

NAME:

DATE:

Tech Mastery Showcase



Reflection is the first step in understanding where you currently stand and intend to grow moving forward. Reflect upon a current app, software, program, or technology extension you have found an element of digital wellness connecting to and answer some of the below prompts:

1

Reflect upon a a technology app, browser extension, or computer program that you've become proficient in. It could be a tool related to productivity, creativity, communication, or any other area of interest to you. Provide it's name and a brief overview of its primary purpose:

2

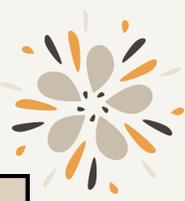
Describe how you first came across this technology tool. Was it recommended by someone, stumbled upon during research, or discovered by chance?

3

Detail the key features and functions of the technology tool. What makes it unique or particularly useful to you?

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4

Provide real-life examples or scenarios where you've effectively used this tool. Explain how it has helped you in your personal, academic, and overall wellness.

5

Reflect on the benefits and impact of mastering this technology tool. How has it improved your efficiency, creativity, problem-solving abilities, or guided in the development of self-competency?

6

Share any tips, tricks, or best practices you've learned that can help others make the most of this tool. Discuss any limitations or challenges you've encountered while using this tool. Are there any areas where it could be improved?

7

Examine future applications and evolution of this technology tool. Identify opportunities for continuous development for personal well-being and continuous learning.

Optional: Multimedia Enhancement: If you choose to create a multimedia presentation, incorporate visuals, screenshots, or demonstrations to illustrate your points effectively. Present this to your class, school, or family members.

