October 24, 2016

So today I taught David, Andrew, and Steve about Arrays. During this experience I felt nervous and at times I found myself searching for words. Now I think the reason I was feeling nervous is because it was right away with little to know time to prepare. The other reason I give myself for being nervous is that I had never interacted with that group before. My rationale for feeling like I was searching for words is that I realized that I have little to know practice presenting before groups. I suppose I have practiced in front of group before, but I have sense of who they are and how they would interact to me. The thought of not knowing often has a paralyzing affect upon us. Repetition and putting myself in these situations more often is key to having different thoughts and a different experience.

Speaking on paralyzing effect of the unknown it in my mind at least also leads to major procrastination. The reason for this is that when I don’t know something I become apprehensive about a subject and instead of engaging in it I attempt to delay this pain. I have this thought process based upon what I have previously read on procrastination. I hope to overcome this.

November 11, 2016

Well I seem to suck at this whole process of what needs to be done. Okay I understand that there needs to be professionalism in the way you express yourself. However, it can be beneficial to be blunt with yourself. The reason I feel that I that have not achieved the things that I need to get done in this class is, because I have once feel in the trap of procrastination or delaying the pain. Thinking about I feel that this could have been mitigated by simply setting goals with very specific deadlines and holding myself accountable. I realize that the SCRUM method had to do a lot with this; you know setting deadlines. Ironically enough I was reading somewhere that setting goals helps you to become a more confident person. A person who is confident is far less likely to procrastinate. I am starting to see how everything in life interconnects with each other. From this class I am becoming more interested in metacognition and critical thinking; well thinking in general which doesn’t seem to have a direct link with this class.

Describing SCRUM: SCRUM is a four part agile method. It involves planning, building, testing and reviewing. The planning part is usually just enough to get starting. In scrum you have sprints in which you attempt to a shippable product ready for product. After that you have more sprints until you reach a final product. I am not sure, but I think Microsoft works in this way. There are always these little pesky updates every so often.

Teaching Moment: and Learning moment with Dan

\*\*\*Record of helping team, stand up meetings

November 28, 2016

I have been thinking about how terrible it is to be so far behind in this class. We get stuck in habits that seem to be useful to us and then we find that our time has been stolen from us. Or we find it is difficult to find motivation for things we should get done or even wanted to get done in the past. I think that simple little things in our life’s and attitudes go a long ways in defining what happens for the majority of our future lives. Human beings like to take the path of least resistance. It takes a lot less effort in the short term and then we find these choices kicking us while we are down. I read or watched an interesting article or video on what determines our actions. The basic logic of what he or she was presenting went as follows: Our physiology determines our mood; our mood determines our feelings; our feelings determine our actions; and those actions are behavior. Sure you might be able to do thus in reverse, but this is usually how things work. When I am in good mood; feeling happy, energized, and focused I am able to accomplish a lot more than I usually would be able to otherwise. This might be as simple as getting a good night’s sleep and drinking enough water throughout the day and in the morning. A cranky person in the morning often times leads to a bad day. In essence things build off of momentum.