

Tyler Aston Week 4 Reflection

SCORE 100/100

I have responded to five, twenty-point questions with multiple sentences, giving deep insight on this week's topic.

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

Why is this week's topic important for teamwork?

If you want to contribute fully to a team and bring your fair share to the table then it is important to practice this week's topic of self-discipline. If you work on self-discipline in learning a new skill over time you will make learning a new skill a skill in its self. If your team needs something new to the table, they can rely on you to have the self-discipline to learn it.

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

Working on my self-discipline is contributing to the team by bringing a higher quality person each time I come back to the project. If I can become a more organized person my teammates can have trust in me with being prepared, on-time and organized. These things make me a more efficient worker.

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

This semester has been one big self-discipline test. I have been more organized and productive than any other semester. I think because I got off on a good start, I have been able to keep that ball rolling. That start has led into habits that work on self-control. Like starting my work when its available has really showed self-discipline when there's many other things fighting for my attention.

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

I showed my roommate the make your bed every morning video that was showed in class and so far, this whole week both our beds are made. I think because of that our room has stay clean with our beds made, no clothes on the floor and our desks organized. This environment really helps with feeling productive and encourages work to get done.

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

If this was a religion class self-discipline would be the topic for the whole year. Satan's whole goal is to take away our self-discipline. The more control we have over our own actions the closer we can become to the Lord. We came to this earth to show how we

can grow and gain self-discipline and do what's right. With this week's topic done fully we can eventually always choose the right.