

Skylar York - CAP480 academic e-portfolio

York, Skylar

Wednesday, February 21, 2024

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Welcome to my e-portfolio!

Skylar York

Computer Science Major

Bachelor of Science in Cybersecurity

"With great power comes great responsibility"

- Stan Lee



CAP480: Resume

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OBJECTIVE

A hardworking and dedicated professional with strong team-working skills seeking a position in cyber security where social engineering, understanding the fundamentals of AWS and PowerShell, and experience with scripting will be valuable.

EDUCATION

B.S., Computer Information Science, Cyber Security

February 2024

A.S., Computer Information Science, Cyber and Information Security Technology

June 2022

ECPI University, Orlando, FL

3.9 GPA and Dean's List Award Recipient

RELEVANT COURSE TRAINING

Computer Configuration

Networking

Network Protocols and Services

Routing and Switching

Linux Administration

Cloud Solutions

Windows Client and Server

Windows Active Directory

Principles of Cybersecurity

Scripting

Programming

SKILLS

MS Office including Word, PowerPoint, Excel, and Outlook

Skilled in Google Docs & Slides

File management, structure, and permissions knowledge

Workflow and scripting skills

Amazon Web Services

PowerShell

Programming

Network security and configuration skills

Communication skills

Leadership skills

Problem solving skills

Time management skills

WORK EXPERIENCE

Food and Beverage QSR and Trainer March 2020 – Present

Universal Studios Volcano Bay, Orlando, FL

Train new team members and fill out their paperwork

Answer any questions team members or guests might have

Take customer orders and process transactions utilizing the point-of-sale system

Prepare food according to customer requests

Buss and clean tables to keep restaurant operations running smoothly

Perform restaurant opening and closing according to standard operating procedures

Food and Beverage Associate October 2019 – February 2021

Walt Disney World Animal Kingdom, Orlando, FL

Took customer orders and prepared food accordingly

Operated the cash register and ensured transactions were processed accurately

Performed restocking of supplies to maintain restaurant workflow

Busboy and Host April 2017 – August 2019

Outback Steakhouse, Midlothian, VA

Greeted guests as they entered the restaurant

Directed guests to their table or waiting area

Answered telephone calls and transferred calls accordingly

Bussed tables as necessary to prepare tables for the next guests



CAP480: Professional and servic..

This section does not contain any content.

CAP480: Professional Developm..

5-year Professional-Development Plan and Self-Promotion Strategy

State your 5-year professional goals.

The next five years are going to be the most important years of my life; that's why it's important to create a 5-year plan. When it comes to the next 5 years I have a few professional goals that I would like to accomplish. One of my goals is to get a job in my field. This is because I want to move on from the Food industry and move on to something else that interests me. Another goal I would like to accomplish is to be able to network myself better. The last goal I would like to accomplish is achieving my Security+, Network+, and other important certifications.

List at least five actions needed to achieve your 5-year professional goals.

To accomplish these goals there are five actions I can take to accomplish these goals. To accomplish getting a job in my field I'm going to start going to job fairs and achieving the certifications I need. To network myself better I can keep my LinkedIn profile up to date; another action I can take is to be prepared to pitch myself. To achieve my certifications the only action I can do is take the time to study for them.

Describe at least five of your strengths and provide specific examples of them.

Five of my strengths that I have is being flexible, having good customer service, being able to have good time management, being determined at what I do, and being honest. An example of me being flexible is when I was training someone at work and in the middle of the day the managers gave me another trainee I was able to train both employees with no problem. An example of having good time management skills is when I train a new employee knowing when to move on to something else so everything that needs to be covered is covered. An example of me having good customer service is my entire time working at Universal because as a trainer I need to make sure I'm setting a good example and giving guests good customer service. An example of me being determined at what I do studying for my associate's and bachelor's degrees in Cybersecurity. Lastly, an example of me being honest is if something happens at work and I'm involved I take responsibility for my actions.

Identify at least five self-promotion strategies you can use to broadcast your strengths.

Five self-promotion strategies I could use to broadcast my strengths would be keeping my professional online appearance updated regularly, making sure it mentions my strengths in my bio, leaving a link to my E-portfolio, and keeping it updated regularly. Another couple of strategies I could use would be creating a website so jobs can research me and find out more about me and create business cards. Lastly, I could promote my expertise internally and externally of work.

