**Unit 2, Sprint 1: Growth and Reflection**

**Sprint Assignment**

Part I: Reflect on the challenge you identified from Unit 1, and use it to draft a written answer to the common interview question, "tell me about a time you encountered a challenge."

**Describe the challenge you experienced:**

**Don’t worry about making it sound nice; just get your memories out of your head and onto paper for now.**

For build week, I experienced a strong case of imposter syndrome. There were many moments where I felt like I had led myself down one rabbit hole, then another, then another, in what seemed like an endless spiral of frustration and anger. There were times when talking to others didn’t help—when you’re frustrated at learning something almost brand new, and don’t feel very good at it, hearing others talk about how much they love doing it provides absolutely no consolation whatsoever. Sure, I love it sometimes, but sometimes I don’t, and I think that should be totally fine. At least talking about it with some other people and being able to find an empathetic ear and a commiserating friend was helpful. Knowing that you’re not the only one struggling, and even some incredibly smart people feel the same way you do sometimes was incredibly uplifting.

**Next, write out responses to the following questions:**

**Describe the challenge in one or two sentences.**

I experienced a strong case of imposter syndrome during our first project week. Sometimes I felt frustrated and alone.

**What was the most difficult part of this challenge?**

It was frustrating feeling almost as if I wasn’t allowed to be frustrated because I happen to potentially be doing better than others. Hearing that other people LOVE to do the thing that’s causing me frustration amplified the imposter syndrome I was experiencing—if I don’t love coding all the time, does that mean I can’t be a good data scientist?

**Were you able to overcome the challenge? If so, what helped you to overcome it? If not, what is something you think you could have done differently?**

Talking to certain people helped me understand that everyone goes through these times, no matter how gifted they are, and I felt more free to have my own feelings and experiences. Even for the hobbies I love doing in my free times, there may be times where I love it less, or even downright don’t feel like doing, and that’s normal and ok.

**What was the most important thing you learned from this experience?**

I need to find the right people to talk to who understand and can guide me through my experiences with empathy and compassion.

**What will you do differently in the future as a result of your learnings that will make future challenges easier to overcome?**

Therapy. Find the right people before going down into the very first rabbit hole.

**Finally, combine the responses above into one fluent paragraph, and fill in any critical details to provide the necessary context. When spoken aloud, your paragraph should be roughly 2-3 minutes in length.**

I experienced a strong case of imposter syndrome during our first project week. Sometimes I felt frustrated and alone and frequently felt almost as if I wasn’t allowed to be frustrated because I happen to potentially be doing better than others. Hearing that other people LOVE to do the thing that’s causing me frustration amplified the imposter syndrome I was experiencing—if I don’t absolutely LOVE coding all the time, does that mean I can’t be a good data scientist? Talking to other, really smart people helped me understand that everyone goes through these times, no matter how gifted they are, and I felt more free to have my own feelings and experiences. Even for the hobbies I love doing in my free times, there may be times where I love it less, or even downright don’t feel like doing them, and that’s normal and ok. I learned from this experience that I need to find the right people to talk to who understand and can guide me through my experiences with empathy and compassion, to find the right people before going down into the very first rabbit hole. If all else fails, there’s always therapy!

**Part II: Edit or expand your goal from Unit 1, if needed, to better meet your needs based on your progress over the past few sprints, and create at least one new goal for Unit 2. Remember to use SMART or another goal-setting framework to craft goals that will support you in your growth and development.**

**Unit 1 goal:**

**Updates to Unit 1 goal:**

**If the goal you set in Unit 1 does not need to be updated, outline what aspects of your goal you have met, or, if you have not made progress in your goal, outline a plan for how you intend to work towards this goal in Unit 2.**

Since my timeline for my Unit 1 goal was the end of the year, it doesn’t need to be updated. I have been more mindful of time, and being more conscious about stepping away from my computer when I get stuck on a problem, or even taking a nap when necessary instead of chugging another cup of coffee.

**Create at least one new goal for Unit 2.**

If the challenge you identified in part I of the assignment is something you wish to continue progressing in, consider tailoring your goal to address that specific challenge.

Goal: Finish a beginner’s course in SQL

Specific: Codecademy

Measurable: Finish or not finish

Achievable: Have to schedule out the time, but should be achievable

Realistic: With enough time and devotion, it should be doable

Time-bound: End of unit 2

**Stretch assignment:**

In this optional challenge, seek feedback from others on your goals and progress to get an external opinion on what you're doing well and what you could work on. Use their feedback to set new goals or edit your existing ones. Write your updated goal below, and indicate which areas your peers provided feedback on and how that feedback influenced your goal-setting.

Suggestions for people to seek feedback from:

- Build Week group

- Your TL

- Any peers you've gotten to know at Lambda School

- Friends or family who are familiar with your learning and growth