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In the textbook, the development process explained is called a waterfall. It's called a waterfall because it's a one way process. Once a step is completed you don't go back to that step and simply continue. Agile development is quite different than the traditional waterfall development methodology.

In traditional planning, a lot of time is spent on the initial idea, and a perfect set of project blueprint are produced. The original plans are expected to be followed precisely without any changes. This is not a good development process because often there are changes in plans, requirements, and circumstances. If something changes then the entire plan is invalid and must be re-planned. This problem does not exist in an agile development plan because initially just enough planning is done in order to produce a prototype.

Agile development is interactive with its clients. Once the plan is built and tested the client may begin to use it at its beginning stage and then upgrade it after modifications are made. Higher priority items are accomplished first and then the less valuable features are implemented afterwards, bringing customer value faster. This gives the developer a chance to make corrections if needed and understand the project and requirements clearer, which makes sure that the customer is happy and that's what they really want. The small stages of completing a prototype is called a sprint which is then followed by other sprints that are modified versions of the first one.

I would say that agile development is the better option when compared to the traditional waterfall development process. With the agile development you can easily adjust to change. In addition, there is always a usable product available at all times for the client to test and give input on how to improve and alter the project.