Agile, JAD, and RAD Write a four-page essay describing agile technologies, join application development, and rapid application development. Discuss how you can apply these techniques in your capstone project. The essay must include a cover page, an abstract, a table of content, an introduction, the description of Agile technologies, JAD, and RAS, conclusions, and a list of references. A minimum of five references are required and they must be cited in the body of the essay. The references must be from reliable sources such as academic books, peer-reviewed journals, or peer-reviewed industry magazines. The entire essay must be formatted and written following the recommendations of the 6th edition of the APA Manual of Style. This essay will be graded based on its quality, writing, and format.