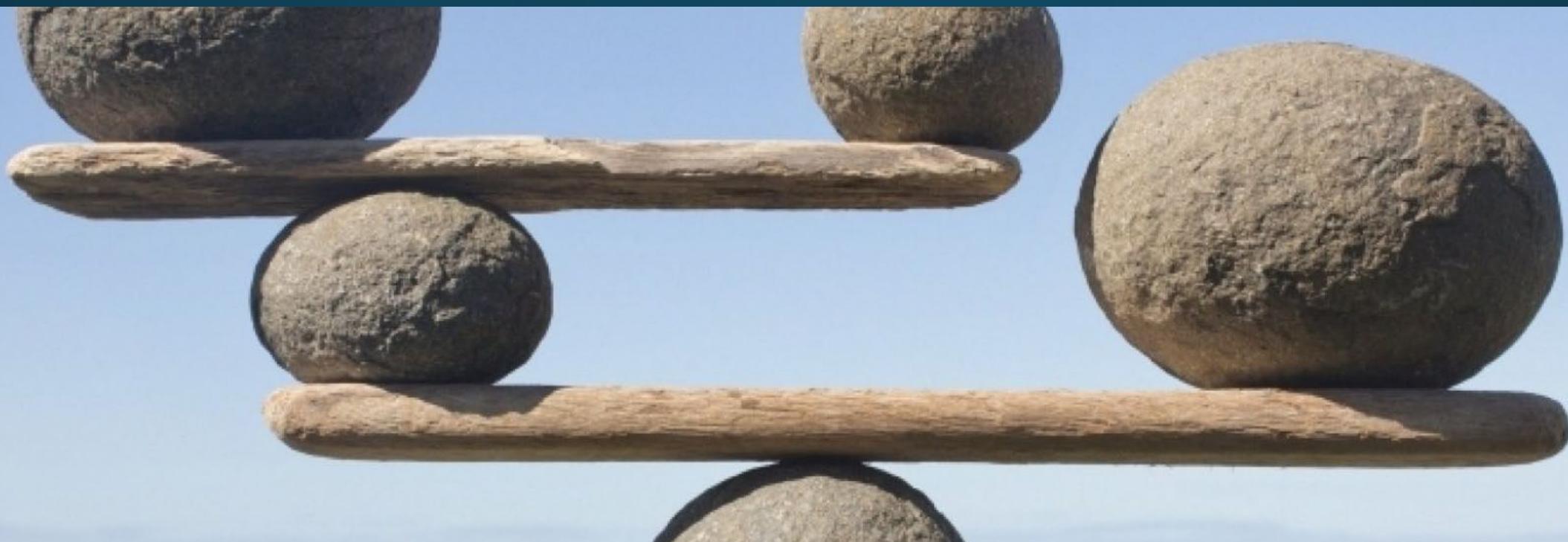


# The Well-Balanced Developer



# Paul.About

- Business/Technology Consultant
  - Over 35 years of IT experience
  - Software consulting business owner for 30 years
  - Writer, speaker, consultant, mentor
- Pluralsight Author
  - Multiple courses on LINQ, JavaScript, Angular, C#, WPF, XML, etc.
  - [pluralsight.com/profile/author/paul-sheriff](https://pluralsight.com/profile/author/paul-sheriff)
- Contact Info
  - [psheriff@pdsa.com](mailto:psheriff@pdsa.com)
  - [www.pdsa.com](http://www.pdsa.com)



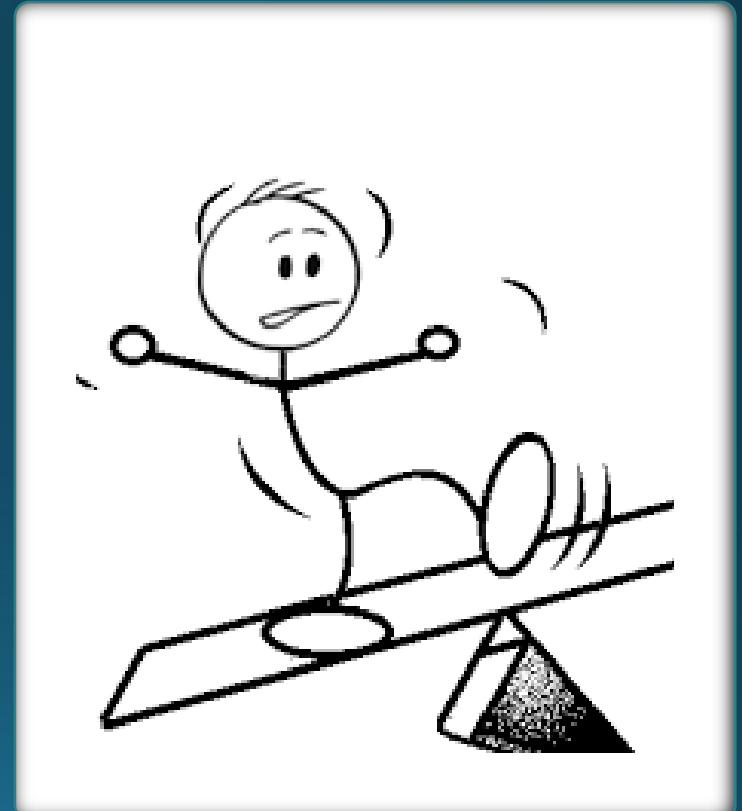
# Agenda

- Are You Off-Balance?
- Keep on Learning
- Many Ways to Learn
- Back to Basics
- Get Out of Your Comfort Zone
- Be Professional
- Work/Life Balance
- Your Success



# Are You Off-Balance?

- Working with same tech as 5 years ago
  - Aren't keeping up with new tech
- Don't collaborate with others
- Don't attend seminars or user groups
- Don't read for work/pleasure
- Uncomfortable talking to co-workers or bosses
- Feel your emails may not be professional
- Not sharing your knowledge with others



# Are You Off-Balance?



- Work 12+ hours per day
- Don't have much of a social life
- Rarely exercise or get outside
- No Hobbies
- Don't take vacations
- Not saving for retirement
- Have not talked to a financial planner
- Not happy

# Roadmap to a Balanced Life

- Step-by-step guide to a more balanced life

# Keep on Learning



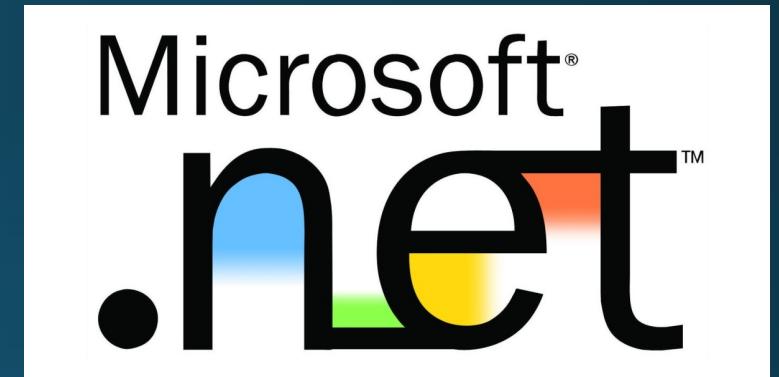
# Keep on Learning

- Don't become complacent
- You always need to keep up with recent trends
- The programming language you use today has most likely been updated
  - New features
  - Deprecated features because of security or performance concerns
  - Support new devices



