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Goal 3.4 Reflection

Being able to work in groups is important in any discipline, but biology is a very collaborative discipline where many bright people often put their minds together to accomplish something greater and more meaningful. My time here at Longwood has been filled with copious amounts of group projects and it has shown me how to understand and work well with others. The group projects that I did all focused on creating some type of power point or poster presentation and presenting that in front of the class or at a showcase like the Longwood showcase that takes place every spring. The point of these projects in my opinion is to lessen the load on students, but also make sure that they are cooperating with others to create a cohesive and educated presentation.

I have always been good at working with others and I really enjoy group projects. The only drawback about group projects that I have experienced is the amount of work that each group member does. I am not worried about myself because I feel I always take part in the work and do the same amount that everyone else does. I only stress when I am with group members that do not do their part. I guess that is an area that I could potentially improve in because I should not stress about other group members and if I have to carry a little bit more of the load because someone else doesn’t I should be okay with that and look at it as an opportunity to grow.

In my future career as a nurse, it is solely based on teamwork and being able to effectively communicate with others in stressful situations, so these skills are extremely important in that. I plan to carry everything I’ve learned, the good and the bad, and use these lessons to continue to be able to work effectively in a group.