

# THE STRUGGLE OF TECH

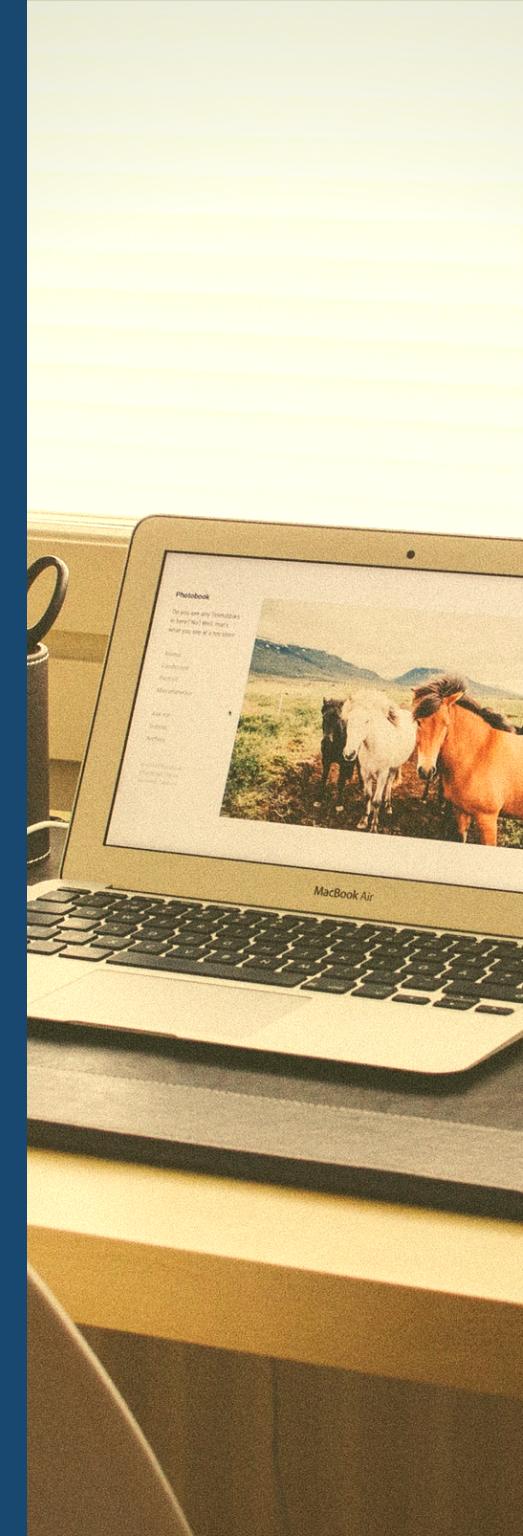
Feeling Better as a Learner

PRESENTED  
BY

GLORIA DWOMOH

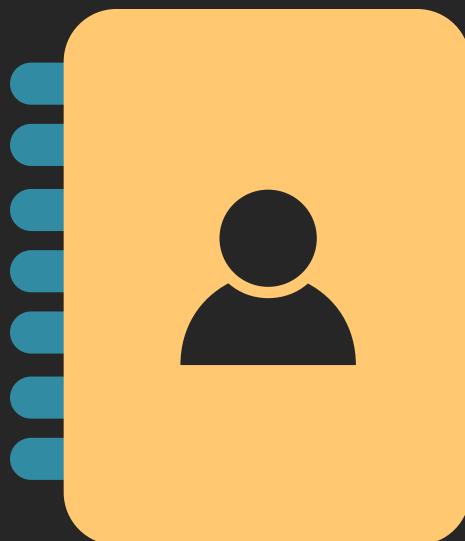
# ABOUT GLORIA DWOMOH

- Computer Engineering Student at Piraeus University of Applied Sciences, Greece
- Mozilla Tech Speaker Participant - Program that connects speakers who talk about the open web and what is important to Mozilla.
- 7 Cups Volunteer/Mentor - Helping others maintain their mental health through the use of active listening.
- Find out more:  
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# How it All Began - Story Time

Once upon a time....



confidence  
interviews  
**learning**  
trial & error  
magic  
**joy** chemistry  
fear  
algorithms  
epiphany  
mistakes  
**coding**  
frustration



# The Importance of a Strong Mind

The healthy foundation.

