Name: Alec Day Total Points: 100

What did I do to prepare for class this week? 5

This week I studied the material in the prep module about Personality.

What topics were studied this week, and what are their definitions? 5

This week's topic was Personality. It describes the motives and actions behind a person.

Where did you put your assignments in GitHub? 5

I put my assignments for this week in the Reflections repository.

Why is this week's topic important? 5

This week’s topic is essential because, without personality, we wouldn’t be able to have an interesting society. Everyone would be exactly the same, no one would be unique. The world would be boring

What is the most significant takeaway you have gained from your study this week? 10

The most significant takeaway was probably the knowledge of controlling my personality better. Understanding what makes me the way that I am will help me work better in teams

How would you explain this week's topics to a person, not in this class? 10

I would explain to them that in order to live a successful and happy life, one needs to understand how to control yourself and your emotions. By doing so, you will be able to be free.

Write a SMART goal for next week. 10

Next week I am going to share what makes me who I am with 5 different people, and then ask them the same thing

What would you do differently next week? 10

I want to study the topic before class better to be more prepared for the class period.

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

This is important to teamwork because if we are not aware of our personalities, we wouldn’t be able to work effectively in our groups. The entire time people would be clashing with each other

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

I would relate this to the principle that we are all children of our Heavenly Father. He made us all individually with contrasting personalities. We wouldn’t have the world we have today if God made us all the same way.