

## Learning Pod Self Reflection

Please answer the following questions in this document in preparation for your initial team meeting. This information will allow your team members to get to know how you work best so that the group can make team agreements that work for all.

What is your preferred mode of remote communication?

Email

What are your communication strengths?

Good public speaker

What are your communication weaknesses? Where would you like to grow?

Not very good at writing

Do you consider yourself an introvert or extrovert?

Introvert

What time zone are you in?

Victoria Bc

What time of day do you prefer doing academic work?

During the Day: morning or afternoon

When you are upset do you tend to share this with others or keep it to yourself?

Keep to myself

What do you like about group work?

I like we can share ideas and equally work on the assignment reducing the work load for individuals

What don't you like about group work?

Having to be social and also when others are not putting in their time and effort

What else would you like your team to know?