

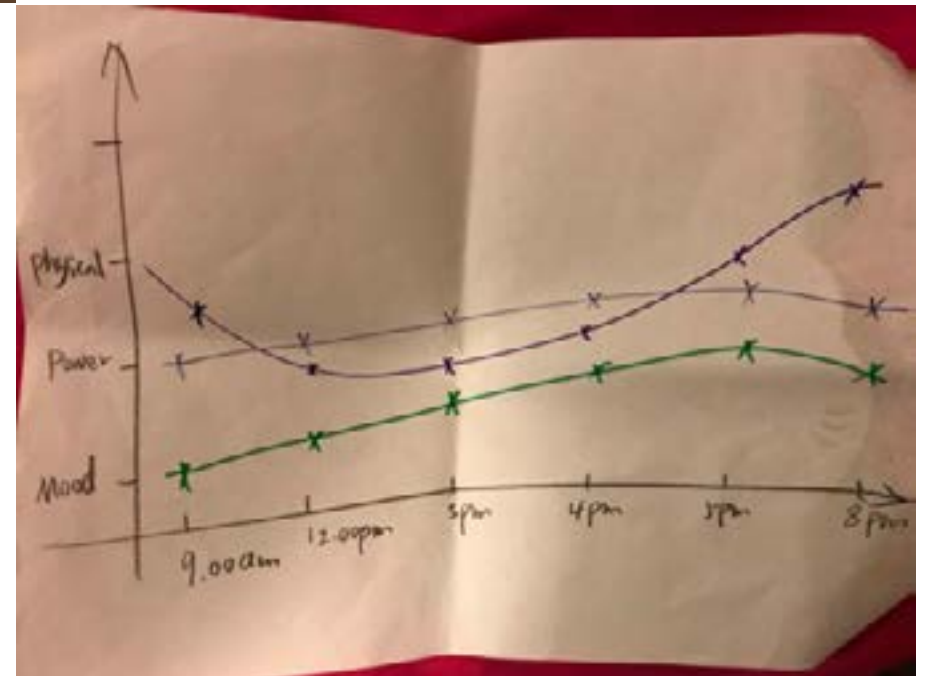
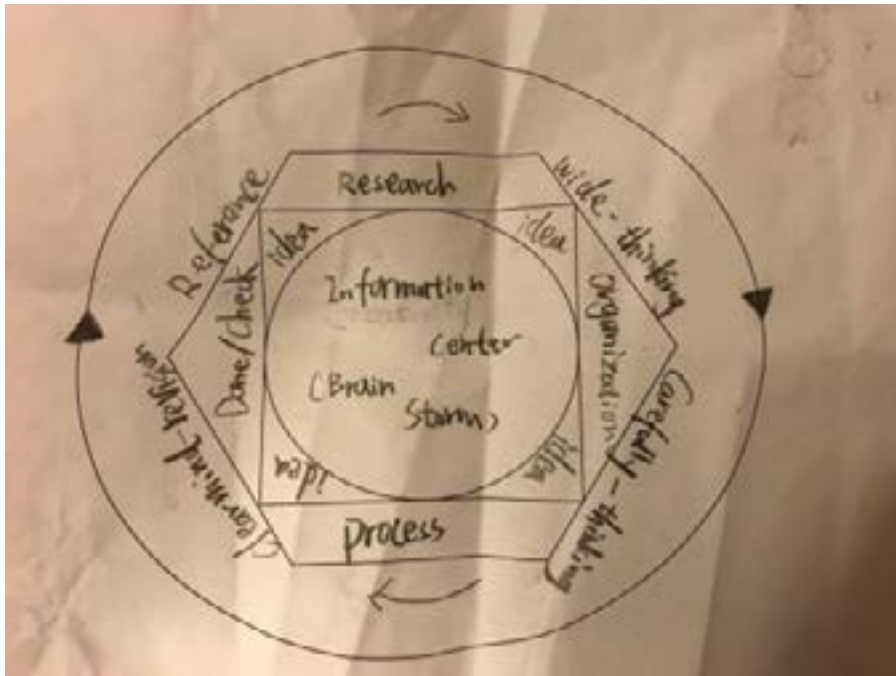
# Supporting Reflection

I have done a lot of research in the “Visualising Competency”, I found many useful examples and information, the following works is about my paper project information, data sorting, schedule, workflow and personal feelings.

