

Week 17, 2025: Week of Math Education Revisit

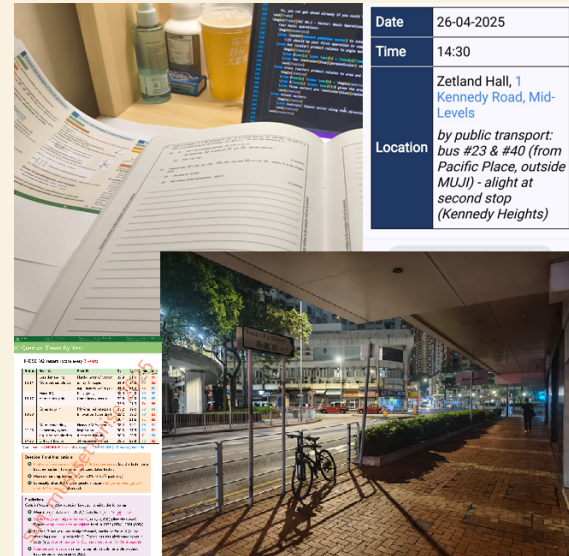
Events/ Work Highlights

Math Education

- Joined a 800-strong wts group of math experts and students.
- Spent ~45 hours over the week revamping my 2022 M2 reminder deck (MS Paint, 28 slides) to 2025 ver (LaTeX beamer, 39 slides). Received 13k views on ig (exp. 10k).
- Coordinated with a taskforce of another EMath student and two teachers on distributing/ upscaling resources (ongoing).

Personal

- Did Mensa on Saturday. Comfortable entry if not careless.
- Locked in with HKPFS, other scholarships and collaborations.
- Devised auto text-to-html converter app



Date	26-04-2025
Time	14:30
Location	Zetland Hall, 1 Kennedy Road, Mid-Levels by public transport: bus #23 & #40 (from Pacific Place, outside MUJI) - alight at second stop (Kennedy Heights)

GRATITUDE CORNER

- Knowing more passionate, ambitious math edu fellows
- Able to preserve/ enhance my edge in math edu hobby
- Recognition on previous work's impact from student feedbacks/ teachers' praises of my free mock quality

PRODUCTIVITY HACKS

- Delayed sleep phase disorder (DSPD) is common in high-cognition, screen-heavy lifestyles, but our circadian rhythms are plastic (changeable easily).
- If allowed to follow own schedules, e.g. 6am to 3pm sleep, sleep quality and peak work efficiency could be preserved.

Fun Facts & Analysis

Interaction btwn sleep deprivation and social func

- Autism is linked to genetic mutations that affect melatonin regulation and circadian rhythm
- Sleep disruption brings hyperactivity and easier distraction than those who sleep well
- sleepiness predicts less social motivation (Axelsson et al., 2020), less social activity (Holding et al., 2020), and worsened social skills (induced autism?)

What's up next · Takeaways

Carried over from last week:

- Automate YT Insights via Py API library
- Trade Strategy Expansion/ Testing on MDP
- Document Lec4 CS234, study Lec 7-8 (Wrap up PPO)
- Timetable matcher
- Fina. data sentiment handler
- Website v4 ecosystem/ wrapper
- Upgrade newsletter with 5-10 insightful graphs per week

WEEKLY

#99: Approximation

discusses philosophy of navigating life by "just enough approximation w/o micromanaging" and introducing "psychology" component alongside science.

FEEDBACK

