

Transitioning into Specializations

Strategies and Wellness Tips for Part II of the Bootcamp Experience



Key Differences

- Self-paced workday
- Self-managed (less hand-holding, more taking ownership)
- Pre-recorded lecture
- Workplace vibes

Strategies to Adapt and Stay Engaged

- Body Doubling
- Pomodoro Technique
- Change Up Your Flow/Scenery
- Remove Distractions
- Note-taking vs Listening
- Rubber Ducking
- Pair Programming
- Utilize Live and External Resources
- Adjust Your Schedule
- Plan Your Day



Body Doubling

“*Body Double* is a term that refers to someone else who is present while you complete tasks of any kind.”

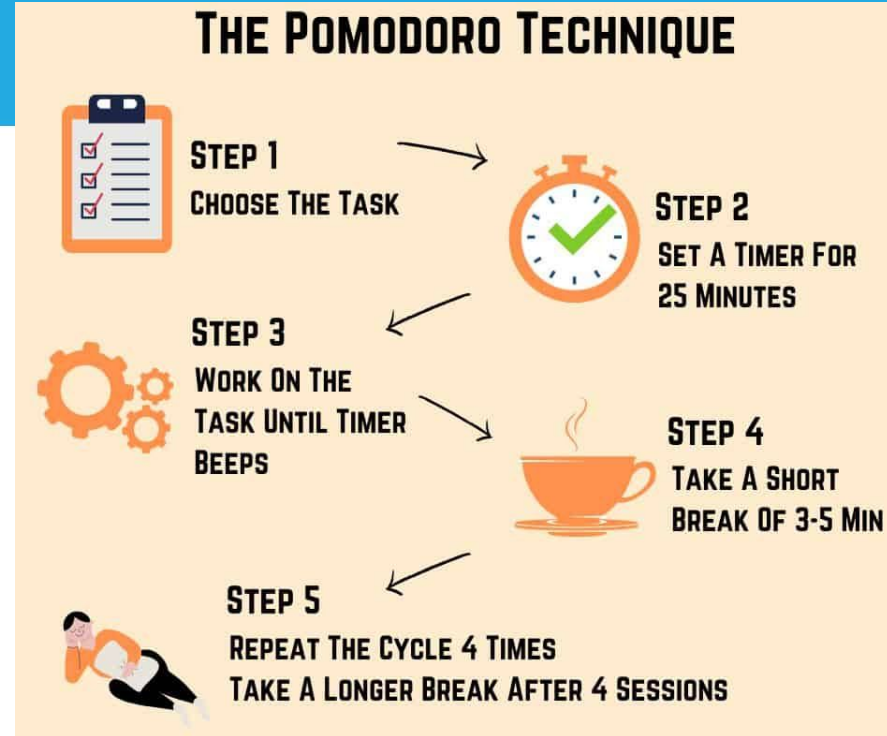
“The body double doesn’t have to “do” anything in particular - they can work alongside you, or they can simply be there for moral support.”

“A body double serves as a ‘physical anchor’ - a grounding presence that keeps the distracted individual planted firmly in their seat.”



Pomodoro Technique

The Pomodoro Technique is a time-management system that encourages the user to break tasks within the workday into short, 25 minute segments with required breaks in between.



Change Up Your Flow/Scenery

Flow - The way you tackle your day (ie Stand-Up>Lecture>Lab)

Scenery - Your surroundings

Simply bringing a change of flow or scenery into your day can help you to remain engaged and motivated by breaking up monotony, making your brain think it's doing something new and exciting, and challenging yourself to think a little bit differently than you typically do.



Remove Distractions

- Allow yourself to be in a quiet space
- Turn off your phone or put it away
- Shut down superfluous browser tabs
- Listen to music with ~no words~
(think lo-fi beats or classical)
- Keep your workspace tidy



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Note Taking vs Listening



Rubber Ducking

Rubber Duck Debugging

The rubber duck debugging method is as follows:

1. Beg, borrow, steal, buy, fabricate or otherwise obtain a rubber duck (bathtub variety).
2. Place rubber duck on desk and inform it you are just going to go over some code with it, if that's all right.
3. Explain to the duck what your code is supposed to do, and then go into detail and explain your code line by line.
4. At some point you will tell the duck what you are doing next and then realise that that is not in fact what you are actually doing. The duck will sit there serenely, happy in the knowledge that it has helped you on your way.



Pair Programming

We are firm believers that working with others is one of the best ways to really learn and absorb new material. Because Specializations allows for the ability to be a bit more self-paced, we will not *mandate* pair programming, but we HIGHLY recommend that you do so.

- Two heads are better than one
- An effective way to share knowledge
- Develops technical interpersonal skills
- Communication fostering creative problem-solving
- Team Building and Community



Utilize LIVE and External Resources

When we struggle with video fatigue, isolation, and difficulty focusing, one of the best remedies is putting yourself into contact with others.

- Body Doubling
- Pair Programming
- Utilizing the queue
- Asking a Tech Lead, SME or Student Success Manager for 1:1 time
- Finding an interesting article about the topic you're covering
- Peeping to see if your favorite YouTuber explains the concepts in different terms



Adjust Your Schedule

Some people are early birds and some people are night owls - use who you are as a person to determine how you will tackle your day!

-If you're an early bird, you might find that you do best tackling lecture in the morning, and utilizing the afternoon for hands-on engagement with lab exercises.

-If you're a night owl, you might need the hands-on engagement a bit earlier in the day. Consider working on lab exercises for a bit before you dive into lecture.



Plan Your Day

Having a plan of attack for what you will conquer in a day makes all of the difference in staying caught up and engaged. Consider using a planner, calendar, or a to-do list/task manager as a way to stay organized.

I work best operating out of a pen & paper planner so that I can cross things off of my to-do list - a [Trello](#) board might be a better option for some students so that they can digitally manage what they are doing for the day.



Mindset and Attitude

The Bootcamp is a challenging experience! One of the biggest obstacles is keeping the right mindset when you are going through those challenges. While we ought to acknowledge the discomfort, the way we frame it in our minds can make a world of difference.

“Today was hard, but it stretched me and the material will continue to click as I practice”

“I’m feeling challenged and excited to see how this will propel me in the workforce!”

“I’m so proud of my mind&body for allowing me to move through this.”



Treat It Like a Job

Your learning in Devmountain is setting you up for a career in tech. Specializations is designed to help you acclimate to what the tech work-space will look like.

When you move through Specializations, imagine you are moving through your first job in the field.

- When I am asked to learn something, do I do so begrudgingly or with a positive attitude?
- Am I communicative and kind to my peers?
- Am I being patient with others as they are working with me on the same team?
- Am I demonstrating attributes that an employer would be pleased to have on their team?