In your chosen career, you will have to give instructions to co-workers and/or patients.  It is important that you learn how to communicate at the level of the listener.  For example, I had a student tell me that she gave birth to her child and it was in NICU.  I told her congratulations.  It was not until her second email that I realized NICU was not a good location for your newborn.  This communication mishap was not her fault but in your career, it is vital that you communicate clearly.

Pick one topic out of the material this week and describe in a step by step approach how to solve a particular type of problem (such as solving linear equations).  It should be different than the step by step approach that I have in my videos.  This should be in your "own words" and not copied from a website.  This would constitute plagiarism and results in a zero on the reflection quiz and possibly a zero for the course.  I will grade your submission as if I have never seen that topic so be thorough in your explanation.  I should be able to follow your steps.  Include one example along with the instructions.