Wajdy

Core Competencies

The core competency I addressed most during the experiment was the “communication” piece. I took the leadership role in my group and made sure everything went as planned. An example of this was when my group chose to drink two liters of water, then do 40 pushups afterwards; I helped them realize the risks that came with that decision (throwing up and getting dizzy). So, I was able to lower down the water intake. Another example of this happening was whenever my group had difficulties with being coordinated, on task, or lost track of time, I was able to help them use their time efficiently. Communication plays a big role in group work by helping group members make each other better.

Another bit of the core competency that I was able to achieve was “to recognize different points-of-view and disagree respectfully”. I was able to accomplish this by seeing my group member’s perspectives just like I wanted them to understand mine. An example of this happening was when we were coming up with a hypothesis, we had two different ones. By using some background knowledge about fitness, I was able to convince and respectfully disagree with my group members that one of them made more sense than the other. I did this by explaining my perspective, knowledge, and taking the time to read their ideas, which then helped them agree with me.

Two things I would change for next time are supporting my group members to be more talkative and generate more ideas. Although I helped my group a lot, I could have done better encouraging them to talk and share their perspectives more. However, they still managed to share their perspectives thoughtfully. Our group struggled with finding good ideas because our list was small and limited; So, next experiment I will spend more time generating ideas to have a list to choose from, that way we wouldn’t spend energy just from choosing. Despite the struggles we had, using communication we were able to choose a good idea from a small list.