Ideal Working Conditions	On The Clock
Limited distractions, but don't let that stop you from talking to me! I need a balance In lab + at home fluidity is nice.	11-5 in lab, then 5 to whenever at home ideally.
How to Reach Me	How to Give Me Feedback
Slack	In a specific manner if it can be helped.
Emails:	Constructively.
Jmg367@case.edu Grayjason13@gmail.com	Whenever you have the urge.
Phone: 440-465-4608	
I Need	I Struggle With
Understanding with all 3 of>	Anxiety (GAD), Social Anxiety (SAD), ADHD.
Help with biology/genetics/cancer knowledge in general	 Might be panicking over things that seem normal. Might seem fine externally. May not be able to stay on topic, might interrupt, can't stay still, needs reminders.
I Can Help With	Else
Python/C++, especially algorithmic things.	If you like metal, let's nerd about it.
Physics and math	