Determine and explain at least five areas to improve upon in order to achieve your 5-year professional goals.

Five areas I could improve to achieve my goals would be learning to be more sociable, improving my consistency when it comes to studying for my certifications, learning how to receive constructive feedback, learning how to prioritize what's important to least important, and lastly learn how to communicate more clearly.

Specify strategies for strengthening each of the five areas in need of improvement.

A strategy I can try to become more sociable is going to job fairs so I can pitch myself. To strengthen being more consistent in studying for my certifications I can create a schedule to help set away some time every week to study for my certifications. To learn how to receive constructive feedback a strategy I can use is learning how to listen and ask questions. When it comes to prioritizing tasks a strategy I can do is write down the tasks, determine what tasks are truly important, create a schedule, and focus on one task at a time. Lastly, a strategy I can use to communicate more effectively is to listen, be brief and specific, and think before I speak.



[5-year Professional-Development Plan and Self-Promotion Strategy](#)

CAP480: Assignment 1

Dear Future Skylar

Hi! This is past Skylar from September 1st, 2020. Today was your first day of school; it was very exciting and I'm looking forward to getting my degree in Cybersecurity. If you're feeling like school is too difficult and it's not worth the trouble here are a few things to remind you to keep pushing and to not give up!

As I'm sure you're aware 2020 has been a bad year with the recent death of Chadwick Boseman who played Black Panther, to the pandemic, and being furloughed by Disney and Universal 2020 hasn't been a good year. The reason why I'm reminding you of this is because even though you may have been furloughed by Disney and Universal because of the pandemic you didn't give up on finding a temporary job. By not giving up you were able to find Subway where you met some good people like Poco and Chris it's also right across the street from home so you're never late for class. You also worked two weeks straight at Subway because Chris was out sick and by not giving up and calling out sick you were able to pay off your new laptop and bring your checking account back to where you wanted it to be. During your time at ECPI, if you ever feel like you can't do this or it's too hard just remember you survived 2020, you survived being unemployed, and you survived working 2 weeks with no day off.

Oliver Queen once said, "Being happy doesn't mean you don't have issues. It just means that you're working on them". Look at Oliver's story he was a boy trapped on an island for 5 years, he returned home as a lonesome vigilante, and turned into a man who saved humanity and created Earth Prime during Crisis on Infinite Earths. If Oliver Queen survived being trapped on an island for 5 years, being a lonesome vigilante, and saved/created a new Earth you can survive being in college for 2 years. I hope everything works out for you, you decide what's right for you, and you end up happy.

Sincerely

Past Skylar



[Letter to my Future self](#)

CAP480: Assignment 2

The Cultural Differences of the Paranormal Holidays

The Earth has been around for millions and millions of years and in that time many cultures have been formed and many cultural events have been formed and celebrated for years. Some of those cultures include the French, the British, the Italians, and many more with a very long history. Some of the cultural events that have been celebrated for years in different cultures include, the Day of the Dead in Mexico, in Germany there's Walpurgis Night, and of course there's Halloween which is celebrated in Ireland, the United States of America, and many other cultures around the world. Before the similarities and differences are covered, what are these holidays, how are they celebrated, and how did they come to be?

Halloween is the spookiest time of year when it's believed supernatural creatures roam the earth one night a year. Originally Halloween was meant to be the day that marks "the end of summer and the harvest and the beginning of the dark, cold winter, and the time of year that was often known for death" (History.com. 2021b). This holiday dates back to the "ancient Celtic festival of Samhain" (History.com. 2021b). The Celts lived around "2,000 years ago and lived mostly in what is known today as Ireland, the United Kingdom, and the northern part of France" (History.com. 2021b). They were known to celebrate their new year every "1st of November" (History.com. 2021b). Fast-forward a few centuries Halloween eventually made it to "colonial New England but was very limited due to the Protestant belief system" (History.com. 2021b). Some of the festivities that were featured in Colonial Halloween include "telling ghost stories, events held to celebrate the harvest called play parties, neighbors telling other's fortunes, dancing, and singing" (History.com. 2021b). Today it's known as the holiday to get free candy from strangers, to have some fun and dress up as your favorite superhero, princess, or even your favorite monster, or even watch your favorite Halloween movie/TV show. While Halloween may be seen as a holiday for businesses to make money like Christmas and Valentine's Day it wasn't always seen like that.

