Reflection Week 6

Name: Garrett Stanger

Total Points: 100

I answered 4 cognitive questions and 2 behavior questions totaling 100 points.

**Cognitive –**

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

I think that motivation is another big aspect of teamwork that is pretty core to the level of production of the team. No matter how motivated one or more of the team members are towards the current task, if the whole team doesn’t have a base level of motivation, then most of the work falls on either the one or two members who are actually motivated.

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

I mean I’m sure that everyone has been apart of a project with a group of people that did not want to do anything. When one person must do all of the work, the work is almost always not quality, and the rest of the group is always completely lost. When I have been apart of groups like this, I have always had a lot of animosity grow because I would just get so frustrated at my teammates.

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

I think the most important thing that I can do is just show to the team that I have the energy to participate. What ever my skill level is, I think that its important to just want to be useful. I’d appreciate team members that would like to help out rather than me having to tell them what to do all of the time.

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

I would compare this to enduring to the end or to growing your testimony. There is no plateau when you are living the gospel, there is only uphill or downhill. If you don’t have the motivation to keep on progressing or getting better, you will end up sliding downhill instead of staying stagnant.

**Behavior -**

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

This week I have found that motivation for me is a snowball effect. It starts really small and really progresses to allow me to accomplish larger tasks. But it is also the adverse effect if I start with a negative motivation, like if I decide to sleep in too much, I end up waking up groggy and have no motivation to be productive and its pretty hard for me to get back on track.

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

I would use another football analogy. One of the most frustrating things that happens on sports teams is when a teammate doesn’t want to try as hard as everyone else and it creates a large hole that others have to fill. This is the same in any team setting with a bad teammate.