# A HEALTHY MIND



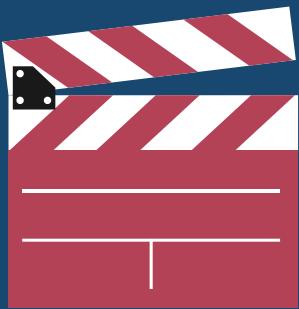
“

Mens sana in corpore sano

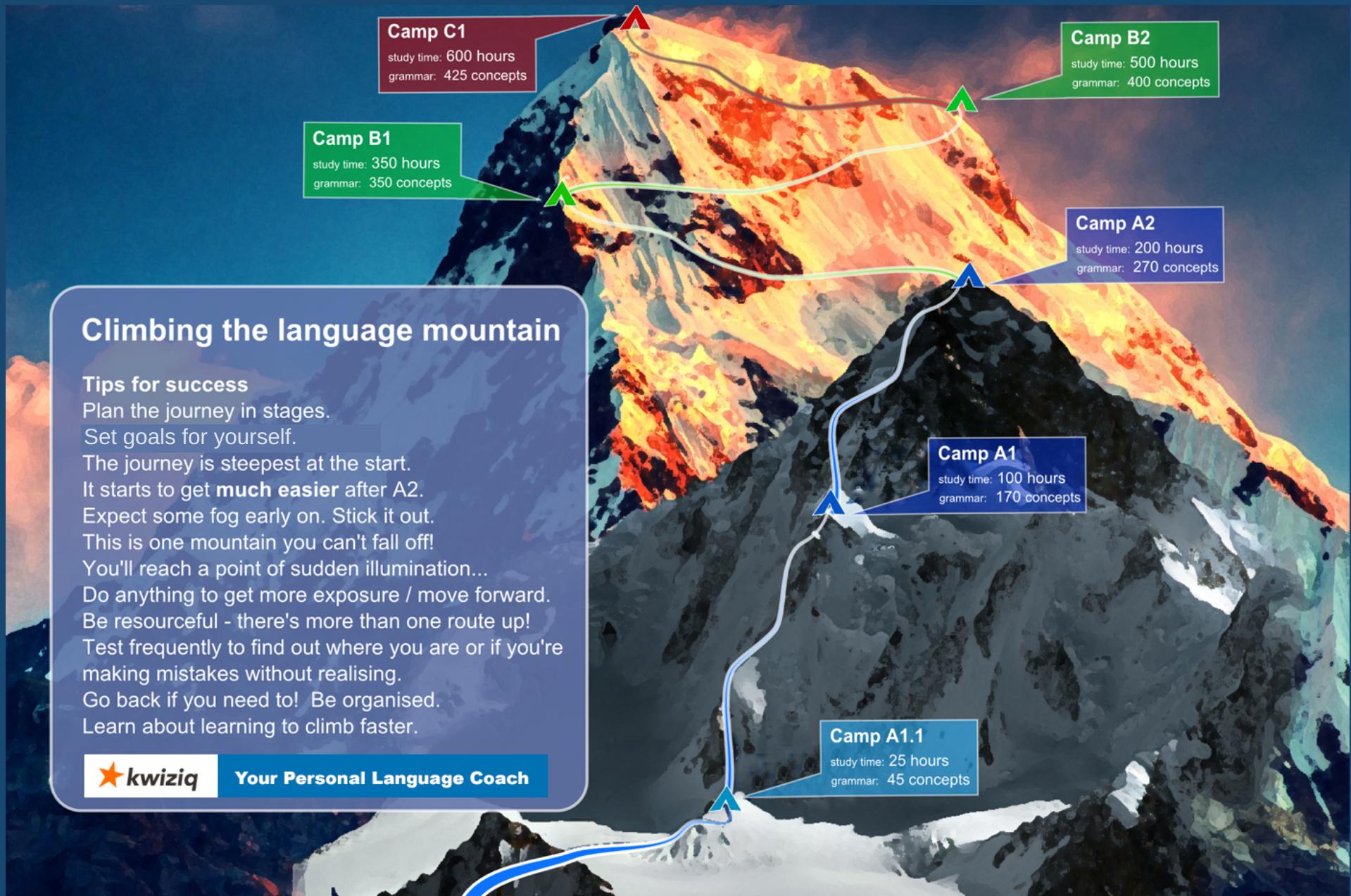
A healthy mind in a healthy body.

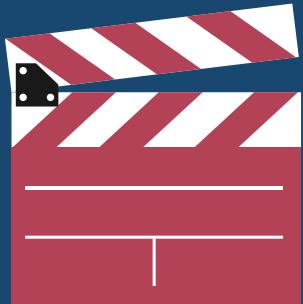
From Satire X of the Roman poet  
Juvenal

”



Learning a programming  
language is similar to learning a  
spoken language.