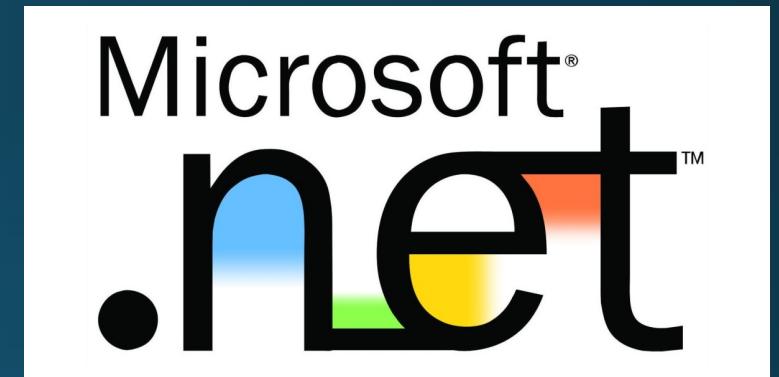
# .NET

- .NET continues to evolve
  - Not all versions are 100% compatible
- .NET Framework is large and windows-centric
  - 4.8 is the (supposedly) the last version
- .NET Core provides cross-platform support



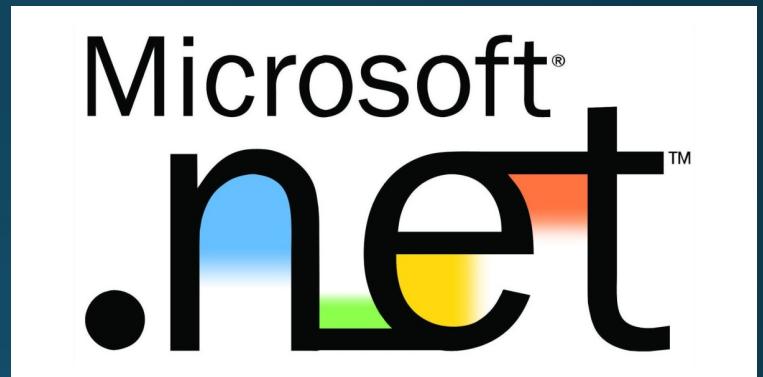
# .NET

- .NET 5
  - Based on .NET Core
  - Short-term support
- .NET 6
  - This implementation will continue forward
  - Long-term support (LTS)



# .NET Things to Learn

- Tag helpers in MVC
- MVC Pages
- XAML / WPF
- Xamarin
- Blazor



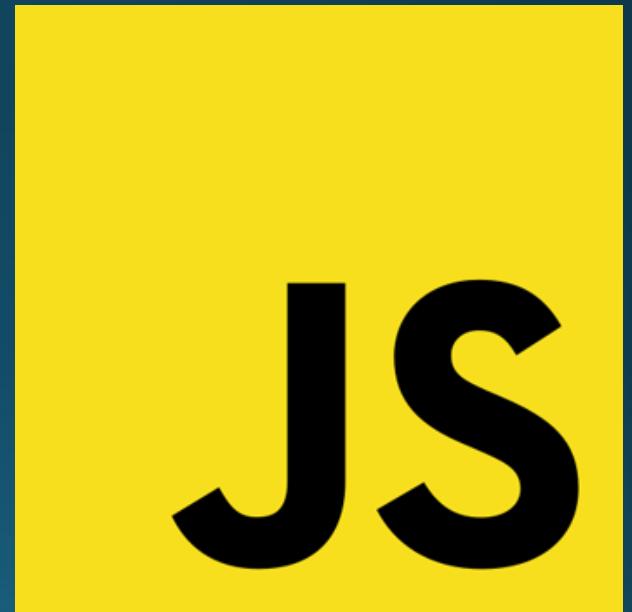
# Angular



- Angular 1 (JavaScript)
- Angular 2+ (TypeScript)
- New major release every 6 months
  - 12 months of LTS
- Always new things to learn
  - ES Lint
  - Webpack 5
  - Improved logging and reporting

# JavaScript

- Many APIs you may/may not know about
  - Storage
  - Fetch
  - Geolocation
  - Page visibility
  - Resize observer
  - Vibration
  - FullScreen
  - Lazy Load



# HTML

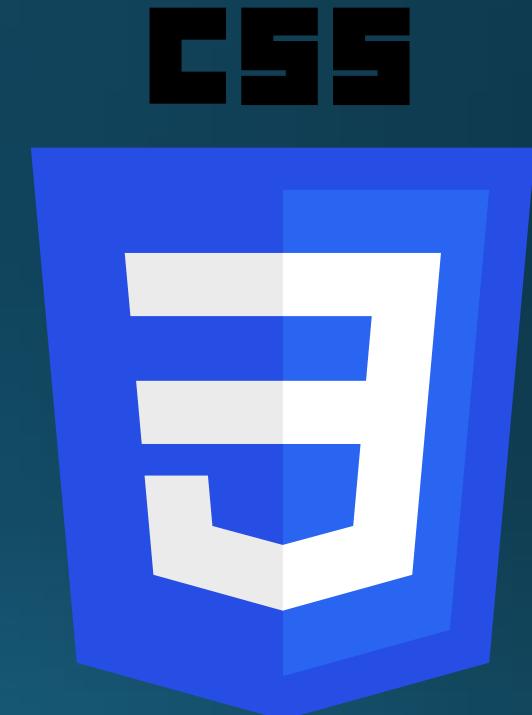


# HTML/HTML5

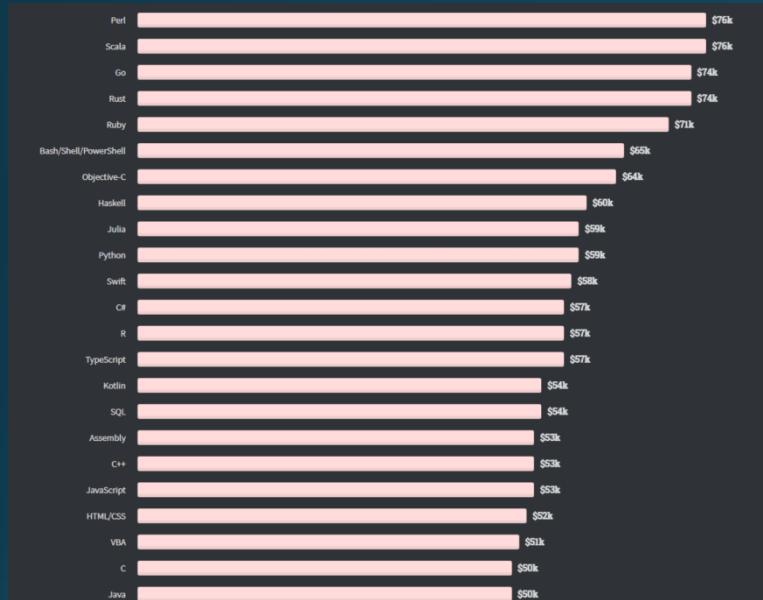
- New tags
  - <header>, <footer>, <article>, <nav>, etc.
- Richer input types
- Support for rich media
  - <video>, <audio>
- Vector graphics
- 3D graphics
- Web Worker API

# CSS / CSS 3

- Multi-column, flex and grid layouts
- New functions such as attr(), calc(), counter(), etc.
- Animations, transitions and filters
- Text effects and new pseudo classes
- Web fonts
- Media queries



