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 commitment

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

This week's topic was commitment. It describes what we do in order to show our loyalty to a goal.

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 commitment, we wouldn’t be able to have a developing society. Nothing would ever get done, we would all start projects and never finish them.

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

The most significant takeaway was probably understanding what my commitments are, and what I can do to be more diligent with those commitments

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 commit to a project or a goal. By doing so, you will be able to feel more accomplished.

Write a SMART goal for next week. 10

Next week I am going to find 2 different projects to commit myself to.

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 commitments, we wouldn’t be able to work effectively in our groups. The team wouldn’t be able to function, because we would all have different goals and commitments

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 commitment of Alma and Amulek to preach despite being persecuted. They were committed to save as many people as possible, even if it meant that they would endure hellish conditions.