Reflection Week 6

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

This week’s topic of pressure is important to teamwork in that there is a lot of pressure in team environments. Learning to embrace the pressure can help lead to success. While shrinking away from that pressure can cause one to fail. Pressure can be a good thing, but if we let it overcome us then it can be detrimental. When a team is under pressure, they, it can cause them to collapse without the right mindset.

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

This week I plan on contributing to my team by interacting with my teammates more. By getting to know them more, we can learn to work better as a team. Regarding pressure, I can make sure that I am not adding any unwanted pressure to the team. By being proactive in my team, I can help to reduce pressure.

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

Pressure can be a very good source of motivation such as stress. When I feel pressured, I always seem to be more productive and alert. Sometimes I might feel crushed by the pressure but in the end, I try to look at it as something that will help me rise to greater heights. Pressure is good as long as you don’t let it overcome you.

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

I taught my cousin that pressure is not always a bad thing. Pressure can help us to push past our comfort level and achieve something greater. Too much pressure can definitely be a bad thing, and sometimes it may even be overwhelming. Pressure can help us to work within team environments and become more productive.

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

In terms of pressure, we as Latter-day Saints feel the pressure of the world weighing down upon us. Pressure such as conforming to the things or standards of the world. We as Latter-day Saints must keep our standards and follow the commandments which were given unto us. As Latter-day Saints there might even be pressure to act or live in a way that is worthy of God. As we rise to meet that pressure, and don’t let it overcome us, we will find strength in God and be blessed.

100 points total- Answered all questions adequately.