

Tyler Aston Week 3 Reflection

20 pts Questions Cognitive: (Wow, I learn?... Ok that is deep!)

Why is this week's topic important for teamwork?

If a team isn't working well together it's more than likely because of the team's self-awareness and or can be solved with more self-awareness. If each team member did an assessment of themselves on how they can improve their own self and hold themselves accountable for their own contributions to the team's dynamic will surely improve the overall team.

How do plan on contributing to the team, besides completing your tasks?

I plan on assessing myself after each team meeting and thinking of how I interacted with the team. Thinking of things like how I felt emotionally and if that played a factor into the meeting if so, how can I change that. Next, I'd think about if anything is said or did affect a team member if so, how should I change my actions.

How does your experience relate to other experiences you have had?

This week thinking about being more self-aware helps with not only this team communication but in how I interact with my girlfriend. I can use the same concepts I mentioned previously in my relationships outside of class.

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

After class I brought my self-assessment test results to a dinner party, and we all had a fun and insightful conversation around self-awareness and how it effects our relationships.

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

This week's concepts are great for spiritual growth. If you find yourself wanting to grow more spiritually think of your relationship with Heavenly Father, the same as if you were in a team with Him. Take this week's concepts and use them to improve that relationship.

SCORE 100/100

My in-depth response to five, twenty-point questions prove my score for this week's reflection.