

### **Biology FLC: Team Building Assessment:**

1. Choose the exercise that you feel provided you with the most surprising positive insight about yourself regarding your interactions with others in our group. How did it change your self-awareness? What steps can you envision to build on this insight?
2. What was the most surprising negative insight regarding your experiences with the group? What steps can you envision to turn this negative experience into a positive attribute?.
3. Do you think that our successful attempt to rise simultaneously as a group helped the group's morale? Is success important in these situations; or is it the attempt that is important?
4. In our failed attempt to deliver the ball to the cup, what could we have done to be more successful? Was the breakdown due to technical difficulties (eg lack of motor skills); a lack of group focus; or a high degree of difficulty for the task? Do we derive value from failing at a task, if so what?
5. 6. Did you learn things from team building that you will apply in other settings at Georgia State?