

Welcome to the CoGrammar Skills Bootcamp Orientation

The session will start shortly...

Questions? Drop them in the chat. We'll have dedicated moderators answering questions.



Co Grammar Orientation Session

March 2024



Agenda

- ❖ CoGrammar Introduction
- ❖ Student Success Support
- ❖ Graduation Criteria
- ❖ Guided Learning Hours
- ❖ Learning Tools and Platforms
- ❖ Skill Bootcamp overview
- ❖ Career Services

Who are we?

Why we are here to serve you



CoGrammar

Who We Are

CoGrammar is a leading provider of coding Skills Bootcamps and online courses. Our programmes are designed to equip students with the practical skills and knowledge needed to succeed in today's fast-paced tech industry.

HyperionDev

CoGrammar is in partnership with HyperionDev, leveraging the HyperionDev domain, ensuring our learners benefit from the latest tech stack expertise and industry insights.

Our Approach

We believe in a hands-on, project-based approach to learning. Our curriculum is designed to be challenging, yet accessible, and our instructors are experienced professionals who are passionate about sharing their knowledge with others.

Student Success Support

How can we help you?

CoGrammar



**Here are some of the
CoGrammar Student Support Team**
We are here to help



Student Support

- Haven't received access to your course content?
- Struggling with Dropbox?
- Haven't received feedback/marking?

For any operational queries (non course content/task review), feel free to contact the **Support Team**.

Our support team will also check in with you on your progression and may reach out to you for a synchronous 1:1 support check in.

How Can You Get Hold of Us?

You can log a ticket through www.hyperiondev.com/support. You can find the link on your Dashboard.

Skills Bootcamp

8-Week Progression Overview

Fulfil 4 Criteria to Graduation

Criterion 1: Initial Requirements

Timeframe: First 2 Weeks

Guided Learning Hours (GLH):

Minimum of 15 hours

Task Completion: First four tasks

Due Date: 24 March 2024

Criterion 2: Mid-Course Progress

60 Guided Learning Hours

Data Science - **13 tasks**

Software Engineering - **13 tasks**

Web Development - **13 tasks**

Due Date: 28 April 2024

Skills Bootcamp Progression Overview

Criterion 3: Course Progress

Completion: All mandatory tasks,

including Build Your Brand and resubmissions by study period end

Interview Invitation: Within 4 weeks post-course

Guided Learning Hours: Minimum of 112 hours by support end date (10.5 hours average, each week)

Criterion 4: Demonstrating Employability

Final Job or Apprenticeship

Outcome: Document within 12 weeks post-graduation

Relevance: **Progression** to employment or related opportunity

Guided Learning Hours (GLH)

What is GLH?

Live-delivered learning sessions where you interact with a CoGrammar team member.

Why are GLH important?

To ensure you spend sufficient time developing your skills, **you need to get to 112 GLH during the 16 weeks** on your skills bootcamp as required by the DfE. The more time you spend with mentor or lecturer, the more likely you are to solidify your skills, complete the bootcamp successfully and start your new career in tech.

How do you get GLH?

Every **live** lecture, event, webinar and 1:1 call with a mentor or support coach you attend count towards your GLH.

Safeguarding and support for students with disabilities

- We are here to support any students who have a safeguarding concern.
- In your welcome email, you would have received a safeguarding brochure - please refer to this and follow the instructions should you have any concerns or require support.

If you have questions about this, please reach out to:

www.hyperiondev.com/support

Learning Experience

Learn, Grow, Succeed

CoGrammar



Learning Experience

- Where will you find your learning material?
- How will you join your lectures?
- How will you submit your work?
- How will you know that you are coding correctly?
- How can you get additional academic support?
- What are coding reviews?

