Resetting personal branch (e.g. matthew) to master::

* git status
* git reset --hard
* git status
* git checkout master
* git pull
* git status
* git checkout matthew
* git merge matthew
* git status

Here's a process I learned over the summer for updating a git master branch from your own branch.

Git status is optional to visualize the changes at each step

Long Version starting on personal branch (e.g. Matthew) for extra safety or handling merges:

* git status
* git pull matthew
* git add -A
* git status
* git commit -m "commit label"
* git status
* git push
* git checkout master
* git status
* git pull origin master
* git status
* git merge matthew
* git status
* if necessary, merge conflicts manually and then run following commands
* git add -A again
* git log
* git diff mostRecentMasterCommit
* git commit -m "commit label"
* git push
* git checkout matthew
* git status
* git merge master
* git status
* git push

Short Version starting on personal branch (e.g. matthew)::

* git status
* git add -A
* git status
* git commit -m "commit label"
* git status
* git push
* git checkout master
* git pull
* git status
* git merge matthew
* git push
* git checkout matthew