



## AGILE FOUNDATIONS PART 2

### AGILE VALUES & PRINCIPLES

### PRE-TRAINING ASSIGNMENT & PARTICIPANT GUIDE

## TABLE OF CONTENTS

OUTCOMES .....	3
PRE-TRAINING ASSIGNMENT EXPECTATIONS .....	3
ONLINE LEARNING MODULE.....	4
HISTORY OF THE AGILE VALUES AND PRINCIPLES.....	4
THE 4 AGILE VALUES.....	5
REFLECTION ACTIVITY #1 .....	6
THE 12 AGILE PRINCIPLES.....	7
REFLECTION ACTIVITY #2 .....	9
REFLECTION ACTIVITY #3 .....	10
MINDSET SURVEY .....	11
NEXT STEPS.....	13
MINDSET RESOURCES .....	13

# AGILE FOUNDATIONS PART 2: AGILE VALUES & PRINCIPLES

## OVERVIEW

Have you ever known someone who acted in contrast to their beliefs? Maybe they have always said that they believe tardiness is inexcusable, but they are often tardy to things that they do not plan. Or maybe you know someone who has said that they value honest feedback, but when they are given feedback, they don't listen or apply it. The actions we take and the tools we use are swayed by our mindset. If we don't truly support and believe in our core values, it will be recognized in our actions.

This pre-training assignment (PTA) will introduce you to the core values and principles of Agile and ask you to evaluate your own mindset as you begin your UWM Agile journey.

## OUTCOMES

During this assignment, you will use this document to:

- Take notes on the content covered during an online learning module
- Complete 2 reflection activities that will be used during the in-person portion of this training
- Complete a mindset survey

After this assignment, you will be able to:

- Identify the 4 Agile Values
- Identify the 12 Agile Principles

## PRE-TRAINING ASSIGNMENT EXPECTATIONS

Because your time for classroom training is limited, it is important to spend the majority of your time practicing skills and completing activities that strengthen your comprehension of the concepts. To ensure we provide you with the hands-on time you need, the amount of lecture time you will receive will be minimal. However, we need to make sure you have the knowledge and basic comprehension of the terms and theories behind the practices. This pre-training assignment will provide you with the knowledge and terminology you need to effectively practice the skills required for the in-person portion of this course.

By providing you with "homework" before you attend the in-person training, we are giving you the opportunity to build a foundation of knowledge before coming to class to apply it. This allows you to formulate your own thoughts and ideas on the subject as well as draft any questions you would like answered.

**Please make sure to follow all directions provided in your assignment and complete all parts BEFORE your in-person session. If you have any questions about your assignment, please reach out to your assigned trainer.**

## ONLINE LEARNING MODULE

Your trainer will assign you the online learning module through the Academy. Navigate to your IT Initial curriculum and find the Agile Foundations Part 2 Pre-Training Assignment.

Open the Agile Foundations Part 2 Online Learning Module to get started. Use the sections below to take notes as you complete the module.



When you see this icon, this indicates that you are to complete an activity in this document on your own. You will also see this icon on the screen in the module when it is time to complete these activities. Make sure to take your time on these, as you will use them during the in-person portion of this course.

## HISTORY OF THE AGILE VALUES AND PRINCIPLES

Use this section to take notes on where the Agile Values and Principles come from and why they were created.

\*\*INTERNAL USE ONLY\*\*

## THE 4 AGILE VALUES

Use the table below to record what are the 4 Agile Values and how are they embodied at UWM.

Agile Value	Example of how we embody this value at UWM

\*\*INTERNAL USE ONLY\*\*

## REFLECTION ACTIVITY #1



At UWM, we have our own core values. Our 6 pillars help guide us as we make decisions and strive for excellence. Let's take a minute to see how the Agile Values support our UWM pillars.

In the table below, write the UWM Pillar that you think is most supported by each Agile Value.

**NOTE:** You can assign the same pillar to multiple agile values, or have multiple pillars listed for a single agile value.

Agile Value	UWM Pillar
We value individuals and interactions over processes and tools.	
We value working software over comprehensive documentation.	
We value client collaboration over contract negotiation.	
We value responding to change over following a plan.	