Platforms

- **Student Dashboard**
 - Requesting code reviews
 - Scheduling on-demand mentor calls for 1:1 academic support with tasks
- **Livestorm**
 - **Prescheduled** group live sessions for acquiring **guided learning hours**
 - **Email address** used for **Student Dashboard** used for counting **Guided Learning Hours** and receiving **reminders** for **core guided learning hours**
- **Dropbox**
 - Linked to **Student Dashboard**
 - Accessing task content and submitting tasks
- **Schedule and Calendar**
 - Linked to **Student Dashboard**
 - Learning materials for group live sessions
- **Email** for communication

Progress

0%

AVERAGE GRADE

0%

CURRENT PROGRESS

0%

EXPECTED PROGRESS

≈ 0

ESTIMATED GLH 

See our [Student Handbook](#) for full details

Student Number, Bootcamp, Dropbox & Calendar

CoGrammar

- Dashboard
- Profile
- Bootcamp Schedule
- Sign out



Schedule

DfE STUDENT ACCOUNT

Student Number 

DS23110010517

 Skills Bootcamp in Software Engineering (Fundamentals)

 Refer a friend and earn £250

 Go to Dropbox

Dropbox 

*Please use web version, not app.

Mentor Support & Career Coach Booking

Mentor Support



Remaining Weekly Calls : 3/3

[Book a call](#)

[Rate your experience](#)

Career Coaching



Remaining Weekly Calls : 1/1

[Book a Career Coaching call](#)

[Rate your experience](#)



Graduation Criteria Reminder & Submitting a Support Query

Your support will expire on **30 June 2024** and you must submit all compulsory tasks by this date to graduate.

[Submit a query](#)

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Criterion 1 | Initial Requirements

1

Complete 15 hours of GLH, including live lectures, workshops, or 1:1 calls, and the first four tasks within the first two weeks.

Criterion 2 | Mid-Course Checkpoint

2

Complete 60 Guided Learning Hours and 13 mandatory tasks by the 28 April.

Criterion 3 | End-of-Course Requirements

3

Achieve 112 Guided Learning Hours & complete all 27 mandatory tasks including your BYB's by the 13th June. Record an interview or invitation to interview for an apprenticeship by the 11th August.

[Complete form](#)

Dashboard & Dropbox

Welcome back DfE
You're falling behind!

Important: You should record an invite to interview at [www.hyperiondev.com/outcome5](#) and an offer of a job at [www.hyperiondev.com/finaloutcome5](#) as soon as you reach these criteria.

Support requests must be submitted via the webform using the **Submit a query** button on this dashboard. Further announcements about support or bootcamp changes will be made via email.

Guided Learning Hours (GLH) is made up by attending live lectures and synchronous mentor calls, as well as Career Services Events. The **ESTIMATED GLH** below is calculated daily and can take up to 24 hours from the time you attended a live event, to reflect on your dashboard. Again, please note, you are required to achieve a minimum of 112 Guided Learning Hours (GLH) over the duration of the 16 weeks.

AVERAGE GRADE: 0% CURRENT PROGRESS: 0% EXPECTED PROGRESS: ≈ 0 ESTIMATED GLH: 0

See our [Student Handbook](#) for full details

Software Engineering (Fundamentals) Tasks

Information about Task Submission

Task 1 - Your First Computer Program and Usin... [Video Player]

Your first computer program, and using variables

FIRST AVG COMPLETION

Remaining Monthly Calls: 8/8

Book a call

Rate your experience

18°C Mostly cloudy

Search File Home Microsoft Edge Microsoft Word Microsoft Excel Microsoft Powerpoint Microsoft Teams Microsoft OneDrive Microsoft Outlook Microsoft Word Microsoft Excel Microsoft Powerpoint Microsoft Teams Microsoft OneDrive Microsoft Outlook

ENG US 22:03 2023/12/04

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***Click here if video does not load.**

Guided Learning Hours

Academic Sessions:

- Lectures
- Coding Interview Workshops
- Tutorials

Extracurricular Sessions:

- Career Services
- Student Support

Bootcamp Schedule Info

CoGrammar

Lecture Schedule for DfE March 2024 Cohort - Web Development

LECTURE RESOURCES

Please check this GitHub repository for learning materials used in the prescribed and recommended academic sessions.

[Resources Here](#)

IMPORTANT LIVE SESSION INFO

Build Your Guided Learning Hours With Live Sessions!

