Reflection 08 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 really loved the idea of using “I” statements more. I used to be pretty cocky when I was younger, so I have kind of stopped using I statements in most of my interactions. It was nice to learn about how I statements can actually be a really healthy form of communication. It was a good mindset change for me.

* What would you do differently next week?

I showed up to one of our acorn projects a little bit late, I was a little embarrassed. I lost track of time and got there 5 minutes later than we had planned on. I’ll definitely do better next time.

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

I really liked the article that talked about the process for resolving team conflict. I have always actively avoided conflict my entire life. A lot of the time, I leave the situation instead of trying to fix it. I am excited to apply these skills the next time I am involved in conflict. The 5 conflict management steps seemed especially important.

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

I asked my mom what she does when there is conflict among her children. It was interesting to see the parallels between what the article said and what she said. It turns out, the family really is like a team after all, even in a lot of the same ways that you resolve conflict. I thought that was really cool.

20 points:

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

I think that resolving conflict is especially important for teamwork because conflict is always bound to happen no matter what situation you are in. It seems like not only an important teamwork skill, but an important life skill as well.

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

I liked the definitive way to respond to other people’s mistakes article. It gave me some really good insights. I liked how the third step was to simply forgive. It made me think of Jesus Christ--He is perfect at responding to other people’s mistakes. I want to do better at emulating that and trying to be like Him in that way. Forgiveness is a necessary part of the Gospel of Jesus Christ.

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

I talked with my teammates about ways that we have dealt with conflict in the past, and things that we can improve upon in that department. We all seem to be pretty good at it for the most part. I need to do better at forgiving when it was somebody else’s fault. It was good to hear the other’s insights.