit of it.

1. What would you do differently next week? (5pts)

I would make sure I complete my Reflection on time, because I am having a harder time remembering what activities we completed on Week 9 in class. That means it takes longer to complete this assignment, when it could only take me 20-30 minutes to do it if I did it on time when the class was fresh in my memory.

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

I think we talked about case studies. We read about Astrid and her co-worker spying on people through a software he built to keep track of what everyone is doing and improve his team’s performance.

1. What phase of your projects did you complete? (5pts)

We finished our Acorn Final Draft. We met up Friday night at the library and planned everything according to the requirements provided on ILearn. We also played games as one of our group projects is game nights.

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

The main takeaway from this week for me was the acknowledgement that competition is good in some doses, but too much of it can cause stress and negatively affect productivity. That happens to me. If I feel like the competition is too serious, I become very unmotivated to complete tasks and try my best. I get more discouraged than anything.

1. How would you explain this week's topics to a person not in this class?(10 points)

I would just say that competition in certain doses is good. It helps motivate you and it create a good spirit of hard work and purpose. But it becomes more important than relationships with your teammates, or contributes to bad self-esteem – then it might not be a good thing.

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

It is actually a positive thing that conflicts happen within teams. Conflicts themselves are a good thing as long as you remember to be respectful and polite, and really try to listen to what others have to say, really are willing to see thing with someone else’s perspective. So I think it is important to admit that conflict will happen and to expect them and know how to deal with them.

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

I set up the game that we decided to play with my team. I helped my teammates to find it, create accounts (it’s online), I created a room for us to play in, and invited them in. Then showed them how to play.

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

I’d say it’s good to look at other people and see thing you want to be better at, and then work on them. But it is not good to compare and get discouraged. I think that could be compared with competition. We shouldn’t compete with people for our self-worth. Rather, a good competition could be one with yourself in the past. If it’s a new day and you are better today than you were yesterday – you are doing it right. That being said, change is a life-ling process, and there is no need to be too hard on yourself.