The schedule below represents all our live sessions, where you interact with a CoGrammar team member. These count toward your Guided

Bootcamp Schedule Info

Calendars

You can subscribe to the Web Development Google calendar here. [Subscribe](#)

Click here for the public calendar. [Public Calendar](#)

Or download the iCal here. [iCal Download](#)

CoGrammar DfE Web Development Calendar: C7

Today 10 – 16 Mar 2024 ▾

Print Week Month Agenda ▾

Sun 3/10	Mon 3/11	Tue 3/12	Wed 3/13	Thu 3/14	Fri 3/15	Sat 3/16
6am						
7am						
8am						
9am						
10am						
11am						
12pm						
1pm	1p – 2p Support: Orientation &	1p – 2p Support: Intro to Student	1p – 2p Career Services: Onboarding	1p – 2p Support: Safeguarding &	10 – 12p Lecture 1 (REPEAT): Getting Started with HTML 12p – 1p Support: Orientation & Induction	1p – 2p Support: Intro to Student

Bootcamp Schedule Info

Week GMT/BST Day	1						
	11 Mar 2024	12 Mar 2024	13 Mar 2024	14 Mar 2024	15 Mar 2024	16 Mar 2024	17 Mar 2024
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	-	-	-	-	-	Lecture 1 (REPEAT)	Lecture 2 (REPEAT)
11:00	-	-	-	-	-	Lecture 1 (REPEAT)	Lecture 2 (REPEAT)
12:00	-	-	-	-	-	Support: Orientation & Induction	-
13:00	Support: Orientation & Induction	Support: Intro to Student Support	Career Services: Onboarding	Support: Safeguarding & Wellness	-	Support: Intro to Student Support	-
14:00	-	-	-	-	-	Coding Interview Workshop (REPEAT)	Tutorial (REPEAT)
15:00	-	-	-	-	-	Coding Interview Workshop (REPEAT)	Tutorial (REPEAT)
16:00	-	-	-	-	-	-	-
17:00	-	Career Services: Onboarding	-	Career Services: Readiness Webinar	-	-	-
18:00	Support: Orientation & Induction	-	Support: Orientation & Induction	-	-	-	-
19:00	Lecture 1	Coding Interview Workshop	Lecture 2	Tutorial	-	-	-
20:00	Lecture 1	Coding Interview Workshop	Lecture 2	Tutorial	-	-	-
21:00	-	-	-	-	-	-	-

Code Reviews

- **Code reviews requested** from the **dashboard** once **task** is **submitted** on **Dropbox**
- **72 to 96-hour turnaround time** on **weekdays**, this does not include weekends and Bank Holidays.
- **Human-led actionable, personalised** and **comprehensive** feedback on
 - **Positive** aspects and **areas of improvement** to be considered
- **Four pillars** each **scored** out of **4**
 - **Completeness**
 - Efficiency
 - Style
 - Documentation
- **Minimum requirement to pass a task: Score ¾ for Completeness**
- **Resubmission requirement:** Score **below ¾ for Completeness**
- **No limit** on resubmission **until task is passed** within **8 weeks**

Auto-graded Tasks

- Auto-graded tasks count towards your **progression** and **graduation**
- **Submit tasks** on **Dropbox** and **request review** on the **dashboard** to receive your **grade**
- Once submitted, you will receive an email with a link to a **model answer**
 - **Review** and **compare your work** against the **model answer**
- The email will also contain a link to a **self-assessment survey**
 - Complete the **survey** to gauge your competence in completing the task

Academic Support: Mentor Sessions

- Should you **need to consult** with a **Coding Mentor** on a **1:1 basis** when **completely stuck** with a **task**
 - Access **up to 3** on-demand 1:1 **bookings** per **week**
 - **Book** via your **Student Dashboard**
 - Use **email address** used for the **student dashboard**
 - **Academic staff** are only able to support on **task-related matters**

Graduate Outcomes

The career support journey.

