Reflection Week 6 Jessica Payne Total Points: 100

Why is this week's topic important for teamwork?

This week’s topic is important for teamwork because there is always pressure in our lives. We need to learn to deal with the pressure appropriately so that we do not take it out on others on our teams. If we cannot handle pressure well, we will not make it in the professional world very well.

How do plan on contributing to the team, besides completing your tasks?

I plan to contribute to the team by taking unnecessary pressure off of my other teammates by helping them in whatever they may need help with. I will make sure that I go the extra mile when setting up for meetings and assignments.

How does your experience relate to other experiences you have had?

I have had my experiences with pressure. I have always felt pressure to do good in all that I do whether it be extracurriculars, school, or anything else. I can relate this to the workplace because there is pressure in both situations.

Tell me about what you taught someone? And what did they learn, that they didn’t know before?

I taught someone a method with dealing with pressure. The person I taught was very prone to overreacting when they felt pressured. I taught them to take five seconds and evaluate the situation and their thoughts before reacting.

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

I would relate pressure to the gospel because Satan is always trying to pressure us away from the covenant path and achieving eternal life with God and Jesus Christ. If we can learn to not only handle the pressures of Earth but the pressures of Satan too, we will be successful in our endeavors.