

Reflection (Week 3)

Name: Vishnu Soranam

Total Points: 100 pts

What did I do to prepare for class this week? (5pts)

- I did a self-reflection of what I have learned and applied for the past few weeks. I can see myself being more organized and having a goal-oriented mindset. I studied through all the pre-learn materials (differentiating the characteristics of introverts & extroverts). I was able to ponder on some points to comprehend the uniqueness and the advantages of both personalities.

What did I learn from the study material? (5pts)

- I learned to increase my self-awareness. It is also proven that people with a more accurate self-perception tend to perform better in the workplace. I was able to understand myself better as I took the personality tests in class. The point evaluation gives me a clarity of understanding of myself. Learning more about myself helps me to recognize some of the things that I must work on to be successful.

Where did you put your assignments in GitHub? (5pts)

- I placed it under my "CSE_170" repository in my GitHub.

What concept from this week are you uncertain of or would like to know more about? (5pts)

- I would love to better understand how to be persistent in trying to refine my personality for the good. For instance, if I find myself to be an introverted person, how do I gain the confidence, motivation and the enthusiasm to boost my personal growth and how do I retain the persistence as I step out of my comfort zone?

What would you do differently next week? (10pts)

- I will make the effort to apply new skills from my takeaways such as learning to be more outgoing and engaging in activities and discussions. I will try to remain positive and optimistic as I apply the new refining skills. I found out that I am more of an introverted person who is not a big fan of leading a discussion and giving out ideas. I am missing confidence and I worry more

about what people will think of me. However, being aware of this helps me know that I need to work on myself better by learning to be more innovative and courageous.

What five take did you get from the scenario? (10pts)

- There are 5 new things that I have learned from the scenario of this week's lesson. There are such as professionalism, self-awareness, rationalism, confidence and compassion. These things blend well together as they produce a person with the ability to be efficient and bright when working together with others. For instance, professionalism and rationalism help to tackle conflicts and misunderstandings (by not surging them), and to better present themselves in a discussion, while self-awareness, confidence and compassion would bring in humility and understanding as you learn to understand and appreciate other ideas. (not allowing pride from taking place). This provides better self-control, and you will appear mature and smart.

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

- In my mission, I had seen some missionaries struggled to lead a discussion topic. The discussion sometimes tends to go off topic and become less fruitful. They would overwhelm too much unrelated and unneeded information which led to confusion. I was able to give training on the topic of how to stick with "the objective" of a discussion topic. Behind a topic, there must always be an objective. If the objective is set, then we would know the purpose of the discussion and that should be where we are headed towards. Let's say if the topic of the discussion is "staying spiritually uplifted every day", what would be our objective for that? I would say the objective for that topic is to "stay focused and motivated when doing demanding missionary tasks". From this point, we began to understand the whys, and understanding the whys would produce better answers for the hows. Some missionaries started to learn to stick with the objective of a topic and led the discussion for professionally. That is proven to produce fruitful discussion where all team members were able to contribute their ideas and thoughts related to the topic, and confusion is less likely to occur.

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

- I plan to give out more ideas from my own research of the topic. As an introverted person, sometimes I do struggle to convey my thoughts smoothly in which the ideas may not be so clear. Through this lesson, I find that I will need to step up and be bolder in sharing my thoughts although they may not always be perfect, but at least I made the effort to do so. Practicing has always helped me to become better each day. However, practicing without evaluating effort

seems to also be a problem. I will need to evaluate my effort by asking feedback from others and thinking of what I could do better in future. This helps me to develop the mindset of positivity and helps me to acquire the urgency to be a refined version of myself. I will also learn how to value and appreciate insights from other team members and try to link it with the thoughts that I have.

If this was a religion class, how would you relate this week's topic to the gospel? (20pts)

- I would relate it with eternal progression. The Lord urges us to keep learning by gaining as much knowledge as we can. There isn't a time frame for learning during this mortal life. There must always be things that we can learn and do better. The gospel is perfect, but we are not. So, it is important for us to continue learning and increasing our knowledge of the gospel so we could also use it to serve and inspire others. In this way, the Lord will reward us with greater faith and enthusiasm to prepare us for the next life. Likewise, increasing self-awareness can be related to building a stronger desire to repent. Self-awareness helps me to better identify myself and work on my personality, while building a stronger desire to repent gives me the strength to know what I should repent of and improve through it.