## THE 12 AGILE PRINCIPLES

Use the table below to record what the 12 Agile Principles are and how we strive to embody them at UWM.

Agile Principle	Example of how we embody at UWM

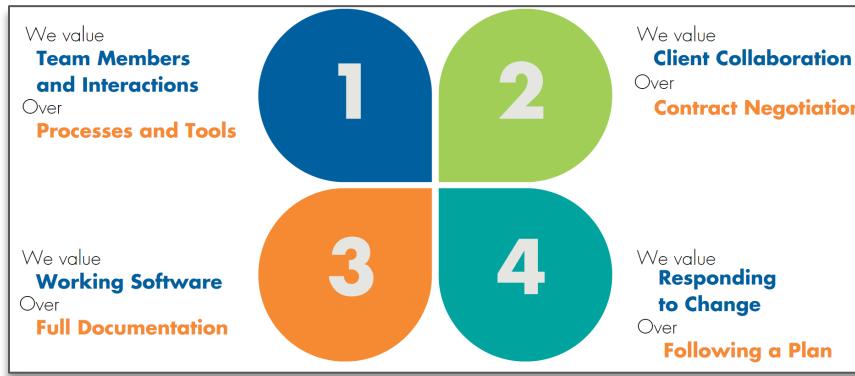
<b>Agile Principle</b>	<b>Example of how we embody at UWM</b>

\*\*INTERNAL USE ONLY\*\*

## REFLECTION ACTIVITY #2



Consider each principle. Using the table below, choose which Agile Value is supported by each principle. Some principles may support more than one value. Choose the value, or values, you think fit best with the principle and write the corresponding number in the table below.



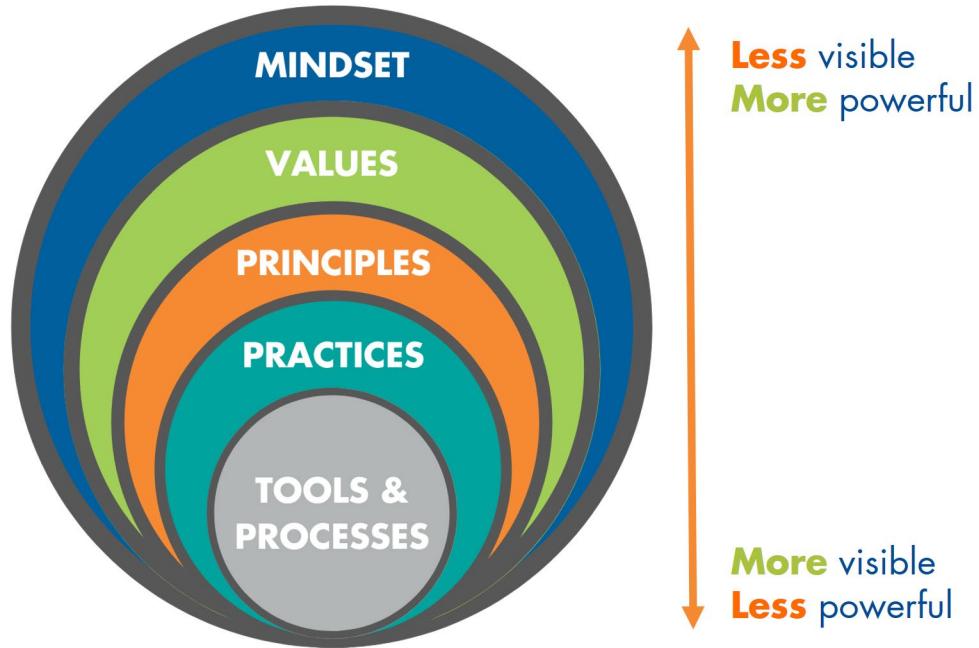
Agile Principle	Agile Value(s)
1. Our highest priority is to satisfy the customer through early and continuous delivery of valuable software.	
2. Welcome changing requirements, even late in development. Agile processes harness change for the customer's competitive advantage.	
3. Deliver working software frequently, from a couple of weeks to a couple of months, with a preference to the shorter timescale.	
4. Businesspeople and developers must work together daily throughout the project.	
5. Build projects around motivated individuals. Give them the environment and support they need and trust them to get the job done.	
6. The most efficient and effective method of conveying information to and within a development team is face-to-face conversation.	
7. Working software is the primary measure of progress.	
8. Agile processes promote sustainable development. The sponsors, developers, and users should be able to maintain a constant pace indefinitely.	
9. Continuous attention to technical excellence and good design enhances agility.	
10. Simplicity—the art of maximizing the amount of work not done—is essential.	

