

title: **How to do take home tech tests my brain has stopped**

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#### #### Post Text ####

I'm currently juggling a full time customer service job whilst finding out I'm being made redundant next week on top of 4 tech tests so far (maybe 5 if an interview goes well on Tuesday). I finished my bootcamp two months ago but how on earth does anyone manage this? Luckily 3 of the next steps in the processes are pair programming with a senior dev so I can at least interact with someone. The 4th is a take home test that I've already asked for an extension on and is due in the morning. So far I have only created the repo on GitHub and just stopped, like totally stopped. I really feel like building a whole new project from scratch is just too overwhelming for anyone let alone someone with ADHD, Any tips on how to deal with take home projects?

#### #### Comments ####

##### Commenter\_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

I know "break things into small steps" get thrown around a lot in the ADHD community, and sometimes it's annoying to hear, but it's what really works when you're feeling resistance to something.

Figure out what the very next step is, don't worry about the rest right now. Ok, you have the repo on GitHub. What language is it supposed to be in? Are you using a framework? Is there a boilerplate you can grab and utilize for all the grunt work?

If yes, get that into the codebase/start the codebase with it. If not, and as a next step from setting up the codebase, create a new file and write out the functionality in pseudo-code. Then go from there...

Right now your brain is screaming that it's had enough, you're probably feeling a bit of burnout, so the best thing you can do for your brain right now is to only think about the tiniest next step/detail to prevent overwhelm.

##### Unknown\_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

gotta prioritize man. if you hit 1/5 you are good for a bit of time. stop playing footsy and dive deep. take an adderall or drink coffee. go to a coffee shop or your moms basement. snap out of it and start cracking.

really.no alternative man. sorry.

stop being driven by fear. don't be afraid of your success. you got this.