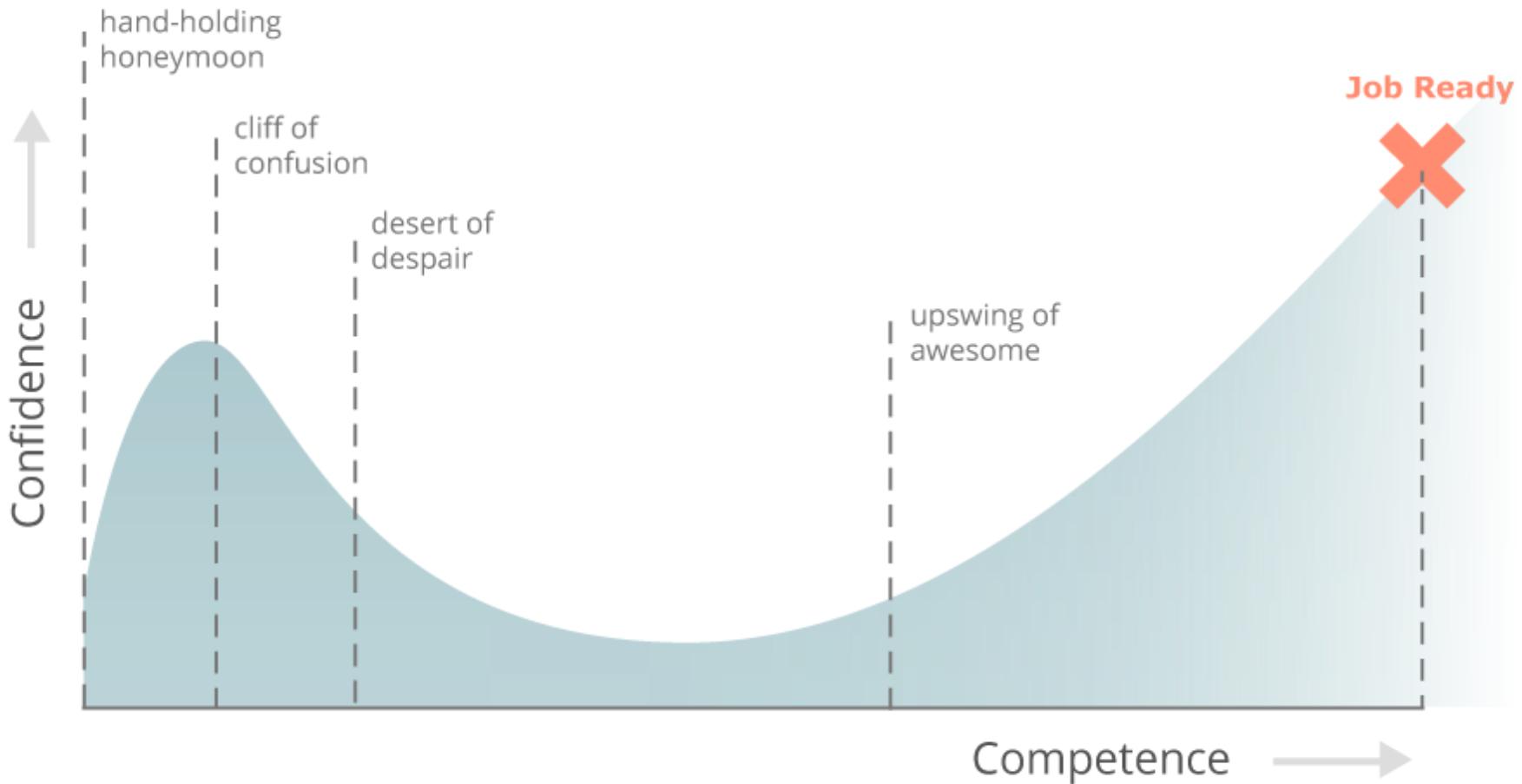


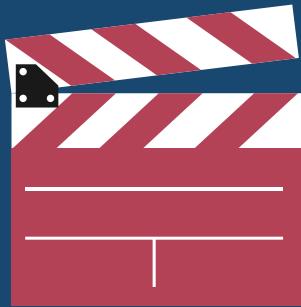
# The Journey

Setting healthy goals and values.

