

**Learning goals:**

- **Fill out CAPE for 108**
- **Hear Sam's life advice**
- **Work on final projects**

# **CAPEs, Life Advice, and Final Projects**

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**COGS 108 Winter 2020**

**Sam Lau**

**Discussion 9!**

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**OH: Fri 11a-12p in SSRB 100**

# Why do CAPEs matter?

- I read **every single response** to my CAPEs.
  - Your responses help me improve my teaching!
- **My department** uses CAPEs to judge my teaching.
- My dream is to have a career in teaching!
  - CAPEs help me get recognized.

# What should you put in a CAPE?

- Please be honest!
- Write **traits** or **examples** of things I did.
  - “Extremely enthusiastic, clear explanations, and quite compassionate.”
  - “Use more visualizations instead of plain text to explain new concepts.”
- Or just write something funny.
  - “Sam is literally my savior”
  - “cute tbh”

**Please fill out CAPE!**

**<https://cape.ucsd.edu/students/>**

# **Sam's Advice**

# On Grades

- Be wary of the default thinking: “grades matter the most”.
- Undergrad is one of the least busy times of your life.
  - Corollary: you might never feel like your life is together.
- Both industry and academia are most interested in what is unique about you. Getting good grades isn't unique.
- Therefore: trade grades to find out what is exciting to you.
  - Sam traded grades in order to teach more.
- E.g. join research lab, get involved with teaching, super-excel in one class, do an independent project, start a company, etc.

# On Work

- Best piece of advice I've gotten: line vs. staff positions
- Neither obsession nor apathy is healthy
- I think it's important to develop a coherent explanation for:
  - Why work is meaningful
  - Why work shouldn't be your identity

# On Emotions

- No one balances emotions perfectly
- Sometimes we suppress, other times we over-embrace
- You can run but you can't hide!
- The earlier you work on emotional health the better
- It's not true that you can always trust what you feel.
  - Look for an external guide: therapy, spirituality, mentors, etc.



**Thank you for a great quarter!**

# Now...

- After this class, I consider you a peer.
- Reach out to me anytime:  
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