Meet the Graduate Outcomes team: Employer Relations & Career Services



Elizna Smit
Head of Career Services



Morgan Richardson
Senior Director
Graduate Outcomes



Andrew Alden
Director of Employer Relations



Learner Career Support Programme

Career Readiness

1:1 Coaching, career readiness events and workshops, Graduate Programme

Employment support & Connections

Jobs Board, Sharing of CVs, Employer Spotlight Events, Virtual Jobs Fairs, & Interview days

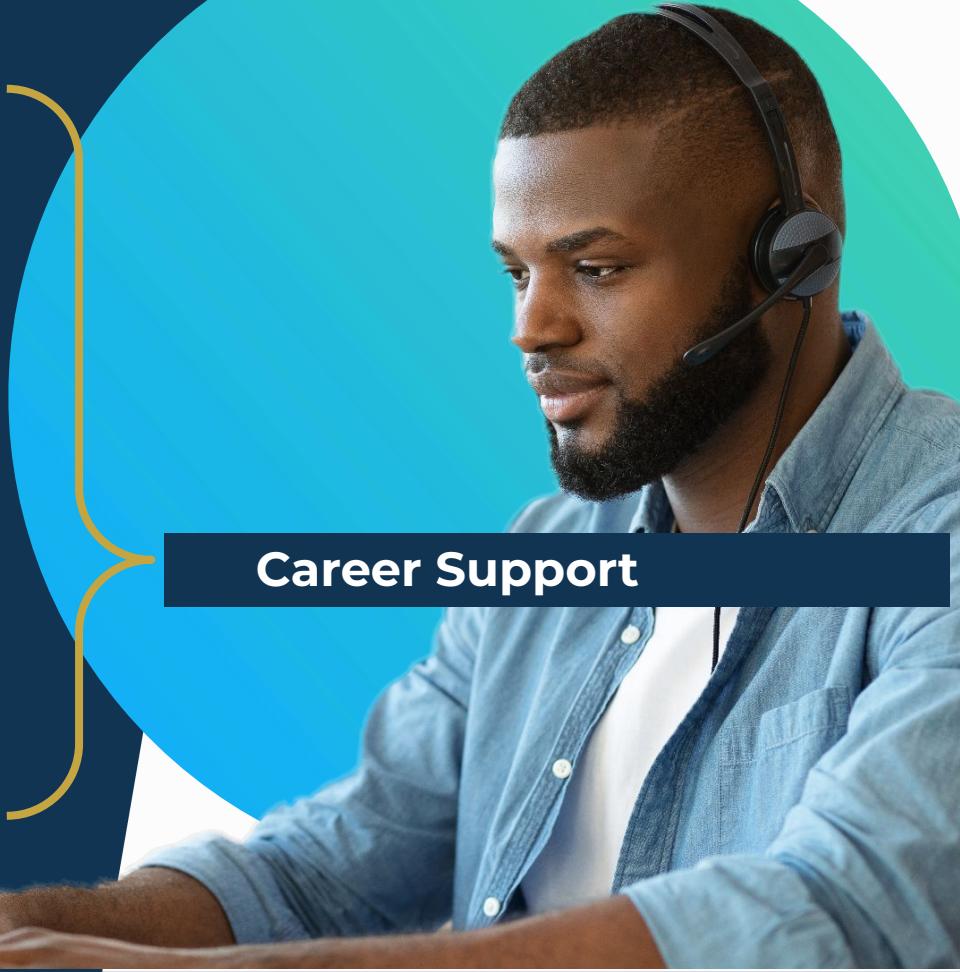
Communication & Support

Logging a support ticket, Career & event resources on dashboard, weekly Career Services email with jobs board & events, Updates via WhatsApp & SMS

Alumni Network

Ongoing engagement, Share your feedback & success stories, Alumni events

Career Support



Synchronous careers support

There will be weekly career support series events

- **Onboarding: Intro to Career Support Programme, Milestones and Understanding your Career Pathways**
12 March, 17:00 & 13 March, 13:00
- **Weekly Career Support & Employer Events from 14 March**
- **Tuesdays and Thursdays at 17:00 GMT**
- **Wednesdays at 12:00**
- **Events focus on:** job applications and job search strategies, self employment, creating your brand persona, interviewing skills, networking, creating an employer ready profile (CV, cover letter, linkedin, github, etc.) in addition to employer facing events.

Take note

- You will be pre-registered for all sessions (except for job application clinics) and a recording will be available after the session is completed.
- Our most successful students attend as many of the live events to maximise their chances of securing interviews and job offers.
- **Live** attendance is essential to reach your required guided learning hours.

