You should time yourself for 45 minutes and make a first attempt at solving the question on pen/paper. When the 45 minutes is up, you should make some notes on where you got stuck or spent more time than necessary. These notes will help track progress over time.

After doing it on pen/paper, you should code it online and push your solution to your github. The expectation is that you are writing your solutions using TDD - i.e., you are writing test cases before writing the solution, and validating your code along the way. Please don't submit code without tests!

At any point along the way, if you have questions, you should be reaching out for help/discussion on the slack channel.

Once you're done, you should submit a pull request on github and solicit code review from the group. Ideally you are both requesting and providing feedback throughout the course.

You can code in any language you want.

Most importantly, you should **TEBOW IT** for every question you attempt!