In the initial work, I experimentally summed up some of the information and put them out.

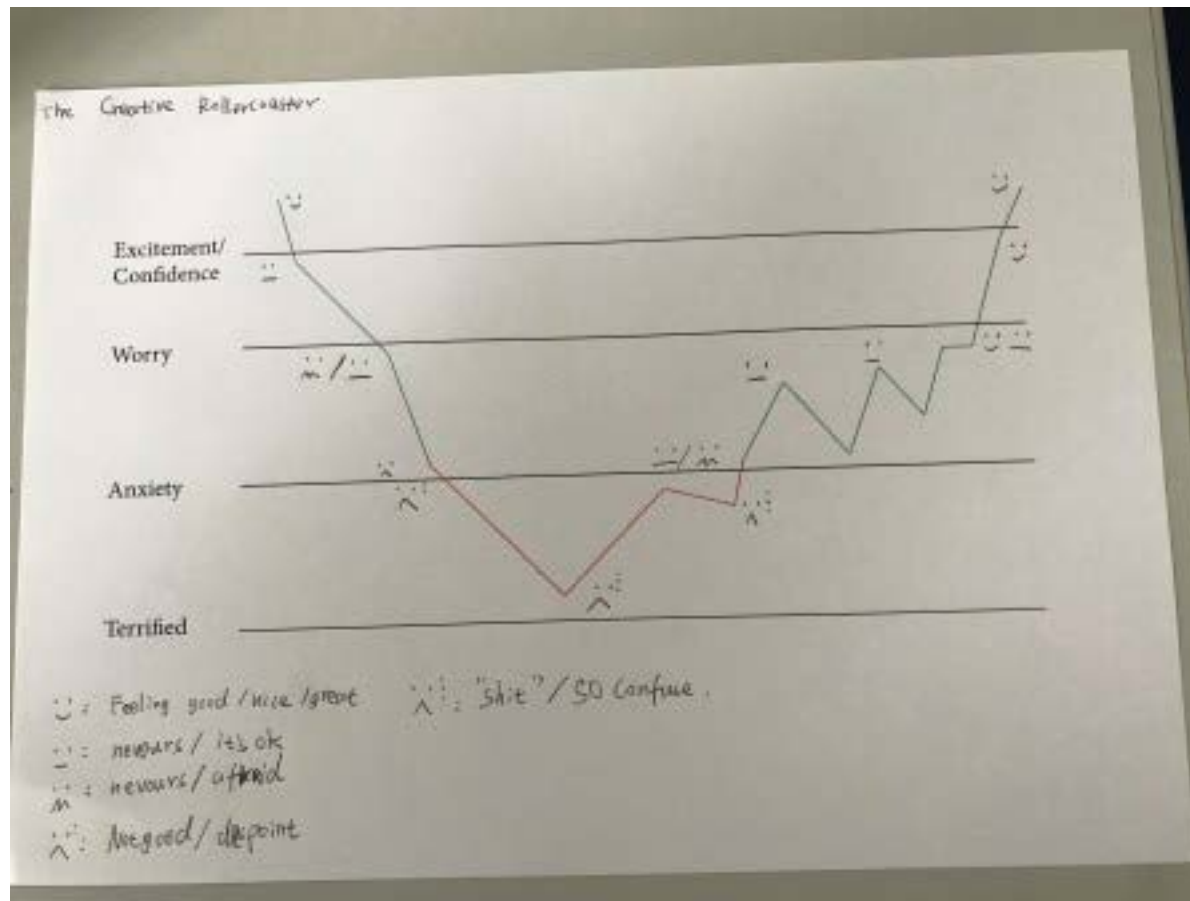
100 blocks

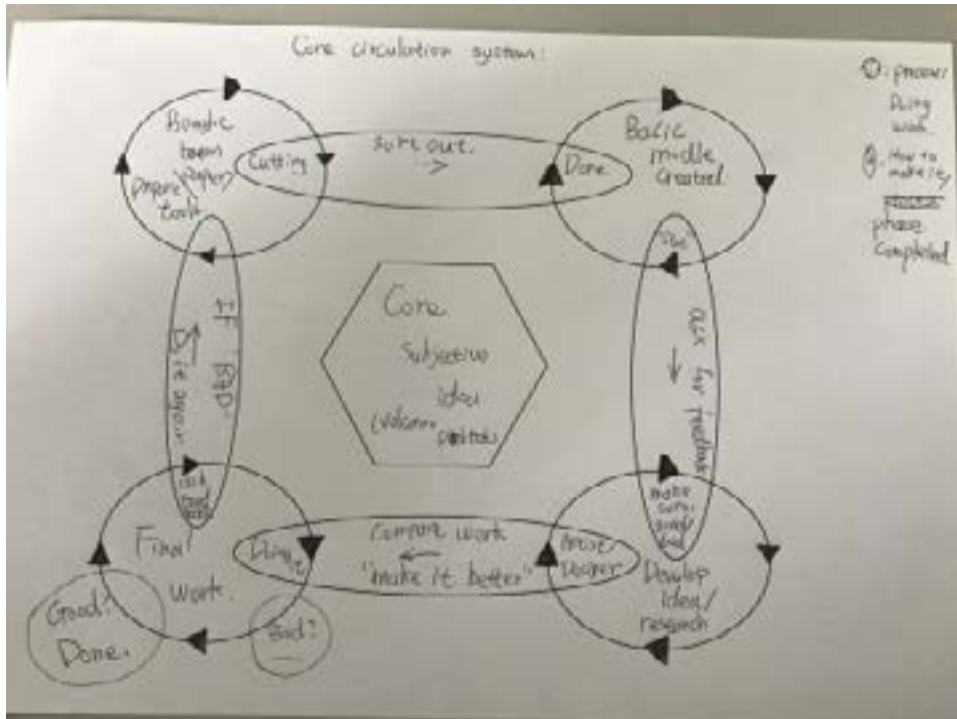
07:00am → wake up (stretching)	08:45am at lab	09:00am self-study (class-mind)	10:30am Team work (Discussion)	12:00pm Lunch time	03:00pm 02:00pm → at home
03:30pm → project work (self-study)	05:00pm Rev. (Lecture)	05:30pm keep doing!!! (causal work)	7:00pm Dinner	08:00pm Preparing work (organise) for final presentation	08:45pm → Finals (Finals are work character) for final work
← 10:30pm Hand in 10:45 blocks must check work	11:00pm stretching exercise and getting ready sleep	11:30pm Sleep	9:00am Σ	03:00am Σ	06:00am Σ



After that, feedback from teachers and classmates. Make it more meticulous, more details I was done.

