



Embrace the Suck



Thoughts on Perseverance from a Junior Dev

Hello,
Welcome and thank you for being here.

My name is Ellen Mey and I am an iOS developer at Detroit Labs

This is Embrace the Suck: Thoughts on perseverance from a junior dev

What are we going to do today?

Introductions

Who am I? Why am I here?

Grit, Perseverance, and the Growth Mindset

How do?

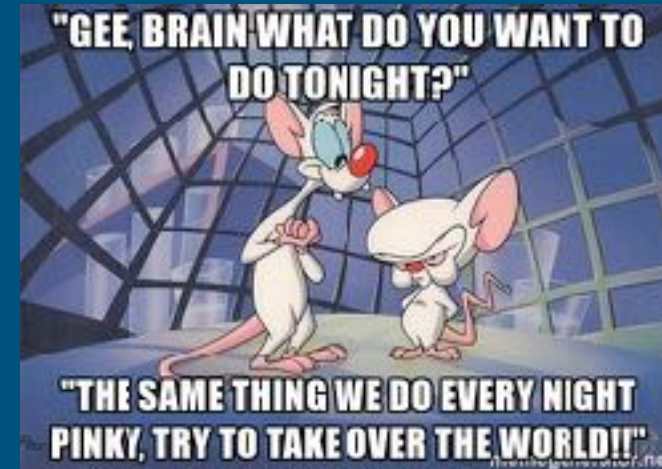
Embrace the Suck

Goals

Build a Community

Perspective & Reflection

Take Care



Today we are going to talk about

Introductions

- Who am I? Why am I here?
- Grit, Perseverance, and the Growth Mindset

How do?

- Embrace the Suck
- Goals
- Build a Community
- Perspective & Reflection
- Take Care

Questions??

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iOS Developer

DETROIT LABS



I'm Ellen - Cats, hockey, beer, and traveling.

Worked in Education

Taught high school in Detroit

Discovered the research done on Grit and Perseverance

Apprenticeship - value to myself and colleagues

Perseverance

Steadfastness in doing something despite
difficulty or delay in achieving success

