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 conduct and motivation

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

This week's topic was conduct and motivation. 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 conduct and motivation, we wouldn’t be able to have a developing society. Nothing would ever get done, we would all just be lazy.

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

The most significant takeaway was probably understanding what motivates me as a person, and what I can do to increase my motivations

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 find 2 different ways I can motivate myself more.

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 motivations, we wouldn’t be able to work effectively in our groups. The entire time people would be clashing with each other over whose motivation is better.

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

I would relate this week's topic to the motivations of Captain Moroni. He declared that they wanted to battle for the freedom of their families, and he declared his motivations through this speech.