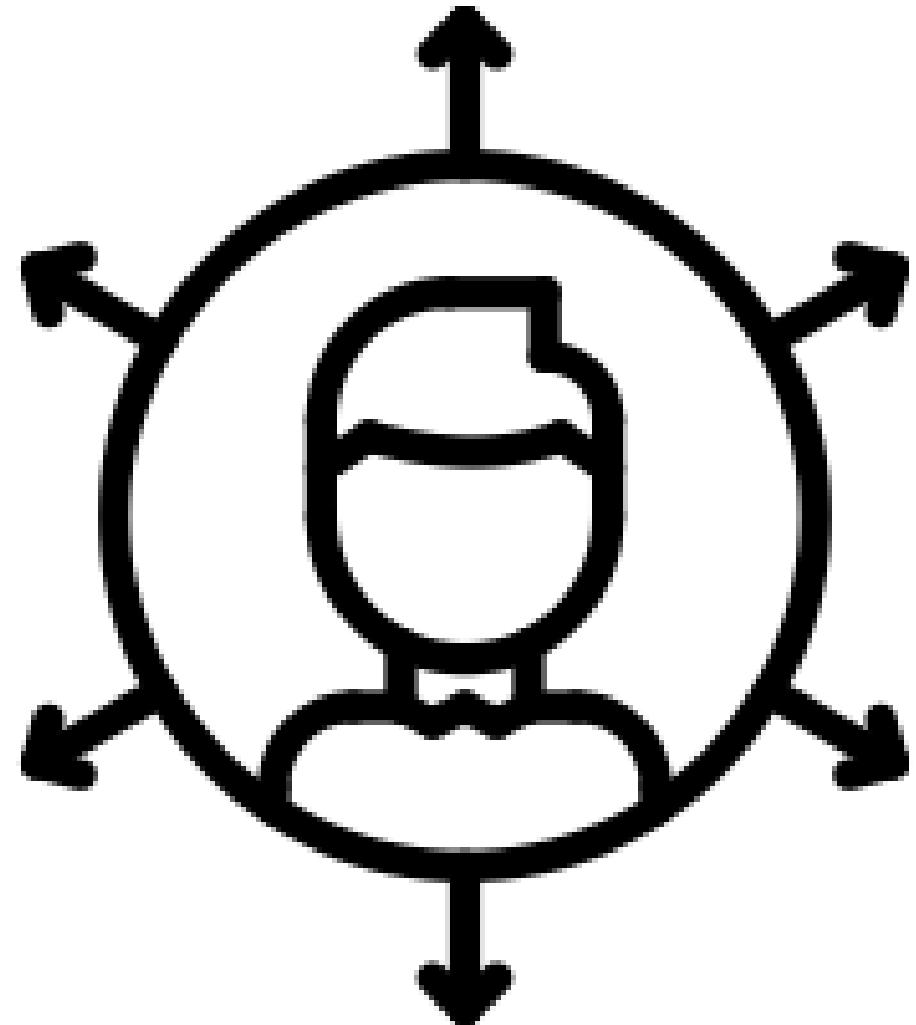
# New Languages



- New languages come out all the time
  - TypeScript, Elixir, Go, Dart, Julia, Python, and many more
- You don't have to learn them all, but you might want to look at them
- See what is good/bad about each
- Learn their business purpose
  - Why were they created?

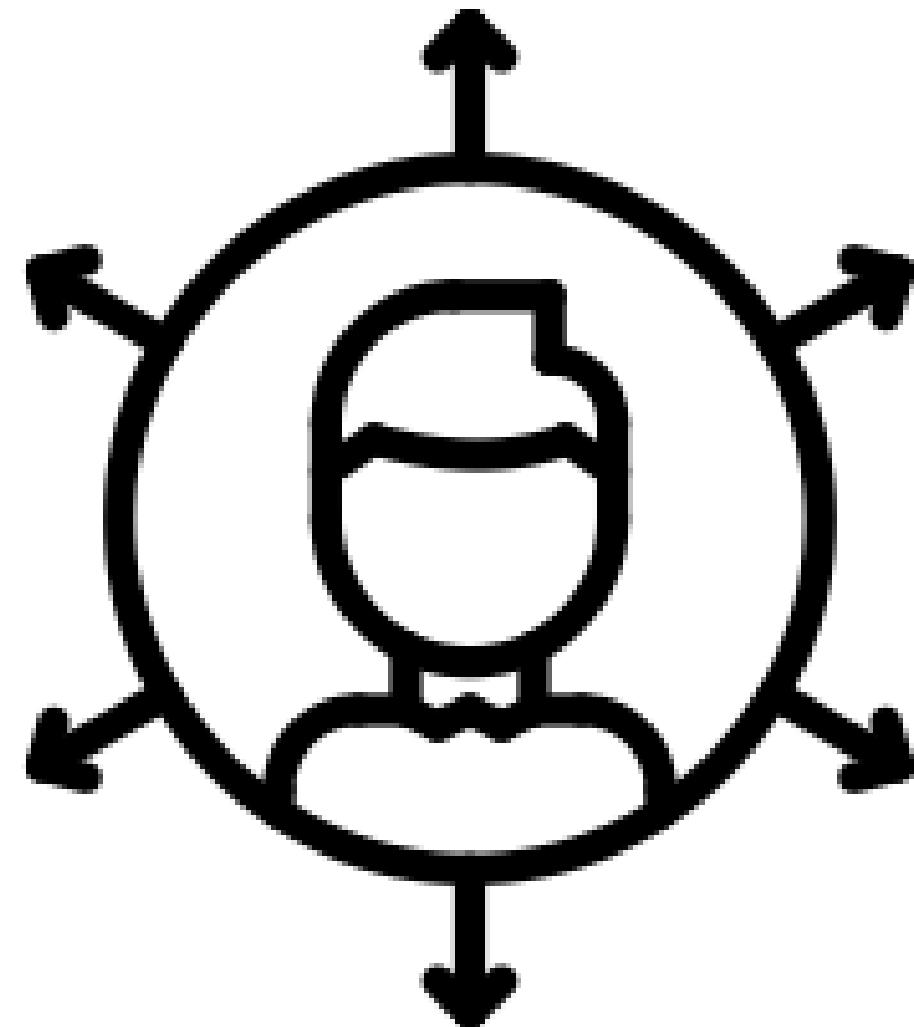
# Soft Skills

- Communication
- Business
- Organization
- Problem solving
- Teamwork
- Creativity