Next is the Mexican holiday known as The Day of the Dead also known as "el Día de los Muertos" in Spanish (History.com. 2021a). The holiday has a blend of "Mesoamerican ritual, European religion, and the Spanish culture" (History.com. 2021a). Some countries that celebrate the Day of the Dead include Mexico, "and Latin countries for example Peru, Ecuador, Guatemala, and Bolivia, there's also some other countries but it's not as wide for example Argentina, Venezuela, and of course the United States due to the vast immigration" (Lobo N. 2021). The holiday is celebrated every year on "October 31st and ends on November 2nd, October 31st for Halloween, November 1st for souls that died as children known as The Day of the Innocents, The Day of the Little Angels, or el Dia de los Inocentes in Spanish; and November 2nd to celebrate all souls known as All Souls Day or the Day of the Dead" (History.com. 2021a). According to tradition the "gates of heaven are opened at midnight on October 31st and the spirits of children and adults return to their families for a brief reunion" (History.com. 2021a). The origins of the Day of the Dead date back "3,000 years ago to the rituals honoring the dead in pre-Columbian Mesoamerica" (History.com. 2021a). During the time of the "Aztecs and other Nahua cultures living in what is known today as central Mexico, held a repeated view of the universe and saw death as a necessary ever-present part of life" (History.com. 2021a). After death it was believed a soul would "travel to Chicunamictlán, which was believed to be the land of the dead" (History.com. 2021a). The soul would

be “tasked with going through a total of nine difficult levels a task that would take several years to accomplish” (History.com. 2021a). After going through “all nine levels it was believed that the soul would finally reach Mictlán, which was believed to be the final resting place” (History.com. 2021a). Rituals for honoring the dead were traditionally held in “August, family members would provide food, water, and tools anything that would help the deceased in the difficult journey to Mictlán” (History.com. 2021a). This ritual would “inspire the Day of the Dead practice of loved ones leaving food or other offerings on their relative’s graves” (History.com. 2021a). Some other activities that are done during Day of the Dead include “cleaning gravesites, having picnics and graveside vigils, dressing up in colorful costumes, displaying skeletons, and more” (Homeschool Super Freak 2021).

Finally, the last cultural event that’s similar to Halloween and Day of the Dead that’ll be compared is the pagan holiday known as Walpurgis Night. Walpurgis Night is a “modern-day festival held in Germany, Slovenia, Latvia, the Netherlands, Estonia, and Lithuania and is an abbreviation for Saint Walpurgis Night” (Mark, J. J. 2021). It derives from the merging of the “ancient pagan celebration of Beltane with the commemoration of the canonization of the Christian Saint Walburga” (Mark, J. J. 2021). The origins of the holiday date back to “pagan celebrations of fertility rites and the coming of spring” (Mark, J. J. 2021). After the “Norse were Christianized, the celebration combined with the legend of St. Walburga” (Encyclopedia Britannica. n.d.). The legend states that Walburga was an “English-born nun who lived in a monastery in Germany which she later became the lead nun for” (Encyclopedia Britannica. n.d.). She was believed to have “cured many residents and is traditionally connected to May 1st” (Encyclopedia Britannica. n.d.). Because of this people were able to “celebrate both events without fear of punishment”. The event is held every year from “April 30th to May 1st” (Encyclopedia Britannica. n.d.). In Sweden for example some activities that people do during the holiday “include singing traditional spring folk songs and the lighting of bonfires to roast marshmallows; at one point bonfires were used to ward off evil spirits” (Encyclopedia Britannica. n.d.). In Germany the holiday is celebrated by “dressing up in costumes, playing pranks on others, and creating loud noises to keep evil at bay” (Encyclopedia Britannica. n.d.). Many people celebrate by “hanging blessed sprigs of foliage from homes and barns to ward off evil spirits”; or they leave offerings such as “pieces of bread spread with butter and honey, called ankenschnitt, for phantom hounds” (Encyclopedia Britannica. n.d.).

