

## Week 2 – Hall Life

My first proper week on campus has passed. Free from the obligatory stress of having to talk and interact this week, I find myself liberated amid mounting academic and career pressure and expectations.

Although it suffices to say I am still getting accustomed to the on-campus hall environments, I think I am feeling happier out there, free from most sources of stress.

Can't things just go slower and let me just enjoy the sole company of myself in deep reflections, and those people I really treasure?

The next few slides would briefly cover my daily **hall routines**, **enablers** and my own **anticipations** of this hall semester (in the remaining four months):

### Daily Routines

#### (1) Morning daily workouts (YES sunshine!)

- Motive: wake up (6:45) and sleep earlier self-pledge
- 15-minute hillside jogs (7:00-7:30 start)
- Exercise to keep myself physically healthy
- Cycling/Hiking at weekends: TBC

#### (2) Dining choices

Decide to buy all my meals for convenience and time cost

- Breakfast: LG1 sandwich (\$11)/ McD (\$24)/ MX (\$26)
- Lunch: Super sandwich (\$35 or occasionally \$45 to be on a coffee boost)
- Dinner: Seafront takeaway (\$29)

Daily approximated cost: ~\$80-100

Further compressing costs (e.g. all sandwiches/ snacks) would make meals less balanced and healthy. Should be nearly the best cost I could achieve w/o sacrificing food quality and time.

#### (3) Academics

Self-study (semi-guided mode?), consistent with sem 1-3

- Adhere to self-studying pace
- Should spend more time in digesting more quantitative and technical items (e.g. R/ derivatives/ .cpp) myself
- [Wish library was open!]

#### (4) Career: Read, aggregate and sum up news/ findings more

- Make better crypto trades/ build up model
- More frequent meetings w/ initiative team members

#### (5) Gaming time

- Tetris/Taiko when bored/ stressed
- Trying to limit 1 hour/ day

## Enablers

- Minimize distraction - time to reflect and gain motivation
- Good place to build healthier self-routines with less friction, and external opposition  
<a much better place compared to home...>
- Potential exposure to a wider network  
<unfortunately, 5th wave of covid is here...>
- Access to facilities [especially bbg terminal!]  
<but lib closes at 5, bbg terminal @LSK at 6, and sports ground is completely closed...>

## Anticipation

- Utilize the environment to promote habit buildup
- Enjoy the process, live happier, expect less
- Minimize unnecessary items and headwinds  
  
I don't actually need that many people or materials - just the ones that matter!
- Learn to be efficient and leverage external insights/ resources well
- Be a better person in terms of emotion handling and interpersonal warmth
- Continue to be inspiring and get inspired.