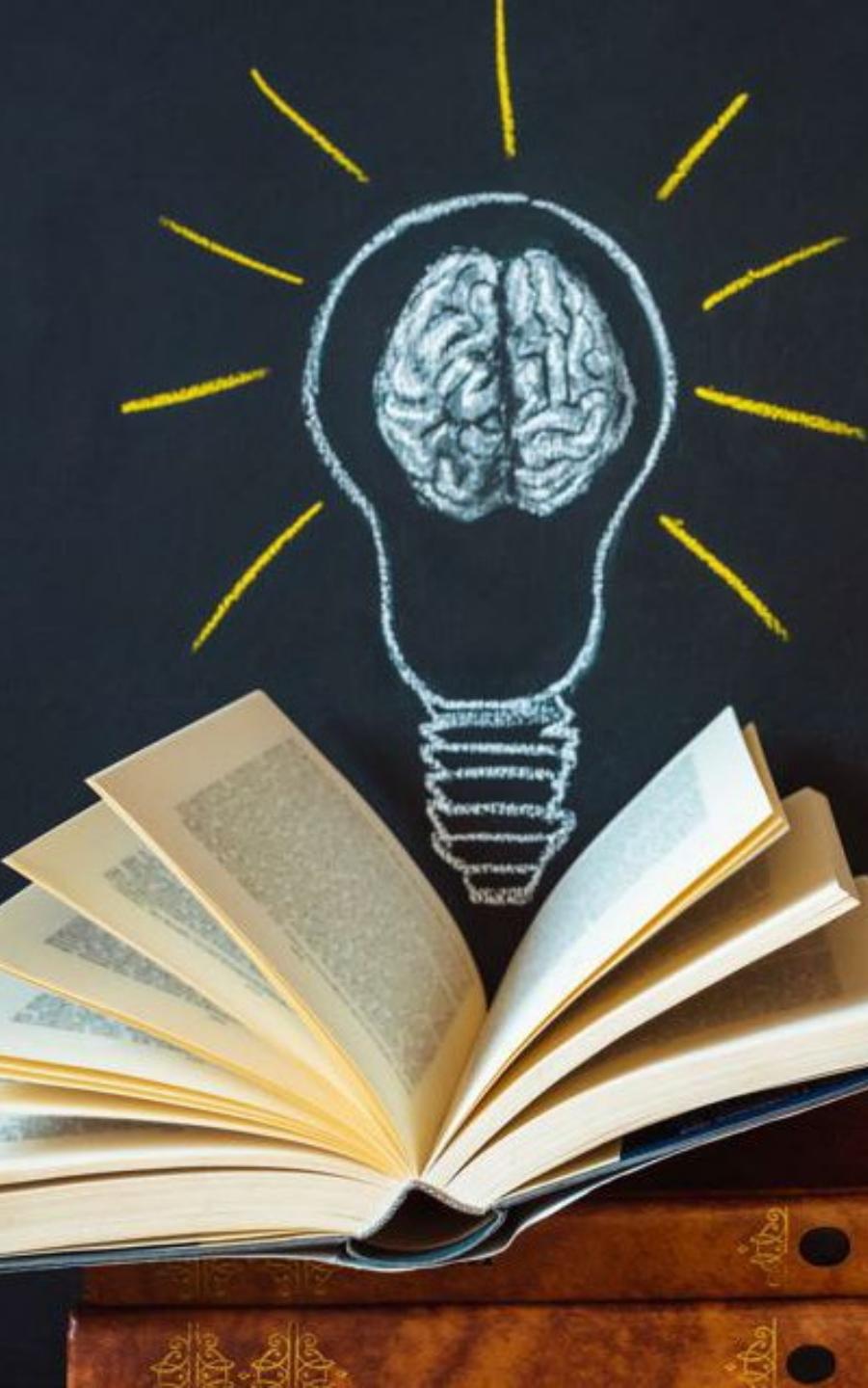
# Soft Skills

- Ambition
- Teaching / mentoring
- Adaptable
- Enthusiasm and optimism
- Friendliness and manners



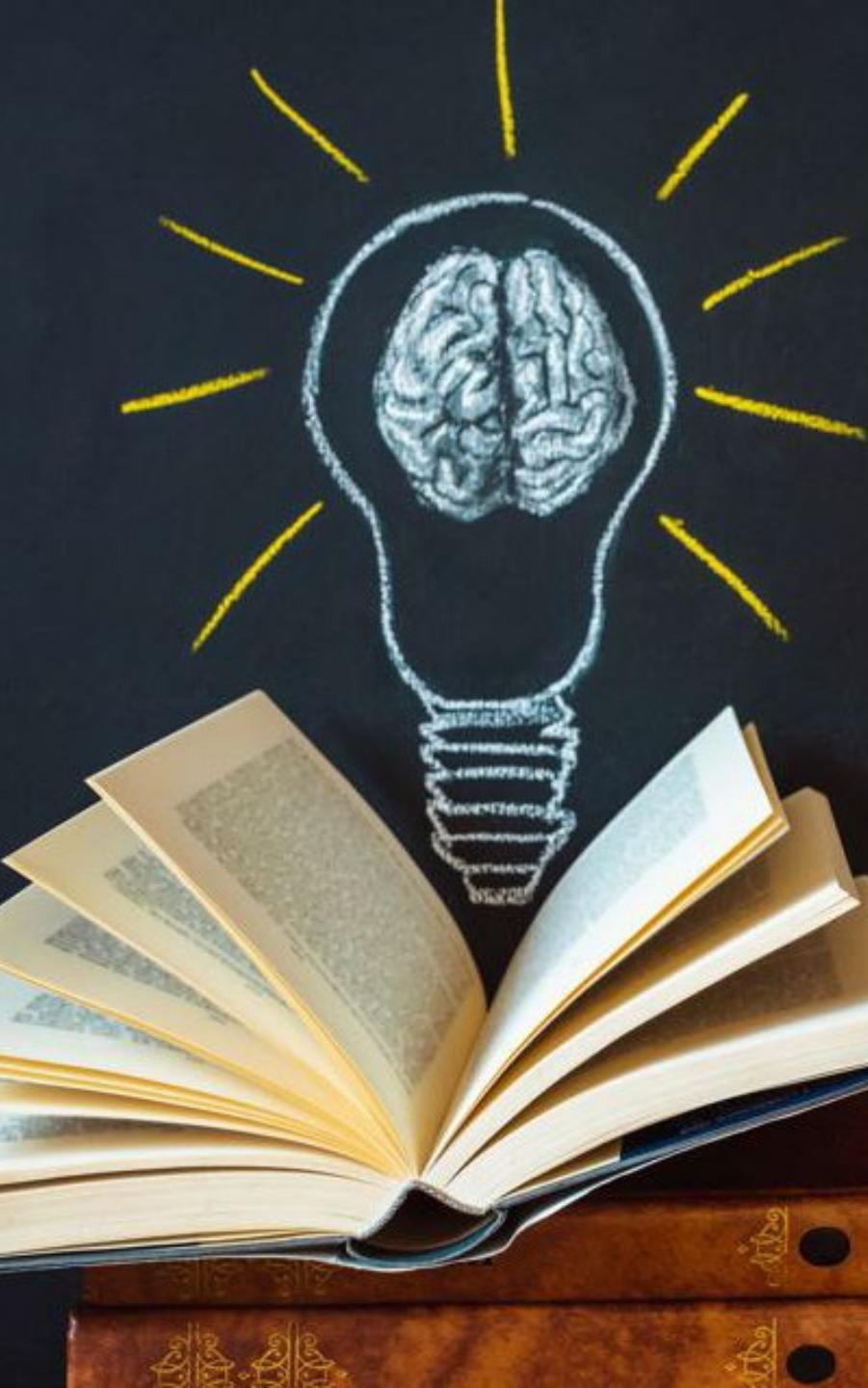


# Many Ways to Learn



# Read

- Tech magazines
  - Wired
  - Computer World
  - Code Magazine
- Self-help magazines
  - Mindful
  - The Scientific American Mind
  - Live Happy
  - Wellbeing

