**Name: Kunal Baghele**

**Soft Skill Assignment**

**SACC (Start Stop Continue Change)**

1. During lockdown in I lost focus from my studies this is how I got distracted from my productiveness, and I use to scroll social media and watch movies only. I was getting distracted very frequently towards mobile while studying. **(much involved in screen time)**

**Start:** Then I thought to join classes of java as I was having bit interest in coding which I got to know from my surrounding like friends and relatives those who were WFH so that I can get out of it. This is how I started.

**Stop:** Then whenever I feel like that, I am going towards same thing like watching movies scrolling social media I started going to library so that I could get the environment of study and this helped me to be focused on what I was doing then I the library I used to watch YouTube lectures of java and along with that I use to watch videos of web development also. This is how minimized my screen time.

**Continue:** When I realized that I am getting some output from it, I am learning daily mew things then I continued the library to have some personal place without distraction because I got comfortable with that environment and then I thought of doing CDAC, when I got to know about it then, I started preparing for CDAC and then I gave the entrance exam and joined CDAC.

**Change:** Now daily I give 6-7 ± 1 hours for programming of doing some technical tasks. And I feel that as of now this is not sufficient for me but I feel like I am doing something productive. I took nearly 7-8 months to get into this habit and be comfortable with it earlier I was not able to continuously stick to one thing for longer time but now at a time I can give minimum 4-5 hours continuously.

**Good And Bad Habits**

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| **Good Habits** | **Bad Habits** |
| * I usually don’t say no. (Helpful) | * Not a multitasker |
| * Give daily 6-7 hrs for to improve my skills | * Stick to mobile continuously when I go to bed till 2-3 am |
| * I usually save the money where I can | * Don’t have control on sleep |
|  | * Do not wake up early in morning |