

Reflection (Week 13)

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Total Points: 100pts

What is the most significant take-a-way you have gained from your study this week?
(10pts)

- I learned the characteristics of the introvert and extrovert, and how those two affect our personalities. They have their own advantages and disadvantages, and most people define themselves based on what category they fall into, like for instance, if a person dislike going to parties, he is more likely an introvert, and if the person likes socializing, he is more likely extrovert. This is just a general idea of these two personality categories.

How would you explain this week's topics to a person not in this class? (10pts)

- Knowing our personalities can help us to get to know ourselves better. If someone knows and recognize their weaknesses and abilities, he will be more likely to improve. Sometimes, we may not know our weaknesses until we identify them by getting to know ourselves better by taking some evaluation courses or activity. There are a plenty of personality evaluation courses online that are free, and they provide amazing information about our preference according to the answers we pick for the questions contain in the quizzes.

How do plan on contributing to the team, besides completing your tasks? (20pts)

- I will begin to get to know myself better, so I can know my areas of improvement. I believe that a successful person recognizes and understands their strengths and weaknesses, and that is why he could come up with solutions to overcome his weaknesses. Before progress, comes understanding. If I fail to see my weaknesses, I will most likely not know that they exist, and it stays with me longer. This can affect my performance and progression. In a team, each person plays an important role to conduct their specific tasks to bring success into the group. In regard to that, it is important to always be humble and reception when it comes to learning to improve myself daily, especially working in an environment that requires a lot of interactions.

Why is this week's topic important for teamwork? (20pts)

- I believe that this week's topic is important because it affects our ability to think of what we can do to improve. Most group discussions require effective communication and teamwork. Hence, it is very important for each person to contribute as much as they can, so the success rate of the group can increase positively. This starts by a person knowing and understanding their own personal improvements. For instance, if an introvert person is put in a situation where he

needs to communicate and engage more actively despite the struggle to comfortably socialize, he must know improvements mostly come when he steps out of his comfort zone to do things that he may not like, but beneficial. This can really provide a person with a good preparation and stronger self-esteem to move forward into making some positive changes, so he will be able to get along and bring success to his group.

How does your experience relate to other experiences you have had? (20pts)

- I see myself as more introverted than extroverted which I'd say it's a ratio of 8:2. I struggled to convert eloquently in most conversations, and most of the time, I can find it hard to initiate conversations, and not letting the conversations to die or turn into awkwardness. So, this affected my ability to engage well in group discussion and many more. However, I knew I needed to do something to change so I won't be trapped in this circle. What I did was, I trained my mind to just put myself out even more although it sometimes caused me anxiety. Positive thinking plays a significant role in helping me to cope with situations where I needed to step out of my comfort zone. This was my way of practicing, and I saw myself becoming more confident to speak, and the anxiety become under control. The first few attempts were very challenging, but I chose to not give up for the fact that I had been that far in the process. I would always think ahead of what my future would look like.

Tell me about what you taught someone? And what did they learn, that they didn't know before? (20pts)

- I had a few experiences where I had to help somebody to be courageous when speaking up and starting conversations. There was this one day in my mission, I was paired with an introverted missionary. He was still very new and had so much to learn. He was the type that doesn't speak that much unless I ask him questions. However, in missionary work, there is no exception when it comes to active interactions. I remember walking in a park approaching everyone we possibly could. I demonstrated some ways to him on how to start conversations and keep it going. He looked petrified and only wanted to watch me instead of doing it himself. I did not let it stop there, instead, I made a challenge to boost his enthusiasm. All he needed was to be bold to try and keep practicing. The challenge has helped him to overcome his fear baby steps, and he became a lot more confident as he put himself out more every day. I personally learned that it is important to do things outside of our comfort zone when we want to progress and step up in our lives, and doing these things are not the easiest, but they are worth the effort.