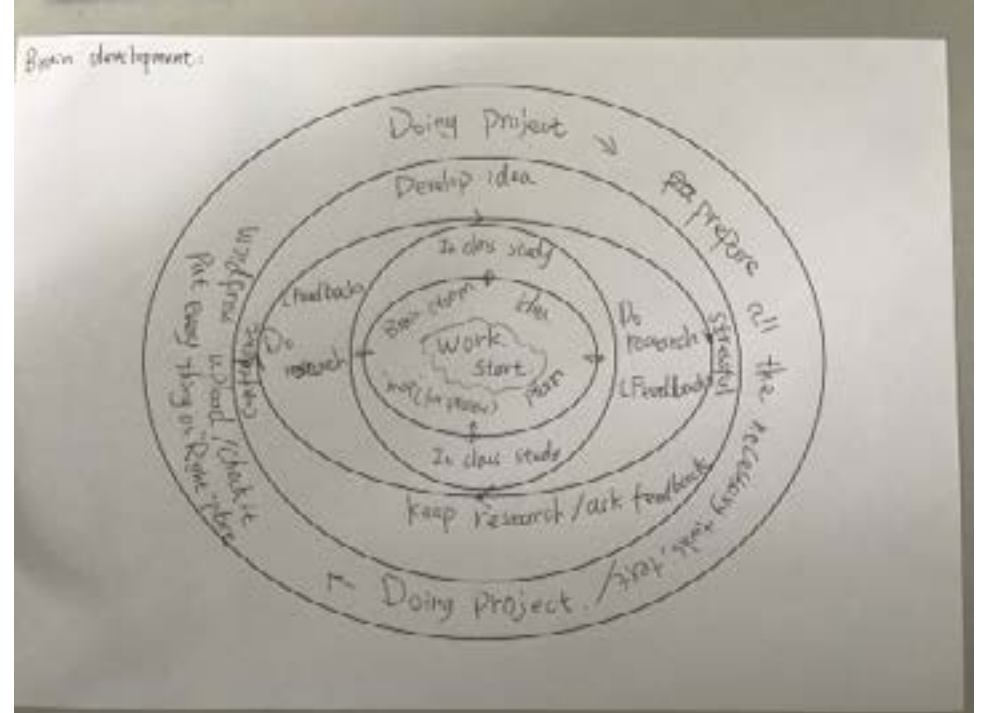
## The Creative Rollercoaster





## Core circulation

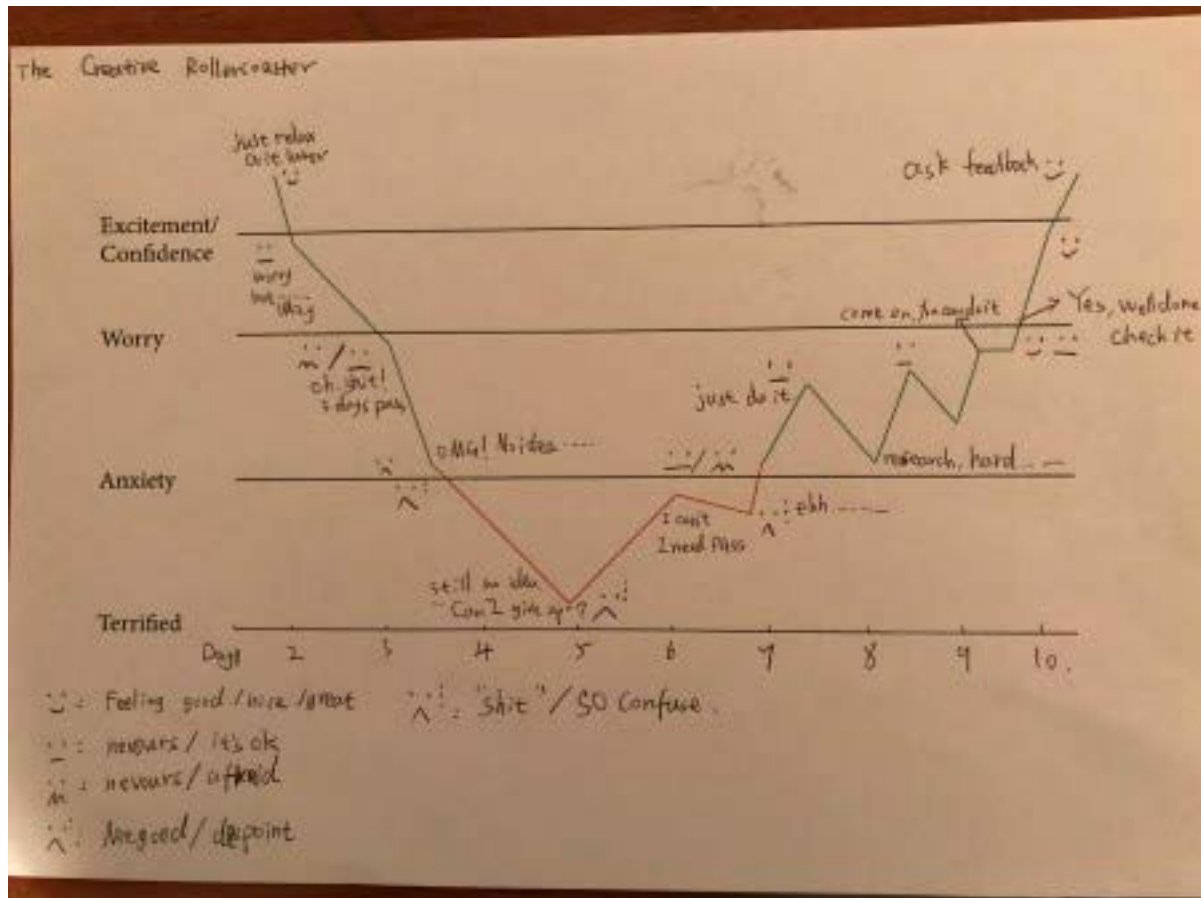
## Brain development



More feedback from Cris, upgrade more details and text.