Familiar, most of us have heard of this concept

Grit

Courage and resolve; strength of character

Growth Mindset



“Whether you think you can or think you can’t
you’re right.”
- Henry Ford

Intelligence and talent can be developed

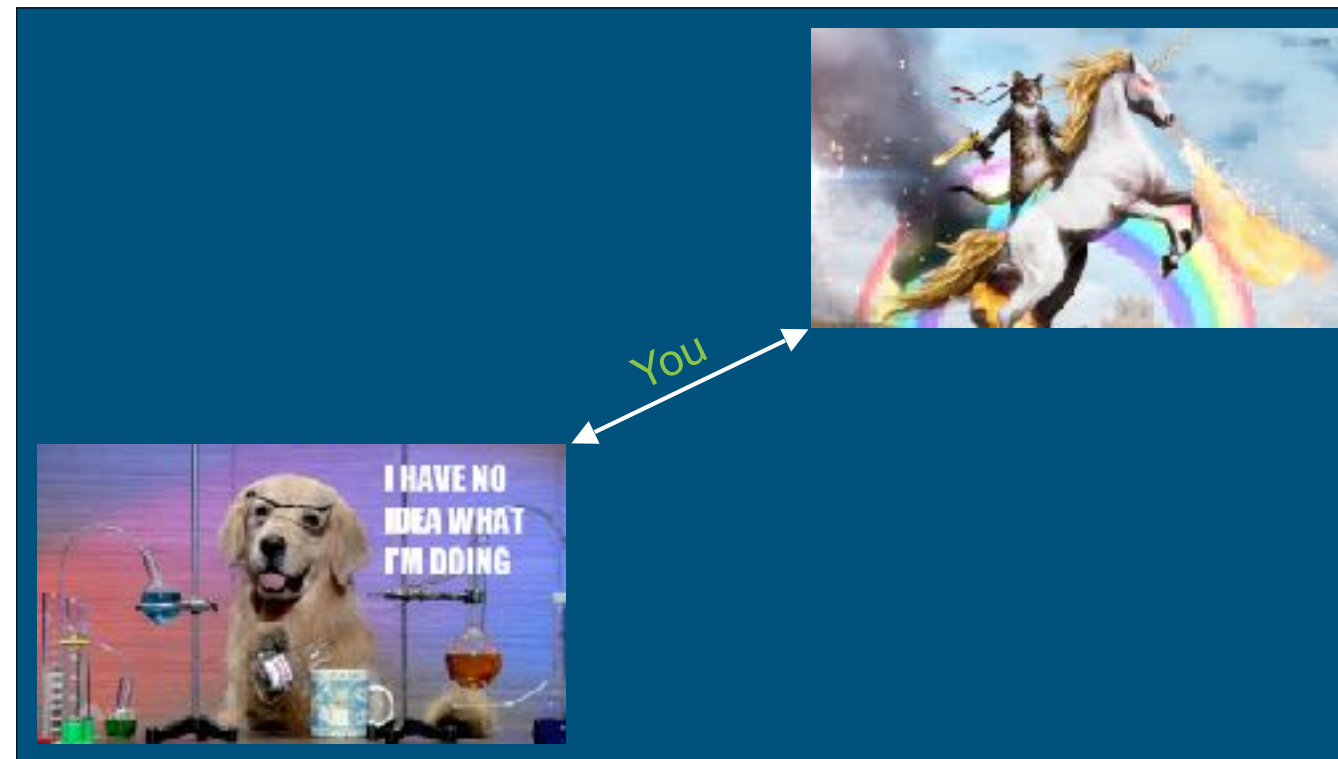
True for Grit and Perseverance



Becoming a Developer

Becoming a Developer - Learning curve
Resources vs knowledge

Sisyphean



Constantly fluctuate between knowing nothing and feeling brilliant

Sometimes multiple times a day, sometimes stuck for a week

Not for weak at heart

Frustrating

Embrace The Suck



Military Concept

The work isn't going away

Recognize the suck.

It won't get less sucky. Get it over with.

Goals



Do have have them?
Have you thought about them?

Set your own.

Write them down.



SMART GOALS

Share them to keep yourself accountable

Build a Community



Slack, meetups, coworkers, peers

Find a mentor

Two way street



Perspective & Reflection

Don't measure yourself compared to others - your beginning to someone else middle

Goals help you see how far you've come



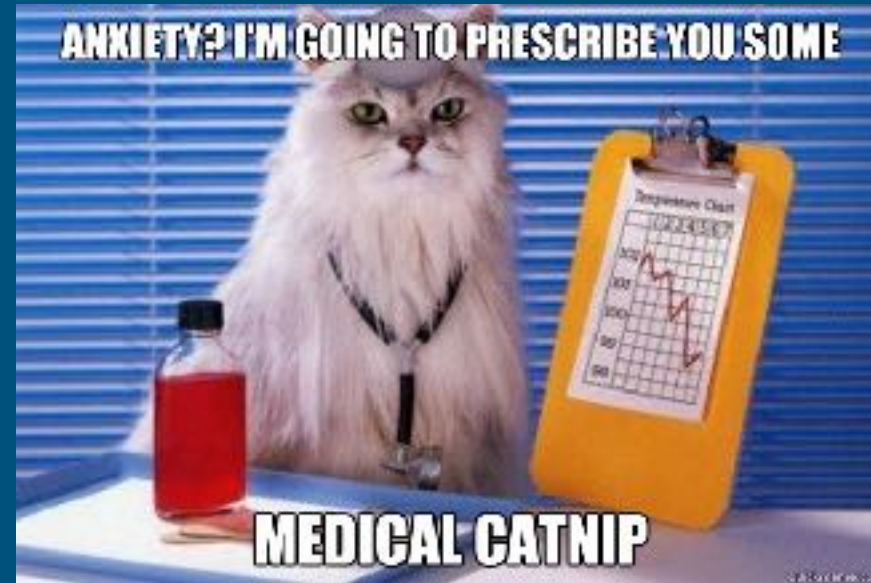
Zen Horse

Riding along

Bucked off

See it, walk with it

Take Care



Burn out

Anxiety

Ask for help

Care for others



- Acknowledge the Suck and Embrace It
- Set SMART Goals
- Share your Goals
- Build a Community
- Reflect on Your Progress
- Ride Your Zen Horse
- Take Care of Yourself and Others
- Check in with Your Community

recap



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