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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?

- Conflict will arise in the workplace and it is important to decide ahead of time how you will deal with it. (5)

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

- Conflict: A clash in ideas that creates tension.   
Assertiveness: The ability to speak clearly but in a non-threatening way.  
Aggression: Showing anger or strong emotions over a conflict. (5)

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

- One of the most important things to keep in mind when dealing with conflict is that you can determine ahead of time how you are going to react to a conflict. You can choose ahead of time how you are going to conduct yourself when someone disagrees with you. (10)

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

- Conflict is inevitable, and not always a bad thing. We all have different ideas about things, and sometimes these different ideas can lead us to think of new solutions that we would not have come up with on our own. (10)

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

- As I stated above, I think it is important to establish how you want to react to a disagreement before it happens. Then you won’t be caught off guard, and you will be able to react in a level-headed manner when someone might disagree with you. So an important step to take would be to think of how you want to act in those situations. (10)

Why is this week's topic important for teamwork?

- When you work with other people, eventually you will come to some disagreements. This doesn’t have to be a bad thing; we all have different ways of thinking about things and solving problems. Conflict will arise, and we need to be prepared to deal with it in healthy and productive ways. When you’re in a team, you should be clear and assertive, but not aggressive. If you do that, then you can solve conflicts in a way that benefits people. It’s all about how you engage with the conflict; do it in a constructive way! (20)

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

- When I worked in a restaurant as a cook, I had to be trained to know how to make the meals that we sold. Everyone had a slightly different way of preparing the different dishes, and sometimes they would get upset if you did it a different way. This presented a conflict, but we were able to eventually talk about it and establish the fact that even though we may have slightly different processes, the end product was still the same. Once we all agreed to let each other cook in our own ways, we were able to work better together. (20)

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

- Conflict will arise in all aspects of our life, and the gospel is no exception. Sometimes we might come into a situation where our jobs come into conflict with our ideals, like having to work on Sunday. It is best to have a plan ahead of time to prevent this from happening, but sometimes we have to figure things out in a new way. Conflict in the gospel can help us learn and strengthen our testimonies, because without opposition, we would not have a chance to grow. For it must needs be, that there is an opposition in all things. (20)