

Career Competency

Reflection #2

1. **Summer Undergraduate Research Internship:** *Assist mentor with research, complete calculations, present on what was learned. This helped me to develop my problem-solving skills, oral communication and teamwork competencies.*
2. **Port Antonio Infirmary:** *Entertained and interact with residents at the infirmary, volunteer to clean compound and serve lunches to residents. This help me build my teamwork competence and well as work on my people and customer service skills.*