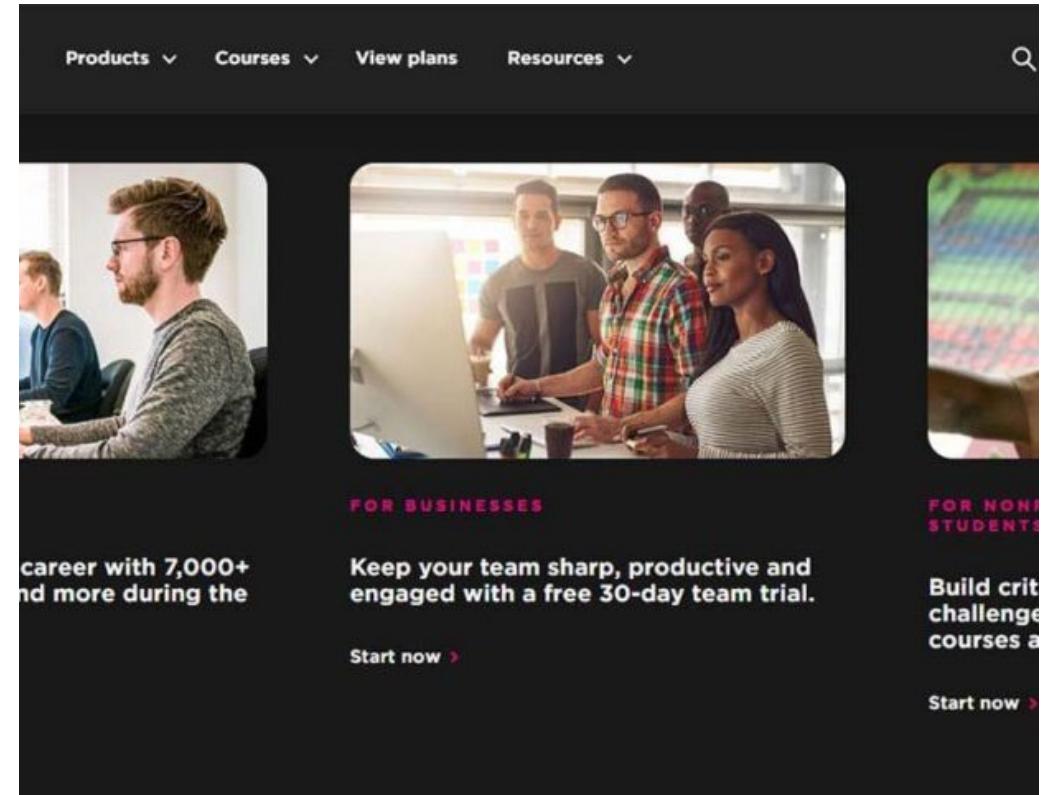


# Read

- Hobby magazines
  - Find things you are interested in
  - Music, fishing, camping, etc.
- Forums (Code Project / Stack Overflow)
  - [www.codeproject.com](http://www.codeproject.com)
  - [www.stackoverflow.com](http://www.stackoverflow.com)
- Your favorite blogger
- Books
  - Tech books
  - Self-help books
  - Auto-biographies, Sci-Fi
  - Whatever sounds good

# Video Training

- Pluralsight ([pluralsight.com](https://pluralsight.com))
- LinkedIn Learning ([linkedin.com/learning](https://linkedin.com/learning))
- Udemy ([udemy.com](https://udemy.com))
- YouTube ([youtube.com](https://youtube.com))
  - Also use this for your hobbies



# Lunch and Learns



- Get together with co-workers
- Bring your own lunch into a conference room
- Each person is assigned a topic to present over a month or two
- Watch videos together

# Conferences

- VS Live ([vslive.com](http://vslive.com))
- DEVIntersection ([devintersection.com](http://devintersection.com))
- MS Build ([mybuild.microsoft.com](http://mybuild.microsoft.com))
- Tennessee Developer Conference ([tdevconf.com](http://tdevconf.com))
- JavaScript & Friends Conference ([javascriptandfriends.com](http://javascriptandfriends.com))
- DevOps World ([cloudbees.com/devops-world](http://cloudbees.com/devops-world))
- Software Architecture Gathering ([conferences.isaqb.org/software-architecture-gathering/](http://conferences.isaqb.org/software-architecture-gathering/))



# Conferences

- CodeMash ([codemash.org](http://codemash.org))
- KCDC ([kcdc.info](http://kcdc.info))
- DevUp ([devupconf.org](http://devupconf.org))
- Chicago Code Camp  
([chicagocodecamp.com](http://chicagocodecamp.com))
- Music City Code  
([musiccitytech.com](http://musiccitytech.com))
- Beer City Code ([beercitycode.com](http://beercitycode.com))
- Cincy Deliver ([cincydeliver.org](http://cincydeliver.org))
- Code PaLOUsa ([codepalousa.com](http://codepalousa.com))





# User Groups

- Can usually find one close to you
- Many have now gone virtual
- Advantages
  - Learn from peers
  - Learn from great speakers
  - Great for networking
  - Help you find another job
- Get involved with the user group



Back to Basics

# Back to Basics

- Take a beginner course on a language you already know
- You might be surprised how much you learn
- Focus on...
  - Learning new features
  - Learning the correct names for things
  - Learning the correct way to do things
  - Learning the reason for why things are done a specific way



# HTML



- Difference between tags, elements and attributes
- <p> = Opening tag
- </p> = Closing tag
- <p>Hello World</p> = Element
  - Hello World is the Content
- <p class="lead"> = Attribute

# HTML



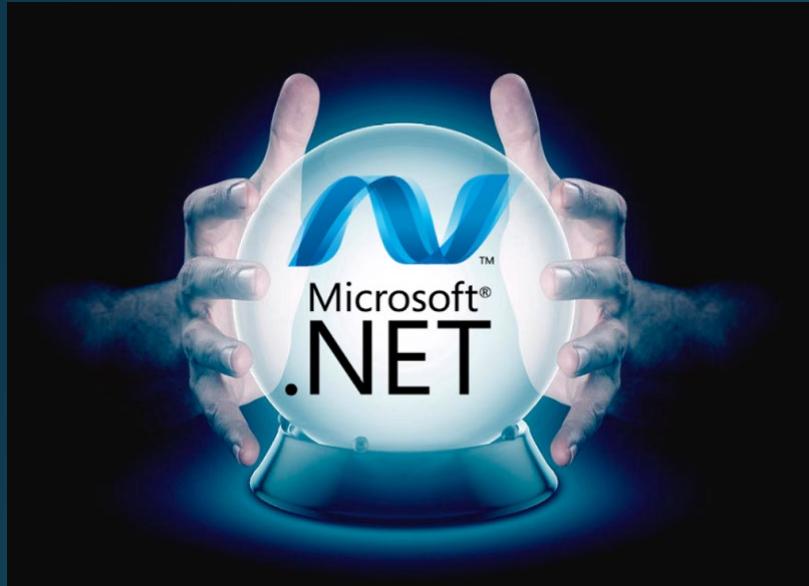
- What is `<!DOCTYPE>` and why is it important
- What two elements can go between `<html>` and `</html>`
- Where to put styles (in the `<head>`)
- Where to put JavaScript (at the bottom before the `</body>`)

# CSS

- Difference between id, element and class selectors
- Difference between margin and padding
- Different units of measure in CSS (px, pt, cm, em, rem, etc.)
- What unit of measure to use for responsive design

```
5 .padding {
6   padding: 0.5em;
7 }
8 .padding-H-05em {
9   padding-left: 0.5em;
10  padding-right: 0.5em;
11 }
12 .padding-V-05em {
13   padding-top: 0.5em;
14  padding-bottom: 0.5em;
15 }
```

# .NET



- What is a namespace?
- How does .NET support so many different languages?
- How to use LINQ efficiently
- New language features (NULL coalescing operator, string interpolation, etc)

# SQL

- Learn to do more with set-based operations
- Learn to optimize your database(s)
- Difference between operators, clauses, expressions, etc.





