

# **alx Week 3 Overview - Transcript**

Hello everyone, it's your facilitator Muhammad Khisal, and this is my face! It is officially Week 3! Welcome, and congratulations on making it through your first two weeks and for navigating a lot of content and activities!

Hopefully, by now you have had several opportunities to connect with your peers on The Portal, and possibly at your city hub as well. We hope that the Knowing Yourself exercises were enlightening and have helped you get to know yourself a little better.

And, we also hope you enjoyed your peer coaching session. Peer coaching is such a wonderful tool to have in your toolkit. We encourage you to continue reaching out to your peers to offer support and to ask for support throughout this program and beyond.

Last week we challenged you to complete 7 days of movement as you begin to build up your habits of practicing the Daily 3. Maybe you went above and beyond with more than 20 minutes of movement each day. Maybe you did absolutely no movement, or maybe you were somewhere in between. Whatever happened, I invite you to take a moment to reflect on what you did, what factors contributed to that, and how that has impacted your energy, mood, and focus. Remember that every day is a new opportunity to begin again.

To quickly recap what else you did last week, you strengthened your self-awareness, self-regulation, and self-leadership muscles. You also strategized on how to build good habits. You learned how to practice grit, growth mindset, proactivity, goal setting, and time management. You spent time understanding 7 of the real-world challenges and opportunities and examined the importance of empathy in problem-solving.

You got to coach and be coached by a peer and you created your personal mission statement. You mastered foundational Google Workspace skills in Gmail, and Calendar. And finally, you learned about Ethics in technology, particularly in AI.

Before we jump into talking about week 3, I want to share some requests and reminders:

If you are close to a city hub, we encourage you to make the most of it. The spaces were set up to give you a holistic and rewarding learning journey. Consider your City Hub as your personal workspace, where you can connect with your community, and immerse yourself in the ALX learning experience.

OK, now that we have all that out of the way, let's dive into your learning experience for Week 3. This week, you'll expand your knowledge and further build on the skills from last week. You will:

- Continue to incorporate healthy habits into your routines and start practicing the second Daily 3 habit: Morning Pages
- Learn and practice 2 key problem-solving techniques: The McKinsey Method and the Cool Head/Warm Heart Method.
- Scope a problem and draft an effective problem statement.
- Conducting research effectively and leveraging AI for research.
- Formulate simple research hypotheses.
- Develop an understanding of leadership and the different types of leadership that exist in the professional world.
- Finally, you will continue to strengthen your Google Workspace abilities to make sure you have basic proficiency using Google Drive, Google Docs, Google Sheets and Google Slides.

This week, you will need to collaborate with your peers on 1 content-related activity. This could either be online or at your nearest city hub. You will draft a problem statement and find at least 2 peers to share it with to receive feedback. You must also give feedback to 2 of your peers' problem statements. This activity will require at least 1 hour of your time, so plan accordingly. More information on this peer activity is provided in this week's learning content here on Savanna. Please make sure that you give yourself enough time to do the work with your peers and to complete your write-ups before the milestone due date.

Weekly Test 3 is an automatically graded quiz that you will take here on Savanna. The list of topics covered on this test appears on the next page.

Milestone 3 is a .pdf submission that will be a cumulation of 5 pieces of work that you will complete throughout the week. These 5 pieces are your:

- Problem Statement
- Research Question and Hypothesis
- Peer activity report
- Research plan and review
- Daily 3 update and report

We have provided clear instructions and a worksheet that you must use for each of these elements. Your completed worksheet is what you will submit for your Milestone 3 on Savanna. The material here on Savanna is presented in a carefully designed order. We walk you step-by-step through each part of the process. So, skipping around is not recommended.

We understand if all this currently looks overwhelming, but we want you to practice grit and growth mindset. Follow each step carefully, and you will complete each of the elements that make up your Milestone 3. The key is to manage your time effectively, and plan ahead. All skills you've already learnt about. So now it's time to put everything to practice and dedicate several hours to your ALX work every day.!

We would not be asking you to take this journey if we thought you could not do it. We have all the confidence in you and know you have what it takes to succeed. It is time to unleash your winning side and tackle this week like a pro. All the best with Week 3!