

# COPilotING my Autism in Tech

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# About Me

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



# Content

Autism

My autism

COPilotING my Cognitive Workload

COPilotING tangibility and  
Contextblindless

# Autism



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# A Spectrum

“All of us are different, some are over-stimulated, some are under-stimulated. 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

### Centrality

The connection  
between  
people, thoughts and  
things.

### Response

How you  
respond to perform to  
accept external  
stimuli and cope  
with those feelings.

Centralizing and  
context-switching.

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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 your 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?

It'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

COPING



# 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 marketer
- 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 AI

# 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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