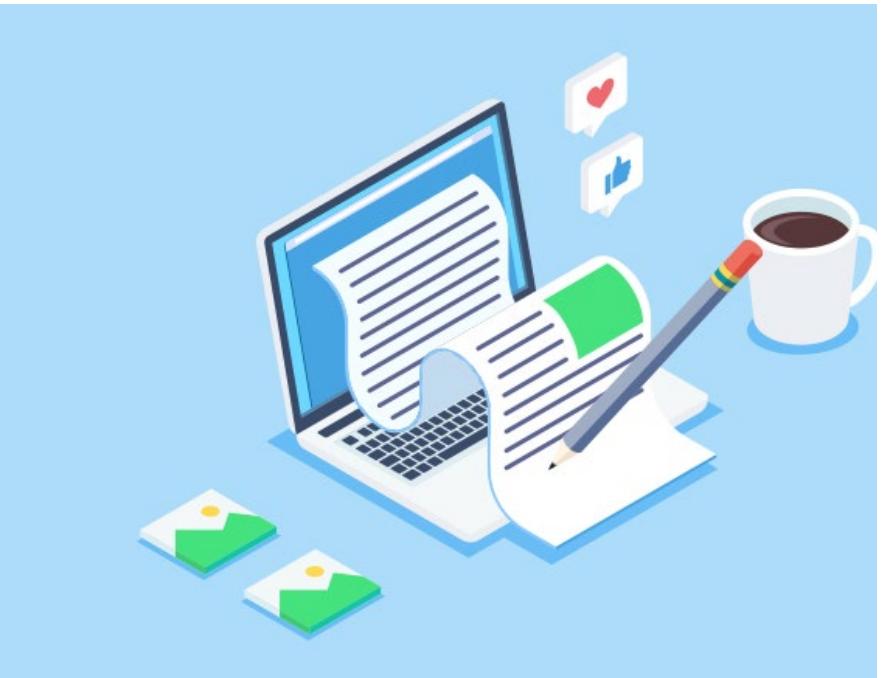
# Specialize

- "Jack of all Trades, Master of None" - NO!
- Specialize in a few areas, but be familiar with many
  - Analysis/Design
  - Databases
  - Middle-tier
  - Front-end
  - DevOps
  - QA
  - Etc.



Get Out of Your Comfort Zone

# Blog



- Start your own blog
- Write about...
  - What you know well
  - What you are just learning
- Increases your writing skills
- Keeps your technical skills sharp
- Develops your teaching skills
- Monetize your blog

# Speak



- At a lunch and learn
- At a user group
- At a local developer conference
- At a national developer conference
- Helps you keep your skills sharp
- Helps you communicate better
  - With peers, management, etc.

# Get Involved with a User Group

- Speak at user group
- Lead a special interest group
- Lead the user group
- Increases your network of people
  - Potential future bosses
  - Potential new co-workers



# Mentoring



- Mentor someone
  - Increases your teaching skills
  - You will learn just as much as the person you are mentoring
  - Very rewarding personally
  - Employers value you much more
- Get yourself a mentor
  - You can always learn something new
  - They can help provide guidance for your career

# Learn a New Skill

- If you are a developer
  - Learn analysis and design
  - Learn DevOps
  - Learn cloud programming
  - Learn unit testing
- If you are a project manager
  - Refresh your programming skills
  - Learn DevOps
- If you are a QA person
  - Refresh your programming skills
  - Learn project management
  - Learn DevOps



# Charity Work



- Help a great cause
- Very rewarding personally
- Looks great on a resume
- Create something using tools outside what you normally use
- Dive deeper into tools you already use



Be Professional

# Email



- Write in complete sentences
- Read it out loud to make sure it sounds right
- Avoid putting negative comments in writing
- Signature line
  - Include your full name, phone number and email

# Phone

- Always answer the phone with your full name
  - Especially when interviewing
- When leaving messages...
  - Always state your full name and number
  - Speak slowly when leaving your info



# Coding

- Don't write code others can't understand
- Do pair programming when possible
  - Explain the code to someone else
  - Is it easy to comprehend?
  - Is it easy to explain?
- Follow best practices
- Come up with standards

```
for i in people.data.users:  
    response = client.api.statuses.user_timeline.get(screen_name=i.screen_name)  
    print 'Got', len(response.data), 'tweets from', i.screen_name  
    if len(response.data) != 0:  
        ldate = response.data[0]['created_at']  
        ldate2 = datetime.strptime(ldate, '%a %b %d %H:%M:%S +0000 %Y')  
        today = datetime.now()  
        howlong = (today-ldate2).days  
        if howlong < daywindow:  
            print i.screen_name, 'has tweeted in the past' , daywindow,  
            totaltweets += len(response.data)  
            for j in response.data:  
                if j.entities.urls:  
                    for k in j.entities.urls:  
                        newurl = k['expanded_url']  
                        urlset.add((newurl, j.user.screen_name))  
                else:  
                    print i.screen_name, 'has not tweeted in the past', daywind
```

# Personal Interactions

- When meeting people
  - Look them in the eye
  - Shake hands (if appropriate)
  - Take time to look at their business card
- Treat people like you want to be treated
- Smile
- Compliments
  - Give them freely
  - Accept with a sincere "Thank You"

