



# Motivation & Self Organisation

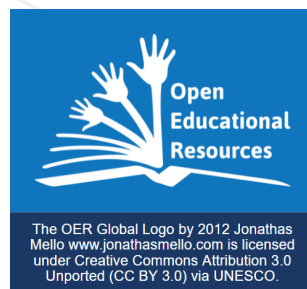
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*Summary: In this project, you will convert your personal goals into an actionable plan for the piscine. You will create your community profile for your peers to get to know you and start your learning journal. Have fun!*

*Version: 2*

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# Chapter I

## Introduction


Your journey at 42 Wolsburg will not be a walk in the park. You will embark on an emotional rollercoaster that will raise you to thrilling highs and drag you into devastating holes. Excitement, frustration, joy, confusion, sadness, anger, surprise, relief, rage, exhaustion and many more emotions will accompany you throughout the next 4 weeks and beyond. We believe that the most healthy and sustainable way to get through this is to know your WHY!

This project will help you to gain clarity on the questions of "Who are you, really?", "What is important to you?", "What do you want in life?", "Why do you want to become a software engineer?", "Why do you want to study at 42?" and "Why do you participate in the piscine?". Knowing your motives and goals will help you to find intrinsic motivation when things get tough.

You will create and share your personal community profile. Looking at your peer's profiles will help you to get a first impression and start a conversation to get to know them. Finally you will convert your goals into actionable next steps and a personal piscine plan.

# Chapter II

## Exercise 00 : Notion Profile

	Exercise 00
I am no bird; and no net ensnares me: I am a free human being with an independent will.	
Turn-in directory : <i>ex00/</i>	
Files to turn in : <b>profile.txt</b>	
Allowed functions : <b>None</b>	

In online environments the barrier to enter new communities and develop one's identity is relatively small and can lead to lower social bias and prejudgement due to a lack of physical presence and contact. Therefore, they are well suited to allow students to express themselves and explore different aspects of their private and professional identity. [Sherry Turkle](#) famously called the online social and knowledge environment an "identity workshop".

In that sense we want to give our 42 students the opportunity to continuously define and reflect about who they are and where their learning at 42 is taking them.

The 42 Profile which each 42 stakeholder (pisciners, students, team, fellows etc.) sets up is meant to contain holistic information about the person, such as their motives, values, goals, and interests. It serves the individual both for self-reflection as well as to allow building relationships with others in the community and - if the authors choose to open the profile to the www - the public at-large.

Now it's time to create YOUR profile!

- Head over to find the [Piscine Profiles](#) section and navigate to your subsection.
- Make a copy of the respective Template Profile. Instructions are provided on the Notion page.
- Fill out the basic information:
  - Replace the image with a picture of you (or if you really don't want to show yourself you can use something that you'd like to represent you).
  - Add a few lines about yourself either as a paragraph or with bullet points.

- Add a link to your [Intra profile](#).
- Add links to other online services you are active on like Discord, GitHub, StackOverflow, Twitter, Instagram, LinkedIn etc.
- Add the languages you speak (this is not on programming yet).
- **Add your Learner's Identity:**

When you duplicate the profile template, you also copy two subpages. One of them is called "Learner's Identity". Fill this subpage with a first self-reflection and add a more detailed description of yourself. This is a living document that you can evolve over time. It contains your interests, skills, dreams, values and anything else that you find relevant to show people who you are!

**Privacy:** Your base 42 profile should and is accessible to your peer group of piscin-ers by default but you can choose to keep the Identity & Journal page private (after all you reflect mainly for yourself) but we encourage you to share with individual friends, or even better make it available for all 42 peers or even open it up to the www. Again getting feedback on your goals and planning can be useful and being open as a person generates trust with those who learn about you. Sharing your interests etc also makes it more likely that you will find others with similar goals and mindsets.
- **Add Personal Pages:**

If you would like to create one or several subpages with more private information you are welcome to do that and open those only to selected trusted peers and friends. In order to do that, you have to create private pages and link them to your profile section. For your personal pages you can set permissions as you like.




To change visibility of your pages, click on "share" in the top right corner.



You must submit a textfile called "profile.txt" containing a link to your Notion Profile

## Chapter III

### Exercise 01 : Learning Journal

	Exercise 01
Journal writing, when it becomes a ritual for transformation, is not only life-changing but life-expanding.	
Turn-in directory : <i>ex01/</i>	
Files to turn in :	
Allowed functions : <b>None</b>	


A good way to keep track of your goals and personal growth is writing about it! This is the purpose of the learning journal. It is meant to help you reflect on your learning journey and will also provide motivation and hope when you feel lost. Always be aware why you are here and be proud of how far you have already made it!

Follow these steps to start your own learning journal and write your very first entry.

- Read this [documentation about Learning Journals](#) to get a basic understanding about the concept.
- Navigate to your Notion profile. You will find a subpage called "Learning Journal" that you duplicated along with the profile template. You can structure this journal page and make it pretty as you wish. It's your space to keep track of your own progress and thoughts!
- Add your top 5 personal needs that you had identified during the project on Evaluations and Communication.
- Go to the next chapter in this PDF, which will give you specific instructions on the definition of goals and how to derive a plan for the piscine.

# Chapter IV

## Exercise 02 : GROW: Goals & Planning

	Exercise 02
A goal without a plan is just a dream.	
Turn-in directory : <code>ex02/</code>	
Files to turn in :	
Allowed functions : <b>None</b>	

At 42, you do not learn for the school, but for yourself. Our goal is to enable you to live the life that you desire. These next steps aim to help you get there.

- Read the [documentation](#) on the GROW algorithm.
- Apply the GROW algorithm to the three layers
  - Life GROW (Please note that it is not important to get this "right", but that it is more important to write down 3-5 points that feel right in 15 minutes. You can always go back and revise.)
  - Competence GROW
  - Piscine GROW
- Document your results in your Learning Journal on Notion.
- Come up with a specific project timeline and a daily schedule for the piscine. We are aware that this will be difficult at this point in time. Your plan does not need to be perfect. It should be an estimate that you can reflect on and adjust later throughout the piscine. However, having this plan will help you create effective tribes.
- Write down any questions you want to answer by the end of the Piscine - An example might be "Is 42 for me?" or "Do I enjoy coding?". Take some time to think about your questions, you'll reflect on and try to answer them in your final journal entry at the end of the piscine!

- Write about your thoughts and expectations for the piscine. Also write down your current fears and things you do not understand. This will help you later when you feel overwhelmed to come back and appreciate what you have already learned.
- Add anything else you think is relevant/valuable!

Use the peer reviews in this project as a chance to get to know your peers. Challenge them on their plans and help them to reach their goals. Peer learning is not only about code review but also about contemplation and helping each other find fulfillment in life. And yes, it is totally ok to update and evolve your own goals & planning based on the insights you learn during your peer reviews.



Do not forget to take care of yourself during this 4 week piscine marathon. We have summarized some tools and links to help you stay mindful and balanced. You can find these [here](#).