**Capstone Project Reflection**

Putting yourself out there is quite intimidating, my initial thoughts were negative but have quickly turned around. I am excited to build on top of the foundation I have already built with this project. One of the more challenging moments in this adventure was learning to sell myself and getting out of my comfort zone. I am learning that you stop growing when you linger too long in your area of comfortability. My greatest weakness is that I am a procrastinator, but I work the best under pressure. It is definitely a double-edged sword and a sharp one at that. Another thing I have learned about myself is my willingness to learn, this field of knowledge is becoming my passion day by day and Capstone I has help bring light to that passion. In the Capstone class some of the topics were useful to me in my professional growth, which were the section of team building, team communication and project management. I feel that a lot of UALR’s IFSC classes help me to significantly prepare for Capstone one, it was much like a nice needed review and a great step in the right path to get your feet wet. This summer has been a mess for me specifically with the virus and trying to balance things while remaining on task, it was quite nice to have all the sessions recorded so I could review them at a later date or to re watch them to better understand something. I don’t think this course should change much, the system you have put in place works well and gives students every opportunity to learn and grown with the help of two well rounded professional professors that are always there to help if needed. I am a firm believer in if it is not broke do not fix it, each unit of the class was well laid out on blackboard so the students could easily follow the lesson plan and stay the course of the work schedule. Capstone I overall was a great experience and I am looking forward to Capstone II