Web Development Specific: Criterion 4

Pathways to Accelerated Apprenticeships Evidence for Criterion 4 (Recording a Job Outcome):

- An accelerated apprenticeship with **a new employer** or existing employer that **utilises the skills acquired** through the Skills Bootcamp.
- A job (which is not an apprenticeship) that utilises the new skills acquired through the Skills Bootcamp.
- Upskilling **into a new role or existing** role but with **additional responsibilities** that utilises the new skills acquired through the Skills Bootcamp.
- A new opportunity or contract where the learner is self-employed gained as a result of the new skills acquired through the Skills Bootcamp
- We will also require evidence that an apprenticeship outcome will be accelerated (reduced in length by at least 3 months).

Proudly placing graduates with top British employers

Bloomberg



accenture



multiverse

Capgemini

WilliamHILL

kubrick



ClearScore



Cognizant



Ten10



AstraZeneca

Adecco

experian

BAE SYSTEMS

SECURITY SERVICE
MI5

SIEMENS



NatWest



STARLING BANK

Recording of Career Outcomes



Criteria 3:

Record an Interview Outcome (11 August 2024)

Deadline for invite to interview: Within 4 weeks of finishing the course, students are required to record receiving an invitation to an interview.

Record at [this link](#)

Criteria 4:

Record a Job Outcome (22 September 2024)

Deadline for offer of new role / new contracts: Record a Final Job Outcome: Within 12 weeks of graduating from the course, students are required to document achieving a final job outcome, such as securing an offer of employment, an internship, or a related opportunity.

Record at [this link](#)

Progress Criteria Reminder

Criterion 1 Deadline: 24 March 2024

- Complete 15 Guided Learning Hours & 4 designated tasks.

Criterion 2 - Mid-course Checkpoint: (Week 7): 28 April 2024

- Complete 60 Guided Learning Hours and 13 designated tasks.

Criterion 3 - End of Course Requirements:

- **30 June 2024:** Reach 112 Guided Learning Hours & complete all 27 designated tasks including your BYB's
- **11 August 2024:** Record an invitation to interview or interview for an apprenticeship (WD).



Criterion 4 - Final Achievement: 22 September 2024

- Record a job outcome or apprenticeship (WD).

Thank you for attending



Department
for Education



FAQs

Your questions answered

Alumni Success

“I was part of the DfE funded programme and overall had a great experience. I learned loads and improved my programming ability.”
- T. Bailey



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 Department
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Do I have to spend 21 hours a week studying?

All students work at a different pace but we've seen that if you spend at least 21 hours a week towards your studies, you have a greater chance of success.

What happens if I can't get 21 hours in a week?

Make sure you map out what you have to do with the time you have and ensure that you stick by this plan to complete your tasks to avoid falling behind. If you can do this in less than the recommended 21 hours a week, then that's fine.

What if I have a personal emergency that prevents me from studying?

Life happens, we know this. Tend to your emergency and plan to get back on track as quickly as possible. We will be here to help you.

What are the initial participation requirements for Skills Bootcamp?

- Answer: In the first two weeks, you must attend 8-10 hours per week of lectures, workshops, or mentor calls. Additionally, completing the first four assigned tasks within the first 14 days is mandatory.

What defines mid-course progress in the Bootcamp?

- Answer:
 - 60 Guided Learning Hours
 - Data Science Bootcamp: The first 13 tasks must be completed by week 7.
 - Software Engineering Bootcamp: You must complete the first 13 tasks by the end of week 7.
 - Web Development Bootcamp: The first 13 tasks must be completed by week 7.

What are the expectations for post-course completion?

- Answer: After the course, you should complete all mandatory tasks before the study period ends, record an Invitation to Interview within 6 weeks of course completion, and achieve at least 112 Guided Learning Hours.

How is employability assessed after completing the Bootcamp?

- Answer: To demonstrate employability, you should record a Final Job Outcome within 12 weeks of graduation. This includes securing an offer of employment, an internship, or another relevant opportunity.

What support is available for coding challenges?

- Answer: If you face difficulties with coding content, you can schedule a call with Coding Mentors or contact the Student Support Team to develop a personalised support plan.