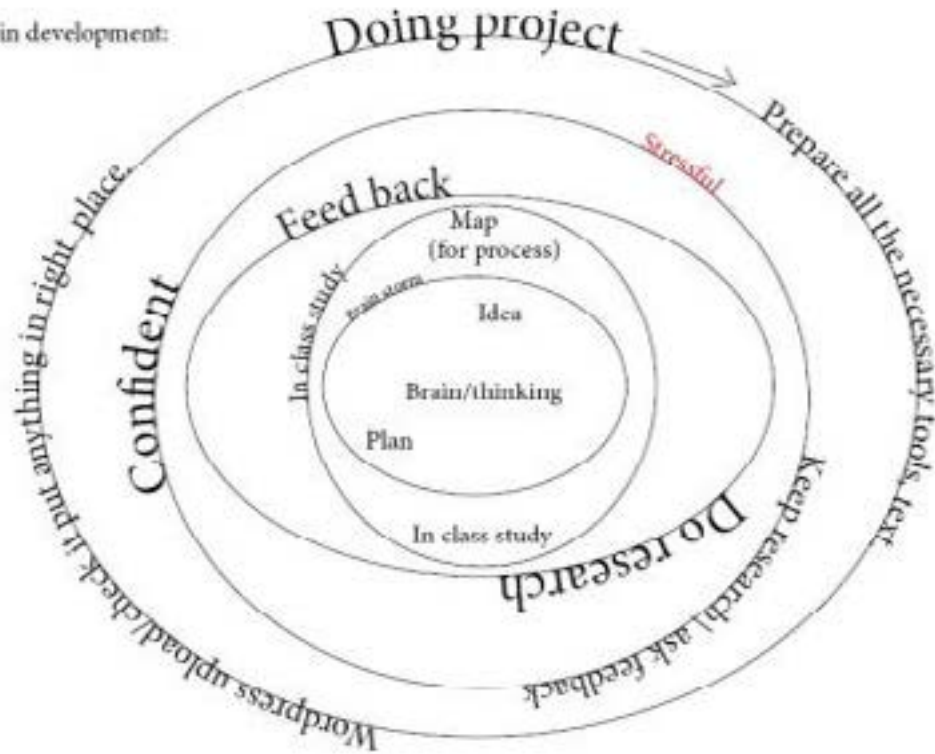
Final work:

The Creative Rollercoaster:



# Brain development

Brain development:



# Core circulation system

Core circulation system:

