**Week 3**

**Name: Thomas Jithin**

**Mobile: 9656816629**

| **Personal Development Workouts** |
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| 1. Watch Jocko’s interview about Discipline equals Freedom.   [Why Discipline Equals Freedom](https://www.youtube.com/watch?v=j3UkRFyaALI)   1. Prepare an audio note about this interview and the concept of discipline equals freedom. |
| ***1. Discipline Equals Freedom***  *Watching Jocko Willink's interview video was an eye-opener for me. It helped me realize the importance of discipline in life and how it can lead to freedom. In the interview, Jocko shared his life experiences and the significant impact that discipline had on his life. He also provided practical steps to incorporate discipline into one's life.*  *The major takeaway from the interview was:*   * ***Wake up early in the morning****: Starting your day early can give you a head start .* * ***Don't completely schedule your day, instead, schedule specific parts of the day****: This approach allows for flexibility while ensuring that you give time to important tasks.* * ***Try to find balance in various aspects of life****: Balancing work, family, health, and personal time is crucial*   *Remember that everything starts with the first step, which is discipline.* |
| [*Discipline equals freedom Audio summary*](https://drive.google.com/file/d/1aQSjLq7i-Oy0ghOmeHyr9V_HIgXmDe9x/view?usp=drive_link) |

| **Technical Workouts** |
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| 1. Complete basic programming fundamentals in your domain.   For example, if your domain is MEAN, learn basic programming fundamentals in Javascript such as variables, conditional statements, loops, arrays, functions, class, objects, etc.   1. Complete all the assignments in the following document using the language you have chosen in your domain.   [Javascript\_ Domain Fundamentals Assignments](https://docs.google.com/document/d/1EICbfx-_s3ybx8g_kJDtA-T4BpbSjsJv_iVI9xoy0yY/edit?usp=sharing) |
| ***1.Programming fundamentals***  *Week 3's technical assignment was to learn the basic fundamentals in the domain that we are going to choose. I have decided to learn the MERN stack, which is a powerful and popular full-stack development framework and the scripting language used is JavaScript. I researched various internet sources to get a deep understanding of JavaScript and how it behaves. It was challenging for me since I don't have any computer background. I believe that I have tried to grasp the most out of these reference materials, and I will be trying to learn more about JavaScript in the coming weeks.*  *Link to the tutorials that you have followed*  [*Code with harry playlist*](https://youtube.com/playlist?list=PLu0W_9lII9ahR1blWXxgSlL4y9iQBnLpR&si=k0JwJgiFulah_UXI)  [*Namaste JavaScript*](https://youtube.com/playlist?list=PLlasXeu85E9cQ32gLCvAvr9vNaUccPVNP&si=KbC1Ljfecf0xfWBR)  [*Mdn docs*](https://developer.mozilla.org/en-US/) |
| ***2.Javascript Assignments***  *These JavaScript assignments gave me an opportunity to apply all the theoretical knowledge that I have acquired during the last week. It helped me understand the programming fundamentals of JavaScript, such as functions, arrays, objects, and operators, better. The problems toward the end of the session were challenging for me, but I managed to solve them all, and I am proud of myself. I am looking forward to learning more about these concepts and applying them in my journey of full-stack development.*  [Javascript\_ Domain Fundamentals Assignments](https://docs.google.com/document/d/1azPMUlRHeDaEu_Ywc0hT6ceLR1Yya3B1DVTT1LQMZeY/edit?usp=drive_link) |

| **Miscellaneous Workouts** |
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| 1. Practice typing for at least one hour each day. Finish as many chapters as possible as you can. Don’t spend more than an hour each day. 2. Prepare a topic for the tech seminar. Record and upload it on youtube as an unlisted video. 3. Conduct a Feedback session by the end of this week. 4. Prepare your progress video for the last week. Record and upload it on youtube as an unlisted video. |
| ***1.Typing Task***  *I am very delighted to share that my typing skills have improved significantly compared to last week. I was able to achieve a typing speed of 17 words per minute with an accuracy of 82%. Last week, my level on the TypingClub workouts was 80, and this week I was able to reach level 122.*  *These days, I am trying to type as per the guidelines I learned from TypingClub, even while I am coding, which decreases my typing speed because I am more comfortable with typing the traditional way. I am looking forward to challenging myself to improve my current typing speed.*  [typing week-3.png](https://drive.google.com/file/d/15us0GPx8lTFpcVECk0_OAeejt0LgjS4d/view?usp=drive_link) |
| ***2.Tech Seminar***  *This week, I decided to take a tech seminar on the topic of Transmission Control Protocol (TCP) since it has major importance in web networks and information technology . I broke down the session into four parts, which include the definition of TCP, how TCP works, its major applications, and different types of protocols. The seminar is very structured so that people can follow along with the concepts. I tried to improve my communication and presentation skills through this seminar, and I have done my level best to avoid filler words while giving the presentation. It was a very enlightening experience.*  [*Tech Seminar video*](https://youtu.be/YoeK6bDvTpE?si=8UAkJkd92dUb7lWx) |
| ***3.Feedback Session Report***  [Feedback Session .docx](https://docs.google.com/document/d/1-FxRBYlihoz6fqxVVlnMnPMEUQ-u-L2M/edit?usp=drive_link&ouid=107846398963050516182&rtpof=true&sd=true) |
| ***4.Progress Video***  *In this week's progress video, I tried to explain my improvements, challenges, and experiences from the past week. I made an effort to share my involvement in the communication sessions.when it comes to the communication session i believe that it is a very effective way to improve our communication skills and also helps in collective study and development.*  *I have confidence that my self-assurance has improved over the past week, and I am able to speak more confidently in English. I am looking forward to trying my level best to improve and become a better version of myself.*  [*Week 3 Progress video*](https://youtu.be/qRnIhvknUOg?si=1v_wBcchNgtJhvcC) |