11. The best architectures, requirements, and designs emerge from self-organizing teams.	
12. At regular intervals, the team reflects on how to become more effective, then tunes and adjusts its behavior accordingly.	

### REFLECTION ACTIVITY #3



An Agile mindset is a large part of what it means to be Agile. Let's take a minute to reflect on the importance of an Agile mindset. Look at the image below and answer the questions below.



- 1) Why do you think the **mindset** section of the above diagram is the largest section?

- 2) Using this diagram to help you, if you had to explain what an Agile mindset is, what would you say?

## MINDSET SURVEY

Having an awareness of our own mindsets can help us recognize how we approach our work and our fellow team members. The purpose of this survey is to start the process of recognizing your own mindset and how it might affect the way you work with your team. You will not be required to share your results of this test. Your results are for you, and you alone.

Read each sentence below and then mark the corresponding box that shows how much you agree with each sentence. You will score the survey during the in-person portion of this training and discover what your scores say about your current mindset.

#	Statement	1 Strongly Agree	2 Agree	3 Mostly Agree	4 Mostly Disagree	5 Disagree	6 Strongly Disagree
1	You have a certain amount of intelligence, and you really can't do much to change it.						
2	Your intelligence is something about you that you can't change very much.						
3	No matter who you are, you can significantly change your intelligence level.						
4	To be honest, you can't really change how intelligent you are.						
5	You can always substantially change how intelligent you are.						
6	You can learn new things, but you can't really change your basic intelligence.						
7	No matter how much intelligence you have you can always change it quite a bit.						
8	You can change even your basic intelligence level considerably.						

#	Statement	1 Strongly Agree	2 Agree	3 Mostly Agree	4 Mostly Disagree	5 Disagree	6 Strongly Disagree
9	You have a certain amount of talent, and you can't really do much to change it.						
10	Your talent in an area is something about that you can change very much.						
11	No matter who you are, you cannot significantly change your level of talent.						
12	To be honest, you can't really change how much talent you have.						
13	You can always substantially change how much talent you have.						
14	You can learn new things, but you can't really change your basic level of talent.						
15	No matter how much talent you have, you can always change it quite a bit.						
16	You can change even your basic level of talent considerably						

\*\*INTERNAL USE ONLY\*\*

## NEXT STEPS

You should now have completed the following:

- Online learning module in Academy
- The reflection activities
- The mindset survey

And this concludes have completed your Agile Foundations – Part 2: Agile Values and Principles pre-training assignment!

Make sure to bring this document to the in-person portion of this course!

## MINDSET RESOURCES

This is a list of resources if you want more information about the different mindsets. These can be used to find out more about each type of mindset or if you are interested in how to adjust your own mindset.

- 15 Ways to Build a Growth Mindset
  - <https://www.psychologytoday.com/us/blog/click-here-happiness/201904/15-ways-build-growth-mindset>
- A Complete Guide to Changing Your Fixed Mindset into a Growth Mindset
  - [https://scottjeffrey.com/change-your-fixed-mindset/#How\\_to\\_Change\\_Your\\_Mindset](https://scottjeffrey.com/change-your-fixed-mindset/#How_to_Change_Your_Mindset)
- The Growth Mindset | Carol Dweck | Talks at Google
  - <https://www.youtube.com/watch?v=-71zdXCMU6A>
- The Power of Believing that You Can Improve with Carol Dweck
  - <https://www.youtube.com/watch?v=X0mgOOSpLU>

**If you have any questions or concerns, please reach out to your trainer.**