**Self-Assessment for:**

Interpret and conduct research to improve the body of knowledge relating to ICT.

**Where did you create This Artifact?**

The final paper for ICT 702 in which detailed this history, current status and possible futures of the health tracking device community. Some of the pitfalls that could happen because of privacy concerns and how the technology could lead to breakthroughs that we can’t imagine currently.

**What I learned**

This was a comprehensive look from several different perspectives. I learned quite a bit on how outside stimulus or the wrong impression of an IT project/device can have long-reaching impacts. This also allowed me to future progress the possibilities of a technology and trend it to four possible outcomes.

**How will you apply this?**

I will apply the research methods to any project that will come up as it allowed me to charge success to several different outcomes. This also showed me how to perceive pitfalls that could happen and allow for a contingency plan in case the project starts veering to an undesirable outcome.

**What challenges did you overcome?**

The challenge for me in this artifact was losing my cheery view of IT. It forced me to take the pessimistic view and assume the worse outcome based off of outside stimulus. This was harder than I thought it would be as I tend to assume the best but this taught me to plan for the worse while hoping for the best.