Awareness

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

This week’s topic is important for teamwork because you need to be aware of your surroundings and understand why things are resulting in the way that they are. If a team is having a hard time working as a team, you need to be aware of what the problem is and how to fix it together. Doing this will allow the team to progress further rather than backwards. Being self-aware can help you to grow and better adapt to the situations around you. If one is not self-aware, they will be unable to function optimally within a team.

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

This week I plan on being more self-aware in order to create a better team environment. By being more self-aware of what is going on around me, I will be able to become a better teammate and understand the needs of the team. First I will take a look at my Myers Briggs test to understand what my personality type is and then understand my role in the team. I will then also try to understand the roles of my team members and find the best way we can work together.

How does your experience relate to other experiences you have had? (20 points)

I have always been a pretty self-aware person. I like to reflect on past events, understand why I feel the way I feel, and why other people behave the way that they do. The experience this week has taught me that I should act more upon that in order to improve my environment. Rather than just observing in the past and trying to improve myself, I can also use this skill to help the people around me.

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

Today I told my roommate that being self-aware can help to improve our surroundings. By being self-aware we can change bad habits and change our situation rather than continuing to stay miserable. They learned that by understanding ourselves, we can better understand the situations that we are in. We can then take steps to change our disposition and manifest a better environment.

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

As Latter-Day Saints we must exhibit self-awareness in order to understand the people around us and what we need to do in order to come closer to God. When we think of the Iron rod, it can be easy to become lax and prideful. Eventually we may even stray from the iron rod of God. By being self-aware of our mistakes, repenting, and then seeking God. We can then get back on the right path to returning to Heavenly Father.

100 points – Each question has been answered sufficiently.