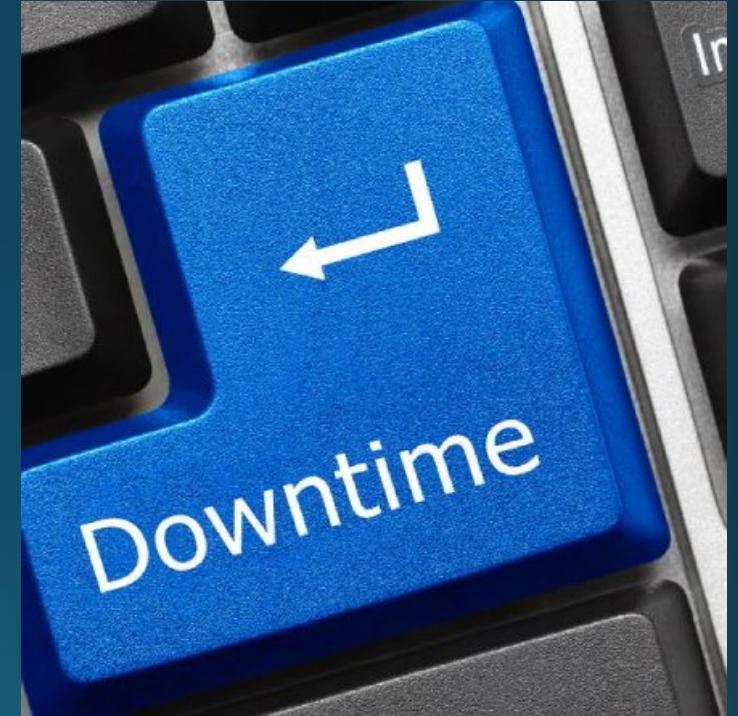


# Work / Life Balance

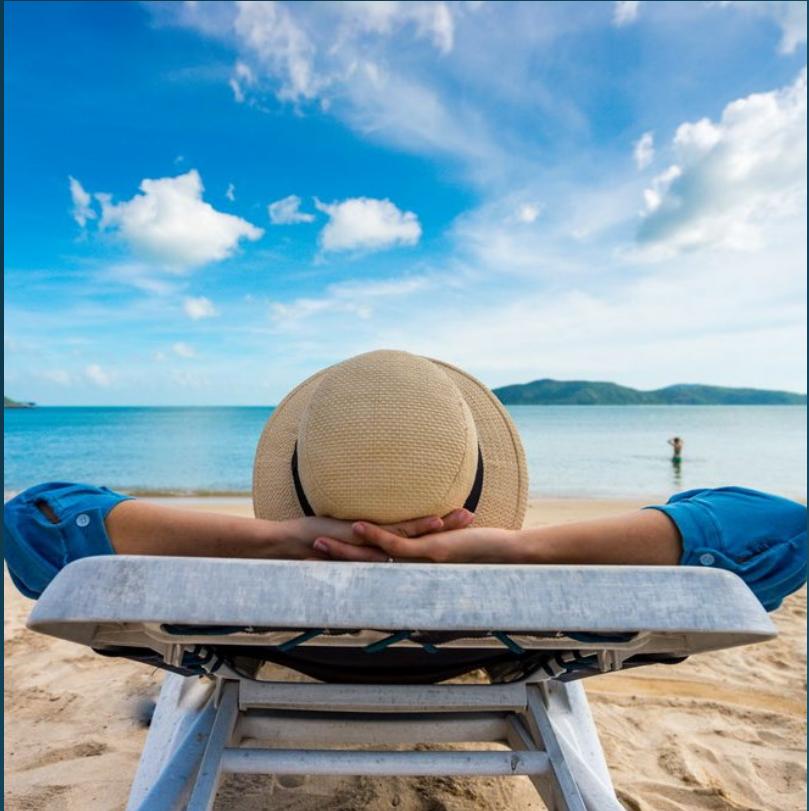


# Downtime

- Avoid working too much
  - 8-10 hours per day maximum
  - Extend periodically, but don't make it a habit
- Important to clear your head
  - Focus better when you return to work
- Have some hobbies
  - Model building, hiking, biking, kayaking, brewing beer, etc.
- Read books (non-technical)



# Vacation



- Get away from all things technical
- Really get away
  - Don't check email
  - Turn off the cell phone
- Even a "stay-cation" where you don't do work is helpful
- Travel somewhere different
  - Broadens your mind
  - Meet new people

# Exercise

- Best way to recharge yourself after a stressful day
- Walk, bike, hike, run, take a yoga class
- The work will always be there
- Your health and youth won't always be
- Take care of yourself now for the future
- Check out [www.meetup.com](http://www.meetup.com)



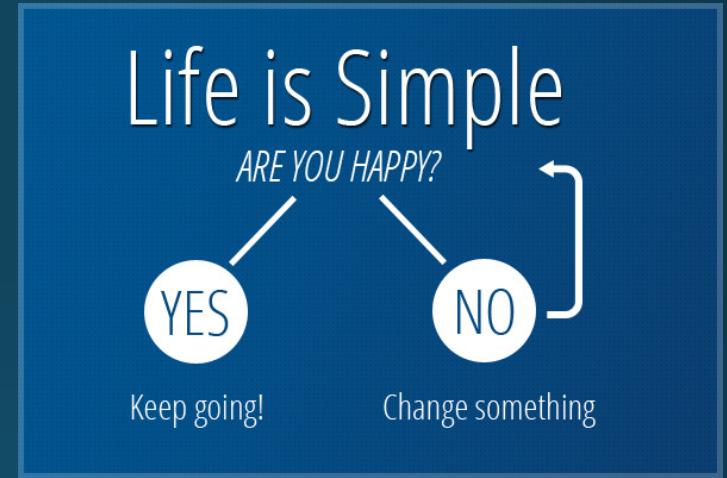
# Your Health



- Get regular physical check ups
  - Physician
  - Dentist
  - Optometrist
- Get regular mental health check ups
  - Go to a counselor periodically
  - Connect with a life coach

# Make Yourself Happy

- Make changes if you are not happy
- If a lower-paying job would make you happy, do it
- Make changes
  - Change can be scary, but happiness is worth it
  - Move somewhere else
  - Get out of a toxic relationship
  - Seek professional counseling



# Money

- Live below your means
- Buy a modest car and modest house
- Don't "keep up with the Jones-es"
- Read "The Millionaire Next Door" book
  - <https://amzn.to/2Z6uMzK>
- Setup regular investments
  - 401k, Roth IRA, or other tax-deferred vehicle
  - Put away for a "rainy-day"



# Money



- Talk with a financial planner
- Pay off your credit cards each month
- Start planning for retirement now!
- [nerdwallet.com/investing/retirement-calculator](https://nerdwallet.com/investing/retirement-calculator)
- [smartasset.com/retirement/retirement-calculator](https://smartasset.com/retirement/retirement-calculator)



