Alarms, diagrams, side quests

...

and other lessons from having ADHD in tech

Who am I?

Ben Feldberg Collins

Stuntman

Mechanic

Spy

Doctor

Engineer

Full stack software engineer

Frontend Developer

DJ Event Manager

ADHD

Head of Department

Ski and Snowboard Instructor

Instructor

benfc1993

Brains

|| Neurotypical || ADHD |
|---|---|
| - Able to ignore external stimuli | - Always receiving external stimuli |
| - Motivation to take a task to completion | - Tendency to reach '80%' completion |
| - Well-regulated dopamine production | - Deficient dopamine production |
| - Good working memory | - Poor working memory |

Open Document

- Store thoughts

- Free up working memory

- Help to stay on task
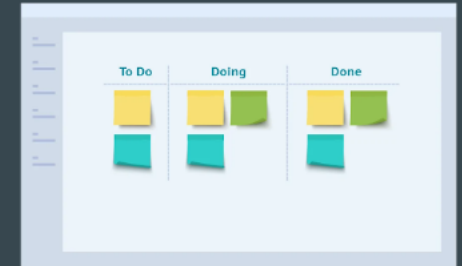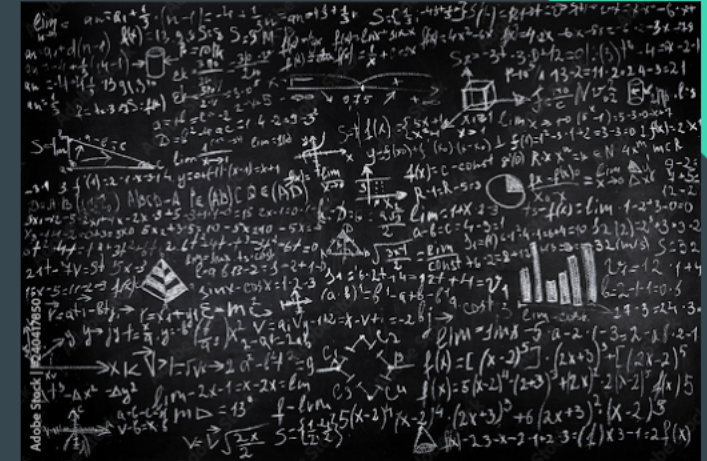
Where's my dopamine?

How to eat an elephant:

The other 20%
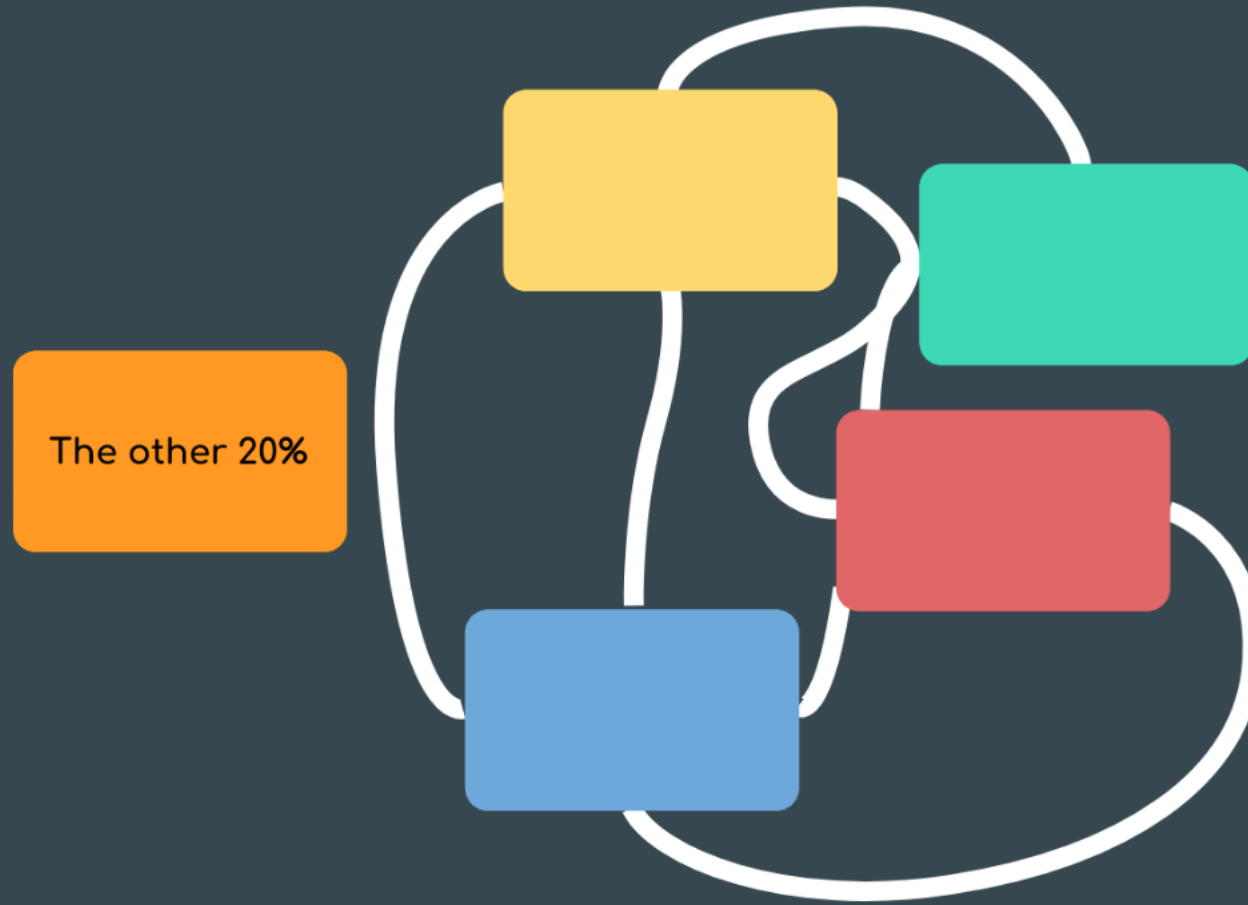
How to eat an elephant: One bite at a time

How to eat an elephant: One small bite at a time

- Small chunks
- Well-defined requirements
- Checklists
- Good indication of effort / time

How to eat an elephant:

One small, easy to digest bite at a time

Visual

- Easy to absorb

- Sparse information

Written

- Detailed

- Long
- Boring

Verbal

- Great for collaboration

- Temporary

Hyperfocus

How To Get the Most out of Hyperfocus

- Make sure the work has been planned
- Allocate time
- Set a timer
- Take regular breaks
- Check in with requirements

Context switching

Context Switching

Hey do you have a minute?

Yeah

Context Switching

Hey do you have a minute?

Yeah, give me 5

Context Switching

Hey can I grab you in 5?

Yeah

Side Quests

Side Quests

- Break down tasks
- Plan task into small chunks
- Allocate time
- Set Alarms
- Hyperfocus
- Take a break
- Check Requirements
- ...
- Allocate time
- Set Alarms

benfc1993/p5-present

Tips and Superpowers

Tips

- Have a stimming toy
- Background music
- Keep things visible
- Spell checkers

Superpowers

- Heightened EQ
- Pattern recognition
- Creative problem solving