Reflection 06 Name: Mickey Nelson Total Points: 100

10 points:

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

I liked what the “Just right reaction for when you mess up at work” article had to say, I have always struggled with making mistakes in general. By that, I mean that I definitely am super hard on myself and most of the time I don’t know where to even start to fix the problem. I thought that it was a very good insight for me.

* What would you do differently next week?

This one is kind of a no brainer, I need to do better with managing my time well. I got very overwhelmed with homework in general and I could improve with that for sure.

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

I liked the process for how to avoid making mistakes at work--give full attention to what I’m doing, avoid distractions, take breaks, etc. I definitely need to do the whole list because I am not perfect at any of these things.

* What did you learn by explaining this week's topic to someone not in this class?

I talked about fixing mistakes with my cousin Harry and he shared an experience where he completely messed up at his old apartment. He accidentally shot a hole in the wall in his apartment with a gun that wasn’t even his. He was snooping in his roommate’s bedroom and pulled the trigger. He got scared and didn’t tell anyone and so the situation got worse. He told me that it is always better to just tell the truth, man up, and try to fix things. I thought it was super interesting, honesty is such an important part of fixing mistakes and that was a good reminder for me.

20 points:

* Why is this week's topic important for teamwork?

Pressure is a common theme no matter where you are but especially in a team. I think a big part of this is because you have a lot of people who you will let down if you don’t perform the way that you need to. By using the things we talked about I will be better able to handle pressure and be a more effective teammate too.

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

Just as feeling happy isn’t how you find meaning in the workplace, feeling happy isn’t how you find meaning in life. There is a difference between happiness and joy. Happiness comes from external means and it eventually goes away. Joy comes from living the gospel and it is lasting.

* How does your experience relate to other classmates’ experiences?

We all make mistakes in the workplace since we are not perfect. I talked to my group about some of the mistakes that we’ve made in the past in a work environment. I thought it was really interesting to see what we had in common and also the differences in those situations.