**CHECKPOINT LAB-PHASE: SELF-AFFIRMATION AND SELF-APPRECIATION**

* 3 qualities:

1. Stubborn
2. trustworthy
3. Diligent

* 3 technical skills:

1. MERN Stack
2. Project managment
3. Web development

* 3 Relationship skills:

1. Compassion and commitment
2. Practicing teamwork and collaborative problem-solving
3. Communicating effectively
4. Questions:

* Question 1: What can you tell us about yourself?

My name is Amani Bouzouita,I am 34 years old. I am an enthusiastic Full stack web developper. I recently completed the MERN stack training Degree from GoMyCode.

Apart from that, I had the opportunity to complete my studies as Textile engineer in 2011 and a PhD on science materials . It helped me master science materials fields and be more creative and responsible for environnement issues .I had also 6 years of experience in both industry and research center as project manager and R&D Engineer. And this, help me to improve my ledearship and my technical expertise in different fields( automotive industry,plastic processing..). Working with a startup of industrial prototyping as a Technology watch officier give me more chance to enlarge my knowladge in IT and Energy fields. My reconversion in IT allowed me to increase my curisosity, strengthen my critical thinking and confirm to me that I can assimilate information quickly.

* Question 2: Why have you chosen this job?

I choose this job because developing web applications lets me use my creative and problem-solving skills. I’m looking to find a role that will let me master the technologies demanded. I believe my skills are well-suited to this job.

* Question 3: Tell us about your biggest success.

Well, as a former engineer and PhD in science material, I think my greatest achievement was what I accomplished during my time there :

* Managing my tasks and achieveing my goals with a sucess career as an R&D Engineer in materials
* Building trust and a very good relation-ship with all my team work, collegue and clients during my work as a project manager
* Achieving the Full Stack Web Development training with a good mastery of MERN STACK
* Question 4: Tell us about your biggest failure.

I think my biggest failure was that I didn’t broaden my knowladge in IT field where the transition toward IT was increasing.

As a result, I try to think about improving my skills on web development and I can confirm that is never to late to gain knowladge.

* Question 5:  How do you express constructive criticism?

Constructive criticism focuses on providing constructive [feedback](https://asana.com/resources/tips-giving-feedback), supported by specific examples, to help improve in some area. Constructive criticism should be offered in a friendly manner with good intentions.

## I will Focus on the situation, not the person

## I will not make assumptions

## I will Give recommendations on how to improve

## I will Comment on things that are actionable

## I will Be specific with my feedback

On work, Constructive criticism can be a part of implementing improvement strategies to help employees set and achieve their work goals. It can also create a positive atmosphere where the staff is comfortable to ask questions, request assistance and offer their own feedback and ideas.