

ENGR303 Gender & Engineering: Assignment 3

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Reading the interview with Dr. Michael Jensen on integrity was an eye-opening experience that prompted deep reflection on my own values, behaviors, and aspirations. The interview elucidated the distinction between integrity, morality, and ethics, challenging my preconceived notions and encouraging a deeper exploration of these concepts in the context of my life.

One of the most profound lessons I gleaned from the article was the idea that integrity transcends notions of good or bad; it is a purely positive proposition. Jensen's analogy of integrity to the Law of Gravity, devoid of moral judgment, resonated with me deeply. It made me realize that integrity is not merely about adhering to societal norms or moral standards but about being whole and complete as a person.

This realization prompted me to reflect on my own understanding of integrity and its significance in my life. I realized that integrity is not just about being honest or ethical in my actions but about aligning my words with my intentions and values. It requires a deep commitment to honoring my word to myself and others, even when it is challenging or inconvenient.

Jensen's discussion on the relationship between integrity and performance shed light on the pragmatic implications of integrity in achieving success. I learned that integrity is not just a moral virtue but a fundamental prerequisite for maximum performance. This insight challenged me to reevaluate my approach to goal-setting and achievement, emphasizing the importance of integrity in driving personal and professional success.

Moreover, his exploration of the costs of out-of-integrity behavior highlighted the far-reaching consequences of dishonesty and inconsistency. It made me realize the importance of being accountable for my actions and decisions, both to myself and to others. I learned that integrity is not just about keeping promises but about taking responsibility for my words and actions, even when I fall short.

Overall, the interview with Dr. Michael Jensen served as a catalyst for self-reflection and personal growth. It deepened my understanding of integrity as a foundational principle for living a fulfilling and meaningful life. I learned that integrity is not just a moral ideal but a practical necessity for achieving success and building trust in relationships. Moving forward, I am committed to upholding integrity as a guiding principle in all aspects of my life, striving to align my words with my values and intentions to become a more whole and complete person.