Are there any limitations on 1:1 mentor calls?

- Answer: You can book 1:1 calls with mentors, but they must be attended or rescheduled with at least 48 hours' notice. There are weekly limits on the number of calls you can book to ensure fair access for all students.

How critical is task completion for graduation from the Bootcamp?

- Answer: Completing and passing all required tasks is essential for graduation. This includes resolving any outstanding resubmissions and meeting the specific task criteria for your Bootcamp track.

Accessing Dropbox

- Once you click onto the link for Dropbox, it will ask you to sign up.
- Please sign up with the same email address you use to login your student dashboard
- Once you have registered with Dropbox, **please ensure you select the basic plan (2gb free)** and **do not select the free trial.**
- Please ensure that you do not have any personal files or folders within your Dropbox. (installing the Dropbox app on your personal computer or mobile device may set you up to start automatically backing-up your personal files which may fill up your allocated drive space - so we do not recommend doing this)
- It is always best practice to rather upload your files from the Dropbox via your dashboard and not the via the app.

How to access Dropbox

 Refer a friend and earn
R2,500

 Go to Dropbox

Click here

 Go to Discourse

Name ↑	Who can access	Modified
1 - Introduction to Programming	3 members	-

Task Name and Level will be seen here

MM23060008708

Student Number and access can be seen



Share



How to manage your Progression

- ❖ Important to plan your schedule from the start
- ❖ Pay attention to the task deadlines to ensure you don't fall behind
- ❖ Set SMART Goals in line with your task deadlines
- ❖ Break down your tasks into smaller chunks
- ❖ Understand what plagiarism is and how it differs from research
- ❖ Get into a routine of completing tasks before their stated deadline
- ❖ Take responsibility for your academic work
- ❖ We want you to do your best and we are here to support you



Engaging with Mentors

- You can also book a **Mentor Call** with one of our Coding Mentors - these are synchronous video calls (conducted over Google Meets and these recorded for quality purposes) where you can ask any questions you have and receive input and assistance. A Mentor call can be in various time slot increments. Example, 30 minutes or 60 minutes.
- These sessions are limited to 8 calls, per student, per month.
- To book a Mentor Call, simply [**log into your portal**](#); on your dashboard there's a **Book a call with a Mentor** button that allows you to schedule your session.
 - Once you have made a booking, a meeting will be automatically generated on your calendar with a Google Meets link to join when the day & time comes.
 - You have a total of 8 calls per month with a Coding Mentor (approximately 2 calls a week).

What can I discuss with a mentor?

- You can discuss any of the following queries:
- I have an issue or question with one of the Build Your Brand (BYB) tasks
- I disagree with the grading on one of my tasks
- I disagree with the feedback given.
- I am struggling to understand part of the course content
- I disagree with feedback relating to plagiarism
- I have an issue relating to mentorship, grading, or course content



Code Reviews

- **Code reviews requested** from the **dashboard** once **task** is **submitted** on **Dropbox**
- **72 to 96-hour turnaround time** on **weekdays**
- **Human-led actionable, personalised** and **comprehensive** feedback on
 - **Positive** aspects and **areas of improvement** to be considered
- **Four pillars** each **scored** out of **4**
 - **Completeness**
 - Efficiency
 - Style
 - Documentation
- **Minimum requirement to pass a task: Score $\frac{3}{4}$ for Completeness**
- **Resubmission requirement:** Score **below $\frac{3}{4}$ for Completeness**
- **No limit** on resubmission **until task is passed** within **16 weeks**
- Not all tasks are human reviewed. Selected tasks are **automatically graded**.

Guided Learning Opportunities

- **Academic** sessions (add up to **16 Guided Learning Hours** a week)
 - Lectures cover content that is required for you to pass the tasks in your bootcamp.
 - Coding interview workshops cover content that is required for you to be competent enough to solve the problems brought up in most coding interviews.
 - Tutorials address concerns arising from task completion and showcase how you could approach the tasks.
- All three sessions are two hours long and repeated weekly.
 - Two lectures
 - One coding interview workshop
 - One tutorial

Software Engineering (Fundamentals)

- **Objectives:**
 - Learn foundational programming concepts in Python.
 - Apply control structures, data structures, and basic object-oriented programming.
 - Develop essential skills in I/O operations, functions, and version control.
 - Develop your personal brand as an aspiring professional coder.
- **Expected Outcomes:**
 - Start your journey as an entry-level data scientist, building on your essential skills. Shape your career goals, enhance your LinkedIn, and create a strong portfolio for further success.
- **Curriculum Highlights:**
 - Refine your coding skills by mastering abstraction. Tackle username duplication issues and improve task management. Generate user-friendly admin reports.