# Beginner to Job Ready

## Coding Confidence vs Competence

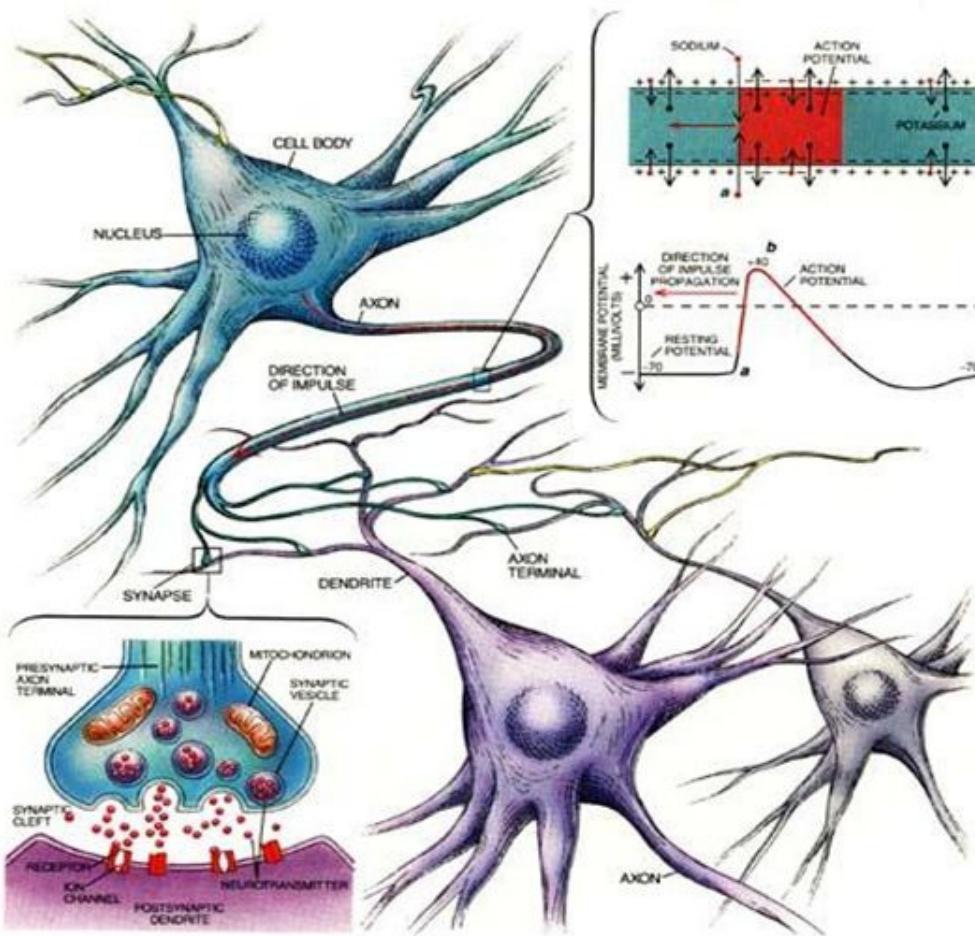




# Understanding the Fear

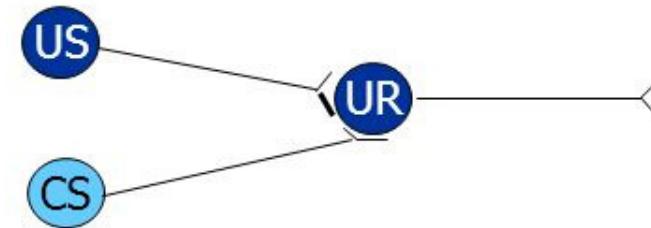
Why am I Afraid?

# Hebbian Learning

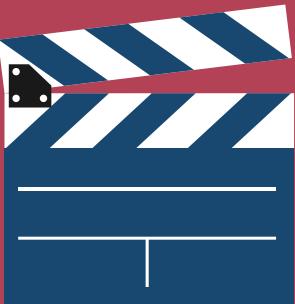


## Hebbian learning:

- When two joining cells fire simultaneously, the connection between them strengthens (Hebb, 1949)
- Discovered at a biomolecular level by Lomo (1966) (Long-term potentiation).



Learned associations through the strengthening of connections...



# Re-framing

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# Exposure Therapy

# Beneficial Thoughts

## (vl.)

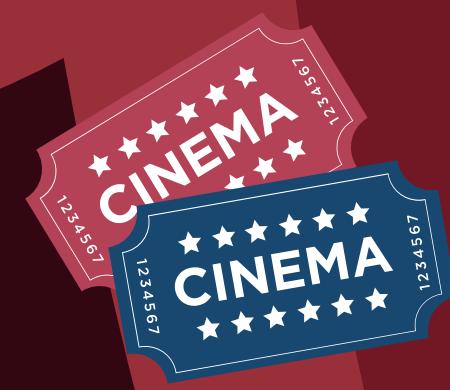
- Do not be afraid of going against the grain.
- Remember that rumination and worry don't work.
- Avoid or limit access to harmful or negative people.
- Eliminate distractions.

# Beneficial Thoughts

## (v2.)

- Focus on what you have control over.
- View failure differently and internalize your success.
- Become accepting of uncertainty.
- Do not forget to appreciate your support network.

LET YOUR SUCCESS  
STORY UNFOLD!



HAVE A GREAT DAY AHEAD



Thanks!

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