Now that the cultural events have been described how are they similar and how are they different? First off how is Halloween and the Day of the Dead similar and how are they different? Halloween and the Day of the Dead are similar because they have “similar practices like decorating pictures of skeletons, they’re held around the same time of the year, and they’re centered on traditions rooted towards acknowledging the dead” (Hench J. n.d.). They are different however because while they are “both considered spooky holidays Halloween revolves around darkness and uses a more morbid approach to the dead whereas Day of the Day revolves around the afterlife, remembrance, and tends to be more honorable towards the dead” (Hench J. n.d.). Next how is Halloween and Walpurgis Night similar and how are they different? Halloween and Walpurgis Night are similar because they’re both “rooted in ancient pagan customs, superstitions, and festivals for example it even has its own version of Trick or Treat and like Halloween people are able to dress up in costumes” (Wagner S. 2017). While Walpurgis Night isn’t Halloween it is considered a “second Halloween on the eastern side of the globe” (Wagner S. 2017). They’re different though because while Halloween is celebrated on October 31st, Walpurgis Night is celebrated towards the “beginning of the year more specifically April 30th” (Wagner S. 2017). Finally, how is Day of the Dead and Walpurgis Night similar and how are they different? Day of the Dead and Walpurgis Night are similar because they both “leave offerings on relatives’ tombstone, they both use costumes, and they both celebrate the afterlife” (Wagner S. 2017). They’re different because while the Day of the Dead is celebrated in Mexico and Latin American countries, Walpurgis Night is celebrated in “Northern European countries and Scandinavia” (Wagner S. 2017). Another difference is that Walpurgis Night is celebrated earlier in the year while Day of the Dead is celebrated later in the year.

The Earth has been around for millions and millions of years and in that time many cultures have been formed and many cultural events have been formed and celebrated for years. With Halloween and the Day of the Dead approaching it’s important to remember our

ancestors and thank them for what they sacrificed to give us the Earth we have today. While Halloween, Day of the Dead, and Walpurgis Night are clearly very different, at the same time they're very similar which proves that no matter how different we are, we're all human and deserve nothing but love, kindness, and respect. Treat others the way you'd want to be treated we're all on this Earth for a reason, and life is too short to be hateful towards one another.

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[The Cultural Differences of the Paranormal Holidays](#)

CAP480: Assignment 3

The Cyber Issue

Cyberbullying is the act of “sending, posting, or sharing negative, harmful, false, or mean content about someone else on the Internet” (Assistant Secretary for Public Affairs (ASPA), 2021). It can include sharing “personal or private information about someone else causing embarrassment or humiliation and some cyberbullying even crosses into unlawful/criminal behavior” (Assistant Secretary for Public Affairs (ASPA), 2021).

While growing up there were different instances where my mental health, physical health, and academic performance were poor. One instance was while on social media and came across a user named Ben Tennis. He had replied to a picture of me previously posted on my page saying “Wow you are very ugly, how could your parents love you. If you ended your life nobody would care.”. After reading that comment he was immediately blocked and reported to Facebook. A few days later he came back with a different account and kept harassing me until. My self-worth diminished; my physical health declined, and my academic grades went from As and Bs to Ds and Fs in a span of a few weeks. Eventually, after weeks of dealing with this user, my account was forced to be deactivated to get rid of the issue as a whole.

Cyberbullying is an issue a lot of us deal with at one time or another when we go onto the Internet. Studies show that “cyberbullying is more likely to occur between current or former friends” (Social Media Victims Law Center PLLC, 2023). Whether it’s the cesspool that is Twitter, crazy Karens on Facebook, or Internet Trolls on YouTube we’ve all had to deal with those kinds of people. Cyberbullying is a very serious crime; it needs to be stopped and the only way for it to be stopped is if it carries legal consequences including jail time. Victims of cyberbullying can experience different effects some experience poor mental health, some experience poor physical health, some experience poor academic performance, some experience a change in their relationships, and some experience all four.

