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CSE 170

Reflection 100 points- I answered the questions in a way that people can understand, and with adequate explanation.

Why is this week’s topic important?

- Motivation is what drives us to do what we do. If we have clear motives, then we will be able to achieve our goals. (5)

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

- Motivation: The reason someone behaves or acts a certain way.   
Pressure: Situations that put us in a position to take action, positive or negative. (5)

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

- Understanding your own motives and goals is an important part of achieving the things that you want. If you know you are motivated by certain things, but these things are not present in your life, then you may find yourself without very much reason to keep pushing forward. (10)

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

- We’ve talked about maintaining self-awareness in the past, and that also applies to motivation. When you understand your motives, then you know the best way to encourage yourself to work well. It is important to maintain a balance between working, and doing things you enjoy. (10)

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

- I think that setting personal goals for the day/week/month is a good place to start. You can see what you want to be able to achieve, and then once you see your goals clearly, you can ask yourself what is motivating you to achieve these goals. (10)

Why is this week's topic important for teamwork?

- Motivation is an important part of any team, because it is what drives the work forward. Without motivation, then you will just be doing the work because it is there, or even worse, you might not want to do the work at all. It is hard to work in a team with unmotivated individuals, because it puts more pressure and responsibility on yourself to get things done. (20)

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

- When I first came to BYU-I, I wanted to study music education, but I quickly realized that I was not really cut out for the fiercely competitive music program here. After changing all of my music classes in the first week, I no longer knew what I wanted to study. I didn’t understand my own desires or goals, and so I felt no motivation to actually try in any of my classes. Once I discovered CS, I suddenly got goals and was able to begin to motivate myself more. (20)

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

- If you want to grow in the gospel, then you have to put in active study. What is the first step of building faith? The desire and hope of it. When you have the goal to increase your faith, and the desire, then you are creating motivation for yourself to grow. Without motivation, then we will eventually become complacent, and stagnant. In a gospel focused on continual growth, it is imperative that we stay motivated to our own growth. (20)