**CSE 310—Applied Programming**

W02 Prove – Soft Skills – Continuous Improvement (Kaizen)

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Date: 18-09-2025

After watching the video “The Kaizen Way: One Small Step Can Change Your Life”, think about how this can be used to improve your personal soft skills.  Use the following prompts to help you think about the content.

**Prompt** 1 – Related to learning new programming languages and software technologies, what kind of Smaller Questions can you ask yourself about what you are learning, and what kinds of Smaller Rewards can you give yourself when you learn something?

**Prompt 2** – Read Alma 37:6-7.  How does this scripture apply to both personal improvement and to your study and learning of new programming languages and software technologies?

## Task:

Demonstrates your understanding and application of the principle/skill.  Answer each prompt with a well thought out statement. This likely cannot be done in fewer than two or three sentences per response. Certainly, using only a few words is too short. After completing your answers, copy and paste your answers to the corresponding Microsoft Teams Channel as a new Post.

1. Description of principle/skill.
   * RESPONSE:

The Kaizen principle is a philosophy of continuous improvement through small, incremental steps toward a larger goal. It emphasizes breaking down complex tasks into smaller, manageable questions or actions and rewarding progress to maintain motivation. In the context of soft skills, Kaizen encourages consistent self-reflection and small adjustments to habits, fostering personal and professional growth over time.

1. How the principle/skill can be used to enhance your software development skills.
   * RESPONSE:

Kaizen can enhance software development skills by encouraging me to ask smaller, focused questions like, “What specific syntax do I need to learn for this programming language?” or “How can I optimize this one function?” These questions break down the overwhelming task of mastering a new language or technology into achievable steps. I can reward myself with small incentives, such as a short break or a favorite snack, after completing a tutorial or debugging a piece of code, which reinforces my motivation to continue learning and improving.

1. How the principle/skill can improve working with team members.
   * RESPONSE:

Applying Kaizen to teamwork involves making small, consistent improvements in communication and collaboration. For example, I can ask myself, “How can I better clarify my ideas in the next team meeting?” or “What is one way I can support a teammate’s task this week?” By implementing small actions, like actively listening or providing constructive feedback, and acknowledging progress with team appreciation or personal reflection, I can build stronger relationships and contribute to a more cohesive team environment.

1. How you can use the principle/skill in other areas of your life.
   * RESPONSE:

Kaizen can be applied to personal life by setting small, actionable goals in areas like health, time management, or relationships. For instance, I can ask, “What is one healthy habit I can start today?” and reward myself with something simple, like watching an episode of a favorite show after exercising. This approach, inspired by Alma 37:6-7, shows that small, consistent efforts—such as reading a verse of scripture daily or spending five minutes connecting with a family member—can lead to significant improvements in spiritual, physical, and emotional well-being.

1. A quick assessment of where you think you are with this principle/skill.
   * RESPONSE:

I am beginning to understand and apply the Kaizen principle but have room for growth. For example, I’ve started breaking down my study of Python into smaller tasks, like learning one module per week, which has helped me stay consistent. However, I sometimes struggle to maintain motivation without clear rewards or to reflect regularly on my progress, indicating I need to be more intentional about incorporating Kaizen’s full cycle of small steps and rewards.

1. An action plan to help you improve.
   * RESPONSE:

To improve my application of Kaizen, I will: (1) Set one specific, small programming goal each week, such as completing a single coding challenge, and track it in a journal. (2) Reward myself with a small treat, like a coffee break, after achieving each goal to stay motivated. (3) Reflect weekly on my progress by asking, “What worked well, and what can I improve?” and adjust my approach accordingly. (4) Apply this to teamwork by initiating one small collaborative action per project, like scheduling a brief check-in with a teammate, and measure success by improved communication or task completion.

I posted a copy of my responses in MS Teams (Yes/No) **\_\_\_\_\_** Yes