Cyberbullying affects victims in different ways; one of the negative impacts is our mental health. When experiencing cyberbullying a person might “drop in social behavior” an example of them dropping in social behavior is by “avoiding friends or social events” (What Are the Effects of Cyberbullying?, 2023). In addition to a drop in social behavior a person may “isolate themselves in their room more than usual becoming quieter and more withdrawn from the rest of society thus may lead to suicide” (What Are the Effects of Cyberbullying?, 2023). Victims of Cyberbullying may also start to “lose interest in activities they normally enjoy” (What Are the Effects of Cyberbullying? 2023). Lastly, they may express “dark thoughts or emotions and sometimes even talk about suicide” (What Are the Effects of Cyberbullying?, 2023). While the relationship between bullying and suicide is a “strong one in some cases it may not be the sole cause” (What Are the Effects of Cyberbullying?, 2023). In a recent study, researchers concluded that “victims of cyberbullying are twice as likely to attempt suicide or engage in acts of self-harm” (What Are the Effects of Cyberbullying?, 2023). Recent statistics even reveal that “59% of teens in the U.S. have been bullied or harassed online and over 90% believe it’s a major problem for others their age” (What Are the Effects of Cyberbullying?, 2023). Current research even suggests that “suicide attempts among teens have almost doubled since 2008” (What Are the Effects of Cyberbullying?, 2023).

Cyberbullying doesn’t only affect our mental health, but it can also affect our physical health. When experiencing cyberbullying a person may start to experience pains like “headaches and stomach aches.” (Social Media Victims Law Center PLLC, 2023). In addition, they

may also start to get feelings of “intense stress and anxiety leading to insomnia, gastrointestinal issues, and dangerous eating patterns” (Social Media Victims Law Center PLLC, 2023). Victims of cyberbullying may also start to “use drugs or alcohol to try and make themselves feel better when in reality it’ll make them feel worse” (Social Media Victims Law Center PLLC, 2023).

Lastly, Cyberbullying can impact our academic performance. When experiencing cyberbullying a person may find it difficult to “concentrate on schoolwork leading to grades dropping to a failing grade” (Farhangpour et al., 2019). In addition to having difficulty concentrating on schoolwork they may “express a desire to skip school and may even skip school” (Farhangpour et al., 2019). According to a recent study “about 41% of victims affected by cyberbullying experienced being less active in class, 24% confirmed their school performance had dropped, and 35% had repeated a grade while experiencing cyberbullying” (Farhangpour et al., 2019). Our relationship with our classmates can also be negatively impacted by cyberbullying. In a recent study a victim of cyberbullying experienced “some of their classmates isolating from the victim, laughing at the victim, and even rejecting the victim after seeing false information posted online” (Farhangpour et al., 2019).

While some believe that students who commit Cyberbullying negatively affect others some believe that Cyberbullying shouldn’t carry any legal consequences. Those who believe Cyberbullying shouldn’t carry legal consequences believe “while students that commit cyberbullying should instead be suspended from school because cyberbullying distracts from learning, creates emotional distress, and threatens the safety of others they believe it shouldn’t carry legal consequences” (Cornell & Limber, n.d.).

In a debate those who believe that cyberbullying shouldn’t carry legal consequences would lead you to believe that “if a student who committed cyberbullying goes to jail it would ruin their entire future, they shouldn’t go to jail for such a small crime, and the victim should just grow up and ignore the aggressor” (Cornell & Limber, n.d.). Cyberbullying is an issue that has been plaguing our students for years and is an issue that needs to be addressed.

One of the opposing viewpoints is if the aggressor goes to jail it’ll ruin their entire life. Students who experience Cyberbullying are “twice as likely to attempt suicide compared to their non-bullied peers; twenty percent of students who are cyberbullied consider suicide while ten percent attempt to take their own lives” (Sheppard et al., 2013). Per year there are about “4,500 deaths caused by suicide due to Cyberbullying” (Sheppard et al., 2013). The fact of the matter is if they do the crime they do the time; if the aggressor Cyberbullies someone to the point of suicide the aggressor needs to be sent to jail and charged with negligent homicide.

Another of the opposing is that they shouldn’t go to jail for such a small crime. Cybersecurity is a big deal and shouldn’t be considered a small crime. Cybersecurity is something that occurs very often the top three countries where cyberbullying was reported were “India at 38%, Brazil at 29%, and the United States at 26%” (Rovenstine et al., 2023). In fact, in the United States “23% of students have reported that they’ve said or done something mean or cruel to another person online” and “27% reported they’ve experienced the same from someone else” (11 Facts About Cyberbullying, n.d.).

