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CSE 170

Brother Clements

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Total Points: 100

Week 4 Reflection

I prepared for this week by studying the preparation material. The material was about self-discipline and why it is essential for teamwork. There was also the part 2 case study from last week I read. The main concept this week was self-discipline. Self-discipline means the ability to focus on a task or goal with the purpose of achieving a certain result. This week’s scenario was a continuance from last week. It talked about how Kevin is still struggling with his job. He received a 40% raise within his 12 months being there, but he knows deep down he might not ever do programming again. He spoke with one of his coworkers who warned him that quitting now before the 18-month mark would make him blacklisted. In class we spoke of solutions that Kevin could make and we also analyzed the situation in a more logical manner. We stressed the importance of Kevin communicating his needs to his boss, blacklists are illegal, and that his coworker was likely lying to him. From the study material I learned that we need push ourselves to do tasks. The video, Make Your Bed, spoke about this. When we make our bed, we get a task conquered and it gives us the incentive to do more. It also reminds us that just because we had a bad day, we at least still made our bed and got at least one task accomplished. A huge take-a-way I got was that without self-discipline we would lack a sense of motivation and would forget who we are as a person in our standards, morals, and values. Self-discipline ensures that we can remain true to ourselves and not let the wrong easy way outs get the best of us. This week’s scenario with Kevin relates to self-discipline because he is in a situation where he is struggling to be true to himself. He has been making lots of money but lacks to motivation to communicate with his boss what he wants from this company. The scenario is a great to show that self-discipline is essential in order to know what we want and need from our career and how to act in order to express the desire. To somebody who was not in class, I would teach them about self-discipline and why it is needed. I would then present this week’s scenario to them and ask them what ways Kevin could express self-discipline. After that, I would have them take the survey we took in class, so they could understand what type of management they are used to and what they prefer. Next week what I plan to do differently is speak out more during class and answer more questions. I think doing so will help me remember the content we learned better and feel more involved with our lessons. Five things I got from this week’s scenario was: first don’t believe everything your coworker tells you. Second, don’t confide with coworkers about your struggles at work; that is unprofessional. Third, if I ever have issues with a job, I need to communicate with my boss and be assertive. Fourth, I must make the effort to reach out to the people I care about no matter the distance, so I know I have some support. Finally, fifth, I should always make my bed in the morning in order to have a great start for my day. This week’s topic on self-discipline is essential for teamwork because without nobody would have the motivation to work hard and effectively. We must be strong individually in order to be an efficient team altogether. If we are not, we would have no sense to stick to what we know is true and simply not care, which would deep down make us feel terrible inside. This topic also relates to the gospel. We must make sure that we are also putting in our efforts to go to church, read the scriptures, pray daily in order to receive blessings. Simply expecting them to come to us since we believe in Christ is not enough; we must show that we do. Self-discipline -- sticking to knowing what is right and not being led astray from temptation is just as relevant in church as it is in teamwork.

Works Cited

<https://www.indeed.com/career-advice/career-development/self-discipline>

<https://www.franksonnenbergonline.com/blog/why-self-discipline-should-matter-to-you/>

<https://www.youtube.com/watch?v=pxBQLFLei70>

<https://byui-cse.github.io/cse170-course/lesson04/porter-b.pdf>