While creating my science lab the core competency I used was creative thinking. One part of it I used was novelty and value. An example of this is that I can get new ideas or build off of others ideas. I did this when I came up with an idea of how we can control our experiment. I also found out how we could fix the spacing in the procedure section of our sway.

I also developed my ideas. An example of this is that I can make my ideas work or change what I am doing. I did this when we were building our circuit and we changed our idea. I can also use my experiences with various steps and attempts to direct my future work. I did this when we were designing our procedure and used our previous knowledge to create it.

Next time I want to have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful) so that I can be more creative. While creating my science lab the core competency I used was creative thinking by using novelty and value, and developing ideas