COPilotING my Autism in Tech



9-10 November, Łódź

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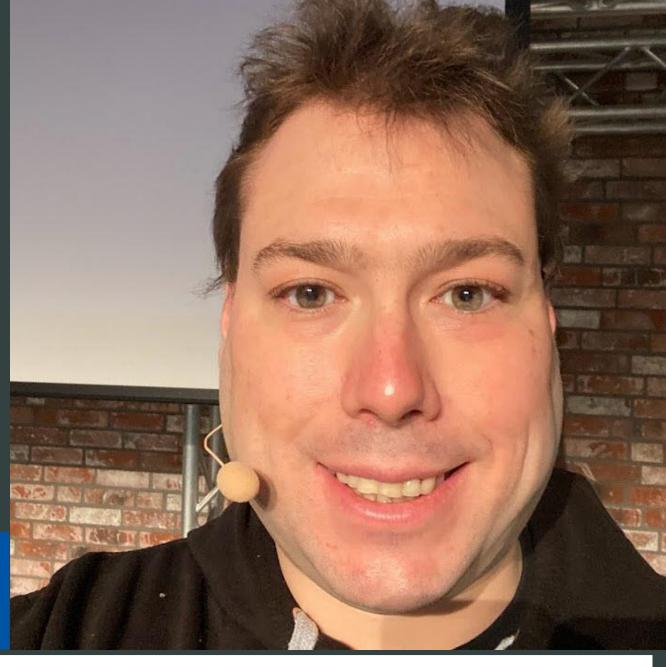
Dennie Declercq

COPING

About Me

- Dennie Declercq
- DDSoft
- President / Developer
- @DennieDeclercq
- Mr. #DreamingIsBelieving







Content

Autism

My autism

COPilotING my Cognitive Workload

COPilotING tangibility and Contextblindless

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A Spectrum

"All of us are different, some are over-stimulated, some are understimulated. Some talk too much, some talk too little. But one thing is the same

Our BRAIN works different than the odds.

Ask us what we need, what works for us and what doesn't. One more thing..

NEVER JUDGE"



Some Theories



+ Everything in the next Chapter

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Context Blindness

- The WHY
- Why is something happening right now?
 - Or why isn't something happening as expected?
- Why is an exception made for somebody
 - But not always?
- Under which situations (context) are decisions made?
 - Understanding this will help a lot to handle
- Why is somebody acting as he does?



Cognitive Workload

- Life is about ENERGY
 - This is why the term "Burn Out" exists
 - A person is "burned out" [of internal energy] and can't do x, y, z anymore.
- We are not "dumber" or "less smart"
 - We have more stuff to PROCESS
 - Stimuli
 - Context-calculations (because we are context-blind)
 - Estimations of expectations and expected behavior
- So, we can use a little help with cognitive workload



Rigidity

- We can be more rigid
 - Rigidity is the inflexibility to change "track"
- If we change "track", language, framework,...
 - We know, we need to execute more than others
 - So, we can hesitate more



Anxiety

- We can even be more anxious
- React scared, look scared or panic
- We might temper to not to act because of...
- I waited in the past way too long to update a platform, inform a customer,...



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JS

- For ME: switching from my C# mindset to JavaScript is hard.
- Sometimes you just need some JS, even in Blazor.
- I use VSCode and CoPilot to work on some JavaScript if needed.

QUESTIONING

Do I learn JS this way?

No, But I don't need to. In my job I need to validate Accessibility ideas. And I love to port them ASAP to Blazor or other .NET methodologies.

It's simple: If you have a limited cognitive workload: Chose you priorities wisely!



Start to Unit Test

- Starting a completely new methodology even in my favourite language stack requires a lot of energy.
- Can I simplify this?
- Can I use the right way of coding with as less effort as needed?
- In Visual Studio I really started with applying unit test with CoPilot.
- After this, I learned some basics.

This is another case than the JS.

Here I do have conversations with the chat to ask for explanations.

"My CoPilot is my teacher. Hand in hand."



.MD File Blogging

- My spelling and grammar in English is bad.
- Working with VSCode in .MD Files helps my blogging.

Ethics:

Should we do this? Is this authentic?

Answers:

What is your core-business?
What do you bring on the table?
That's you focus



Pattern Assistance

- Start:
 - Right Folder Structure
 - Naming Convention
- Let CoPilot assist
 - Writes loads of code blocks
- Communicate
 - Chat in Debugging

It's about power;

It's about Writing triple as much code in same time.



Nuget Package Assistance

- Start with "copy from Docs"
- Explain this code
- Is there a better way to do this?

I's a powerful learn assistance.



DEMO's VSCode

DEMOs Visual Studio

Nice Title Slides

- I love to be modern and shiny
- My last conference talks:
 - Intro slides via Microsoft Designer (O365 suite)
 - This one too!
- Looks more inspiring: without loads of work





MS Designer for Marketing

- DDSoft:
 - A small nonprofit ran by 4 volunteers;
 - But with BIG ambitions!
- Currently
 - More time to work on projects THAN customers
- Why?
 - Our marketing is bad. We are not good at it. No resources to hire marketeer
- So
 - All our designs via MS designers saves a lot of time!



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Asking Explanation

- Do we talk politics at software conferences?
- TBH To Be Honest
 - The world runs on politics
 - People assuming you don't ask some stuff



Travel Ideas

- Ask about:
 - Stuff in the local area
 - Local food
 - Traditions
 - Transport
- Convert money
- Ask for food prices & convert



Slides for hard topics

- At DDSoft
 - We give trainings about autism & Mental Health
 - Myself, I have anxiety & Traumatic background
- Giving courses about those
 - Generating images in DALL-E:
 - Makes stuff tangible
 - Without (self) mental triggers/harm







DEMOs Azure Dall-E

DEMOs GPT

DEMOs Bing Al

DEMOs Microsoft Designer

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Resources

- https://go.ddsoft.be/copilot
- https://go.ddsoft.be/copilotingasd





Thanks! Q&A

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