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CSE 170

Reflection 100 points- I explained all of my answers in adequate detail, so the total of 100 points is fully qualified.

Why is this week’s topic important?

- Motivation and self-discipline are very important because they are the tools we use to get things accomplished in our lives. (5)

What topics were studied this week, and what are their definitions?

- Motivation: The reason someone has for acting or behaving a certain way.  
Self-Discipline: The ability to control your thoughts and actions, and the ability to pursue what you think is right. (5)

What is the most significant take-a-way you have gained from your study this week?

- By doing simple things like making our bed, we are setting ourselves up for success throughout the day. If we begin the day with one task accomplished, then we are building the habit of getting things done, and even if we have a bad day, we will have a made bed to come home to. (10)

How would you explain this week's topics to a person not in this class?

- Discipline is sticking to our morals and doing things because we know that they are right, and they are in line with our beliefs. By building a habit of discipline, we are setting ourselves up to be successful and productive, even when bad things happen in our lives. We can’t control what happens to us, but we can control how we react to these things. (10)

What do you do, steps, or processes related to this week’s topic?

- The main thing that I took away from this week is that little decisions and actions make a huge difference in our lives. But taking small steps, we are laying out the path for our future. We might not think about it in the moment, but if we form good habits that encourage us to make good decisions, then we are creating an environment for our growth. (10)

Why is this week's topic important for teamwork?

- If you’ve ever been on a team where there is someone who isn’t motivated to work or contribute, then you begin to understand why motivation and discipline are important to the success of a team. Optimally, everyone would want to contribute to the team, but if you have people who are dragging their feet, then it can really negatively affect the productivity and mood of the team. If everyone is equally motivated, then you will find that people work a lot better together, because they all want to accomplish the goal. (20)

How does your experience relate to other experiences you’ve had?

- I have been in a place in my life where I was not very motivated. I just woke up every day and “went through the motions” without putting much thought into my actions. I can easily say that this did not do anything to help me grow as a person. I felt stagnant, and that was not a great feeling. When I think about the discussions we had in class, I can say that discipline really does make a difference in your life. By taking small actions every day, we can slowly begin to become a much more productive person. So I have been on both sides of the fence, and I understand the importance of self-discipline first hand. (20)

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

- Building habits and growing in the secular world is easily just as applicable to growing in the gospel. In fact, I would reverse it, and say that applying the habits of things like scripture study and prayer to the secular world will help us find success in life. We need to stay motivated to learn and draw closer to God, just like anything else in life. If we create these small habits in the gospel, then we will find our testimonies start to grow. I think that the “making your bed” equivalent in the gospel is morning prayer and scripture study. It is a small thing that will help us stay humble and happy throughout the day, and it is a choice that we can make. (20)