*Samuel Swain*

YOUR NAME:

For each question below, include your text response in the space provided below each question. As discussed in class, there are no right or wrong answers; we will grade you based on the thoroughness and thoughtfulness of your responses.

**Trust & Psychological Safety**

Please answer the following questions:

1. Describe a time when you felt psychological safety. What was the situation… who was involved… what behaviors or other factors made you feel psychologically safe?

*I felt psychological safety when I was taking my final semester of coursework during my undergraduate degree. I was the only one involved. The factors that made me feel safe were my knowledge on the course material. Since I had already taken classes covering the topics in most of my classes I felt that I had a good head start. This led me to feeling safe.*

1. What can you do to promote psychological safety on your Practicum team?

*We can let everyone play to their strengths. I think people are more likely to feel psychologically safe when they are talking about something they know a good amount about. I think if we let people play to their strengths this will lead to more if not all of us feeling better in the group.*

**Listening**

1. Think of a time when you felt unheard. What did it feel like, and what were the circumstances that contributed to your feeling that way?

*A few years ago, I had a group project for a statistics/machine learning course. We all had ideas going into the project on how it should be done. Initially we pitched our ideas to each other. Immediately the group went with one of the methods with no extra consideration for the others. I felt sad because I thought my method was clever. I wish they would have at least taken the method into consideration.*

1. For the “Listening Practice Exercise”, who did you listen to? (No Names - just your relationship with that person. For example, friend, partner, peer, sister, etc.) What did you learn about this person that you would have easily missed if you were casually listening (or not listening at all)? What impact do you think your more focused listening had on the other person?

*I listened to my girlfriend. I tried listening more for her emotions rather than just the facts of what she was saying. I learned that she conveys some of her thoughts through emotion during a conversation rather than just through the words. It helped me understand what she is saying on a deeper level. I think she immediately realized that I was listening more because I was asking better questions. I was asking her questions that she had to take a minute to respond to. Usually her responses take less time to think of.*

**Team Forming In-Class Experience**

1. Based on your in-class experience with the team forming exercise, on a scale of 1-10, how confident are in that you team will have a good working relationship? 10 is extremely confident. 1 is no confidence. Explain your answer. What gives you confidence? What gives you doubt?

*8. I think we have good communication. In my opinion we need to outline roles and what tasks each person will be completing. I am confident because so far, it seems like everyone has been voicing their thought no matter if they’re good or bad.*

**Overall Reflection on Foundations for Effective Teams**

1. Review slides and notes from class (Oct 11th) and list 2 primary takeaways from this class, and explain why/how they will be helpful to your Practicum team.

*One thing I learned was the three levels of listening. I think it will be useful because I can knowingly try harder to listen to my teammates. It will help me be more intentional when we are holding meetings and will help me better understand what is going on.*

*The second thing I learned was the trust equation. In order to build trust with people, you need to have little self-interest, competence, and warmth. I think focusing on all three of these aspects of the equation will make our team be able to trust one another and focus more on the problems at hand.*