The last of the opposing viewpoints is that the victim should ignore the aggressor. The problem with ignoring the aggressor is no matter how hard you try to ignore them they’ll keep on finding new ways to bully the victim also victim blaming is not the way to go about solving this issue. Also, cyberbullying is something that no one should have to deal with alone. They should always try and find help from others but even that can be difficult. In fact, “60% of young people have witnessed online bullying but most do not intervene and only 1 in 10 teen victims will inform a parent or trusted adult of their abuse” (11 Facts About Cyberbullying, n.d.). Fortunately, “81% of students say they would be more likely to intervene in instances of cyberbullying if they could do it anonymously” so it’s the social media’s job to create such things (11 Facts About Cyberbullying, n.d.).

Victims of cyberbullying can experience different effects some experience poor mental health, some experience poor physical health,

some experience poor academic performance, some experience a change in their relationships, and some experience all four. We have all experienced bullying in one form or another some more aggressive bullying than others. At the end of the day Cyberbullying is something that needs to be stopped and if need be carries legal consequences, whether it's a hefty fine or jail time students should be able to go onto the Internet and go about their daily lives not having to worry if they'll be bullied.

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CAP480: Reflection

My Reflection

Hello there, my name is Skylar York. During my time at ECPI, there have been a lot of assignments I have done well on, and of which I am proud. They have taught me a lot about myself and the important skills I will need in my career. Included in my E-portfolio are assignments that give an overview of the skills I have learned during my time with ECPI; I've included my Freshmen Orientation Letter to my Future self-assignment; I've also included an essay I wrote about the different paranormal holidays around the world; lastly I've included an argumentative essay I wrote that talks about why cyberbullying should carry legal punishment.

The first assignment I will be talking about is the Freshmen Orientation Letter to my Future self-assignment. I wrote this assignment during my very first class at ECPI; the Freshmen Orientation class. I took the class back in August of 2020. An Arts and Science skill I drew upon to complete the assignment was the ability to understand the past and present so that I could improve the future. This assignment helped prepare me for other assignments because it helped remind me why I was going to school. This assignment also reminded me that it would be worth it in the long run, and it helped keep me motivated when I didn't feel motivated to continue. This assignment taught me that no matter how tough things are or where I am in life I am a very motivated person, and I can do anything I set my mind to. At the end of the day, I'm proud of this assignment because when I submitted the assignment it was well written plus I have something to always look back to whenever I get a job in Cybersecurity and technology isn't working like it's supposed to I can look back and remember I can do anything I set my mind to.

The next assignment we will talk about is the essay I wrote about the different paranormal holidays around the world. I wrote this assignment when I took the Humanities class. I took the class back in October of 2021. An Arts and Science skill I drew upon to complete the assignment was the ability to effectively function across languages and cultures and how to research. A challenge I faced while working on this assignment was finding research on Walpurgis Night. How I overcame this challenge was by using YouTube videos and comparing the YouTube videos to articles I found to see if the information in the articles was accurate. The knowledge I gained from this assignment helped build future skills by teaching me how to research more effectively and how to know if something is accurate or not. The skills I learned in this assignment will help me in Cybersecurity because whenever I'm having a technology issue and I'm not sure what else to do I now know how to research more effectively to find the answer I'm looking for.

Lastly, we will talk about the argumentative essay I wrote that talks about why cyberbullying should carry legal punishment. I wrote this assignment in my English class. I took the class back in February of 2023. An Arts and Science skill I drew upon to complete the assignment was the ability to effectively communicate. This assignment helped prepare me for other assignments because

it helped teach me how to write an argumentative essay that provides a clear message with strong facts and sources. A challenge I faced when working on this assignment was trying to figure out a topic for my argumentative essay. To overcome this challenge I communicated with my teacher and she gave me some ideas on what I could write about. The skills I learned from this assignment will help me in my career because it taught me how to communicate to an audience about technology without compromising my message by confusing them with jargon only I would know. This assignment also taught me that communication is key so when I get a job in Cybersecurity I know I'm going to have to to my team and bosses.

During my time at ECPI, there have been a lot of assignments I have done well on, that I am proud of, and have taught me important knowledge and skills that I will need in my career to successfully complete my job, and more importantly who I am as a person. The most important thing I have learned from the three assignments is how to research effectively, how to communicate with my team effectively, and how to stay motivated through tough times. These assignments have also taught me how to be more knowledgeable in diverse cultures and to understand how people think and act; also, that no matter how difficult things might be things will get better if I stick with it because it will be worth it in the long run.

 [My Reflection](#)

CAP480: Capstone Project

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