Data Science (Fundamentals)

- **Objectives:**
 - Learn fundamental concepts in Python programming.
 - Explore data types, control structures, and error handling as they relate to creating useful applications.
 - Employ essential data science topics, including data visualization, machine learning, and natural language processing.
 - Take steps toward improving your career and personal branding skills.
- **Expected Outcomes:**
 - Students will learn to write basic computer programs and work with variables.
 - They will understand control structures, logical programming, and error handling.
 - Students will gain knowledge in data visualization, machine learning, and natural language processing.
 - They will develop their career goals, LinkedIn profiles, and technical portfolios.
- **Curriculum Highlights:**
 - Develop a sentiment analysis model using spaCy. Preprocess data, test the model on real reviews, and create a comprehensive report for a practical understanding of sentiment analysis.

Web Dev

- **Objectives:**
 - Gain an understanding of web dev fundamentals, including HTML, CSS, JavaScript, and object-oriented programming.
 - Learn both front-end and back-end development capabilities, including creating interactive web applications.
 - Learn to build responsive websites that adapt to different devices.
 - Develop the skills to confidently prepare for and enter the web dev job market.
- **Expected Outcomes:**
 - Successfully design and develop functional web applications.
 - Write clean and efficient code in HTML, CSS, and JavaScript.
 - Apply core concepts like DOM manipulation, asynchronous programming, databases, and APIs.
 - Build a professional portfolio showcasing your skills and prepare for a successful job search in the web dev industry.
- **Curriculum Highlights:**
 - Learn by doing through practical exercises, projects, and challenges.
 - Cover a wide range of essential web development topics, from basic concepts to essential frameworks like React and Node.js.
 - Gain valuable insights on building your brand, preparing for interviews, and navigating your job search.
 - Apply your learnings to real-world scenarios by building your own portfolio of functional web applications.

- Should you **need to consult** with a **Coding Mentor** on a **1:1 basis** when **completely stuck** with a **task**
 - Access **up to 3** on-demand 1:1 **bookings** a **week**
 - **Book** on the **Student Dashboard**
 - Use **email address** used for the **student dashboard**
 - **Academic staff** are only able to support on **task-related matters**
- **Operational support:** <https://hyperiondev.com/support>
- **Complaint escalations:** [Complaints procedure](#)
- **Safeguarding:** <https://hyperiondev.com/safeguardreporting>

Plagiarism

- Why is this important?
- What is knowledge?
- What is learning?
- What are you paying for? 💰💵💷

Plagiarism

Plagiarism is passing someone else's work off as your own without acknowledging that it is not your idea, code or intellectual property.

It is not only poor scholarship but also unethical.



Plagiarism

Why is it important not to plagiarise:

You will not learn or know the concepts being covered well enough to solve problems in a new situation such as starting a new job.

By this we mean, you would not be able to actually do the job. Additionally, you would more than likely not complete the Bootcamp through plagiarism as just like handwriting, everyone's coding style is unique.



Words of advice

- Try and stay as far ahead as possible, but don't stress yourself out if you start falling behind - **keep working steadily** and use the synchronous code review session mechanism.
- **Take regular breaks.** Try the 20/20/20 method - work for 20 minutes, and then attempt to look at something 20 meters away for 20 seconds. This will help with eye strain and keep your eyes strong.
- Drink lots of **water**.
- **Get enough sleep!** Don't stay up until 1AM doing tasks, as this is not good for you and won't help you learn.
- Don't be afraid to **ask for help**, it's what our support services are here for!
- You'll have ups and downs in learning in programming. It's not a straight line of growth. This is normal; don't panic and don't let challenges discourage you. **Persistence is the name of the game** here!

