W06 Reflection

**Why was this week’s topic important?** Well, pressure to the best of my knowledge always shows up when a necessary due date is approaching. How we deal with that pressure and our actions that we make while under pressure, determine how well we fall under other topics we have learned about so far in the course. If you’re inconsiderate while under the weight of pressure, you lose professionalism, your personality is one nobody likes, and your motivation becomes more stress than helpful. (20pts)

**What to contribute to a team?** Keeping pressure from becoming too great on the team is a good start. Working on schedule (or even better ahead of schedule) will keep everyone from panicking when the project is due. How do you do that as a member of the team? You work well with everyone, maybe pick up a small portion of the project before you are asked to. There are several ways to keep the pressure from mounting. Also, knowing when to apply pressure to the team to get the job done can be useful. (40pts)

**How would I explain this topic to someone outside of the class?** I think plenty of people are aware of what pressure is. Talking to them about how to address is probably what I would focus on. Starting with the disadvantages of possible pressure, hear what they have to say. Then throw in some ideas of how pressure could be good in making a deadline happen. (50pts)

**The most significant takeaway from the week?** Learning to keep a lid on your stress when under pressure. Steven Hinkle’s story is a good example of this. After he snapped at the teacher, he eventually grew to regret it. Now while he was the cause for all the pressure, knowing how to avoid it and control anger is a significant asset that many could benefit from. (60pts)

**How does your experience relate to other students?** I can’t say for certain what everyone else’s examples of pressure would be like compared to mine, but one thing we all have in common is the pressure that college can place on us. BYUI is a great institution, and I am very grateful to be here. However, pressure still shows up in the cracks here and there. A test that someone needs to prepare for or finding a relationship here can be examples of this. I know that I have yet to have a massive amount of pressure placed on me, but I know that some students (and teachers) have been through a lot (80pts)

**How would you relate this topic to the gospel?** Pressure was evident in all the prophet’s lives. They were rejected, killed, scorned, and so on. Doing God’s work for his children could never be an easy task. It certainly wasn’t when I served my mission. However, I love the example that Book of Mormon prophets set when given ultimatums from others. What do they do in face of this great pressure? They continued to serve their God. Alma and Amulek were forced to watch horrific deeds done to those who had believed their words. What happened then? Alma gave words of comfort to Amulek that their souls would be saved. Despite having the power to level the earth to save these people they bore the burden, and let God save these people. Christ too understands pressure. I find myself thinking about him every time I ask this question about leadership and teamwork. If we find the pressure ever to be too great, he is ready to help take some of that load off. (100pts)