**CSE 310—Applied Programming**

W02 Prove – Soft Skills – Continuous Improvement (Kaizen)

Name:

Date:

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: Kaizen is continuous improvement through small steps.
2. How the principle/skill can be used to enhance your software development skills.
   * RESPONSE: The consistency is greater than intensity and very small steps can remove that spell that makes you avoid doing what you know you should.
3. How the principle/skill can improve working with team members.
   * RESPONSE: Well, we all learn from each other, the small steps you take to improve your social skills with the team will make you a better team member.
4. How you can use the principle/skill in other areas of your life.
   * RESPONSE: I have been putting off a lot of things and if I use that tactic of ridiculously small steps I might be able to get back on track and break that putting-off pattern
5. A quick assessment of where you think you are with this principle/skill.
   * RESPONSE: I have not been using this actively, I usually have bursts of effort then zero continuity on it after that initial extremely intense start
6. An action plan to help you improve.
   * RESPONSE: Making plans of small steps and writing them down somewhere to actually pay attention and stay accountable. Very small steps so I can increase chance of starting. then adaptations can be made

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

## Deliverables:

There are two deliverables.

1. Copy your response from above and paste it into a new message in the appropriate MS Teams Channel for this soft skill.
2. Upload this document to [Canvas](https://byui.instructure.com/calendar#view_name=agenda).