

just started work past week

junior quant researcher

not enough time to know exactly

what happened last summer

look at back

not posting about strategies on social media

social media abt music in short form - less pressure

to start

long term

on computer a lot - order back, relaxation

how to find a career?

- how to interview advice

- shorts abt google interview, say no and go to other direction

- how to talk about

- not much on it, quant is very secretive about strategy

- news / social media not accounted for in algorithm

Music

- more out of blue

- insta is more educational

- Youtube shorts is more entertaining

- insta is really fast music prints

- Adrian an instn - composes studies etudes, explaining the harmonic concepts behind a piece
- Open studio jazz -
- photography tips - places in NYC
- feed ur gf
- How often you learn these things?
  - Less than 5%
  - sometimes sees it in a week
  - usually save those things
- Opening up a DAW is hard activation energy
- highest attempt rate when it has to do w exercise
  - new exercise for repertoire
  - dad fixing posture
  - gf gave skull crushers workout
- Impression of multitasking
  - starts immediately w/ jazz chord progression
  - singing technique videos are immediate
  - usually watches instn when doing something else - dopamine
    - really easy things are nice to do
    - lack of discipline

• long form videos (mostly youtube)

- not so much recently

- saved music theory & bit music theory  
• video game music broken down

• mostly insta & youtube

Used to have a lot of self-improvements on Youtube

• note on how proud he was on something

Search for rods in smash to learn matchups

used to watch like a sport, fall asleep

• algorithm shows lots of things that he wouldn't  
search for on insta