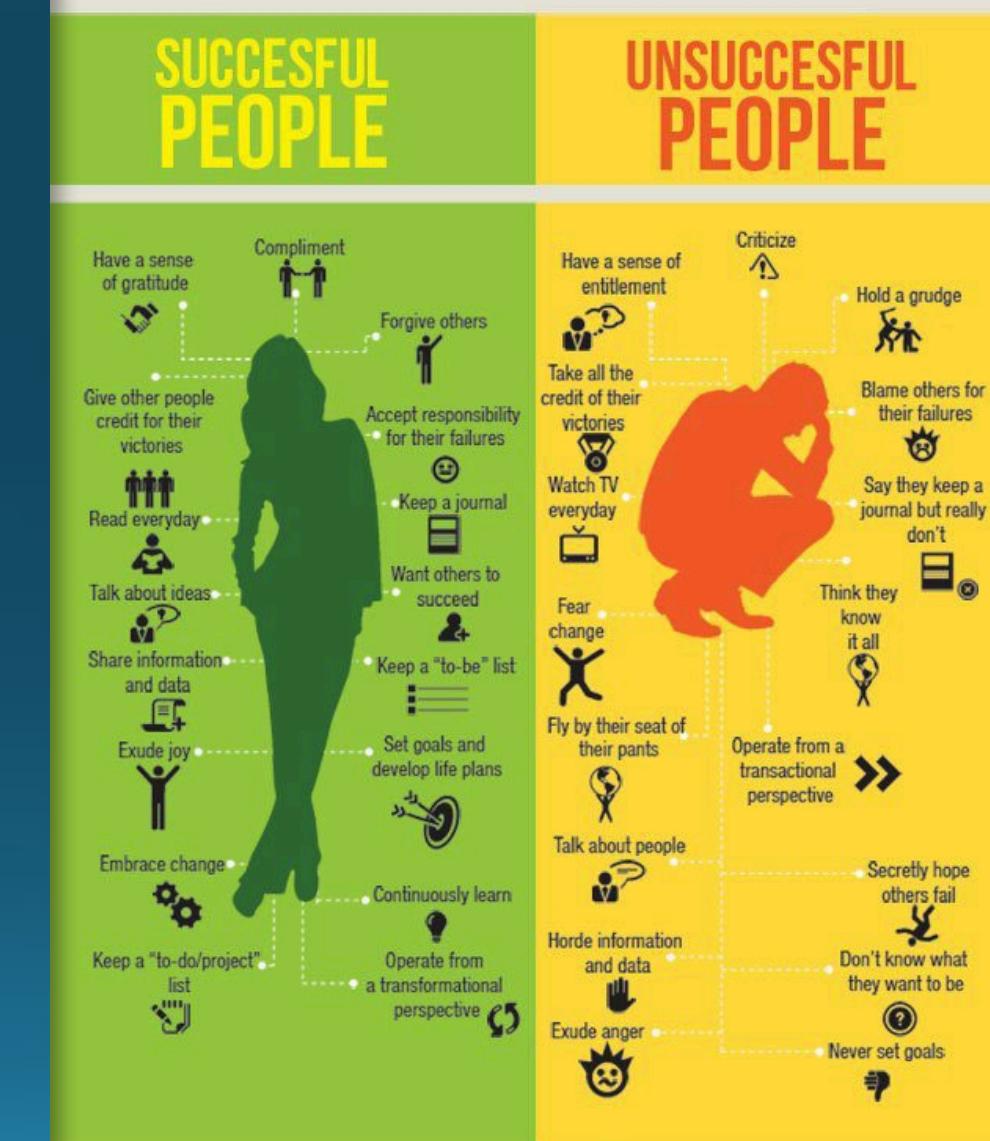
# Your Success

# Successful People...

- Have a sense of gratitude
  - Compliment others
  - Forgive others
  - Give other people credit for their victories
  - Read everyday
  - Talk about ideas
  - Share information and data

# THE SUCCESS INDICATOR

*By MaryEllen Tribby*

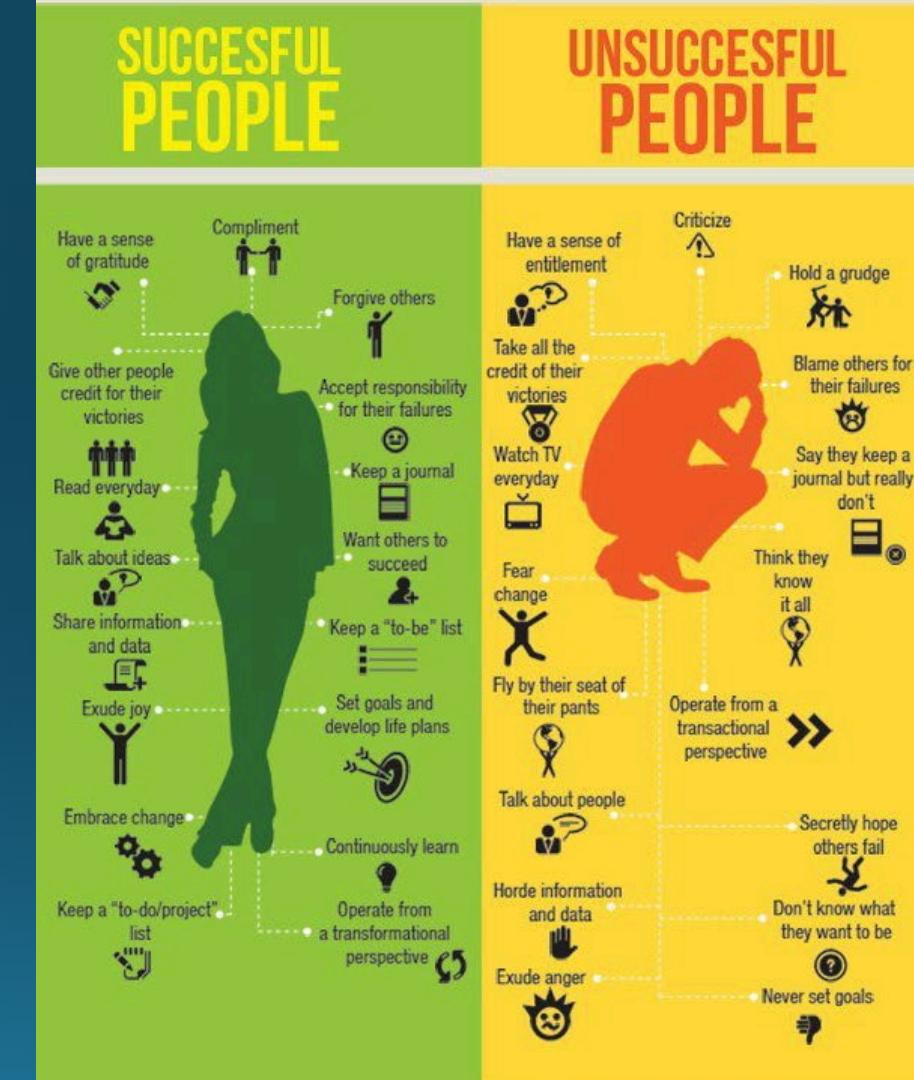


# Successful People...

- Exude joy
- Embrace change
- Keep a "To Do/Project" list
- Accept responsibility for their failures
- Want others to succeed
- Keep a "To-Be" list
- Set goals and develop life plans
- Continuously learn

## THE SUCCESS INDICATOR

By MaryEllen Tribby



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# THE SUCCESS INDICATOR

By MaryEllen Tribby

## SUCCESSFUL PEOPLE

- Have a sense of gratitude
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- Give other people credit for their victories
- Accept responsibility for their failures
- Keep a journal
- Want others to succeed
- Talk about ideas
- Share information and data
- Exude joy
- Embrace change
- Keep a "to-do/project" list
- Continuously learn
- Operate from a transformational perspective

## UNSUCCESSFUL PEOPLE

- Criticize
- Have a sense of entitlement
- Take all the credit of their victories
- Watch TV everyday
- Fear change
- Fly by their seat of their pants
- Talk about people
- Horde information and data
- Exude anger
- Hold a grudge
- Blame others for their failures
- Say they keep a journal but really don't
- Think they know it all
- Operate from a transactional perspective
- Secretly hope others fail
- Don't know what they want to be
- Never set goals

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# Unsuccessful People...

- Criticize
- Have a sense of entitlement
- Take all the credit of their victories
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- Fly by the seat of their pants
- Talk about people negatively
- Horde information and data

# THE SUCCESS INDICATOR

By MaryEllen Tribby

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# Unsuccessful People...

- Exude anger
- Hold a grudge
- Blame others for their failures
- Don't read enough
- Say they keep a journal, but really don't
- Think they know it all
- Secretly hope others will fail
- Don't know what they want to be
- Never set goals

# Wrapping Up

# Important Things to Remember

- Always keep learning
- Get back to the basics periodically
- Get out of your comfort zone
- Take care of yourself mentally, physically and monetarily
- Go meet people
- Travel
  
- Be happy!
- Be successful!

# Thank You!

- Contact Info
  - [psheriff@pdsa.com](mailto:psheriff@pdsa.com)
  - [www.pdsa.com](http://www.pdsa.com)
- Check out my Pluralsight courses
  - [pluralsight.com/profile/author/paul-sheriff](https://pluralsight.com/profile/author/paul-sheriff)