

title: **New college grad, first 9-5 job in programming and it's a bit overwhelming**

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

A few weeks ago I graduated college (graduated in 3 years because I rushed the curriculum, I felt like I couldn't make school enough of a priority if I didn't have too much to do all the time) and started a 9-5 internship in data science. I was only diagnosed with ADHD a year ago, and started on Vyvanse then, but the lost time before I was diagnosed truly... feels lost. My fundamentals feel so weak, so being thrown in like this is a bit overwhelming, and I feel like I'm having a hard time measuring up to what I'm expected to know. Not only that, but even while on my meds, the 9-5 grind feels exhausting, and it felt a bit spirit crushing the first week. I've found little ways to keep me motivated like having a visual of how much time is left, making sure i get up to walk around, drinking water, but it still feels draining, and a lot of the day ends up being overcast by that exhaustion as well. When it comes to problem solving, I really do enjoy it and can immerse myself in it, but things take me longer because those fundamentals aren't there, and it's difficult to stay on task and motivated when no one is in the office still because of the pandemic. Meanwhile, I'm not entirely sure if this field suits my strengths (I studied in computer science because i wanted to do game design and development hoping eventually i'd get there, though i know it's a long shot and impractical largely) and I just feel kind of lost, particularly after trying to adjust to moving back home and leaving my life back at school behind. All this being said, I would love to hear other people's experiences and ideas or tips. Part of what's making this so difficult is I've never known anyone personally to share these struggles and who have been in the industry for a bit, so thoughts are very welcome : )

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

##### Unknown\_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 12

When you graduate you suck, and everyone knows you suck and they expect you to suck. You will have ample time to learn and to grow into a professional for at least 2 or 3 years. Don't worry man, just make sure to know the basics of whatever tech you'll be working with and everything will be fine.

##### Commenter\_2

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

Ok that actually relieves me a bit i might have an internship lined up and im scared of it

##### Commenter\_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

> things take me longer because those fundamentals aren't there

It's probably not because you lack fundamentals, but because any real job requires a different skill set than what you've been taught previously and that's okay. No one hires new grads expecting them to be up to speed immediately, they know you're new and things will take you longer.

The most important thing is to ask questions, don't worry about bothering people, they're there to help you and if they aren't, it's a company problem, not a you problem. I started my current job last summer and I still haven't met most of my colleagues in person, so I can relate to this being a challenge, but reach out, even a slack message can get you on the right track.

Also, I know it's a cliché, but give it time, you've only been doing this for a very short time, a change of routine this big is bound to affect you, but once you get used to it, I promise you it gets easier.

##### Commenter\_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

So the good news is that after a few years of experience you become highly employable. Make a pin on that for later.

I've been working for 5 years now and I'm regularly overwhelmed too. And I feel the soul-crushing of the 9-5 indeed.

My strategy: I use all my days off not for vacations but for regular breaks. 4 days weeks are way more manageable.

But then when do I take vacations? When I switch jobs. remember, you become highly employable at some point. So I can take months off work.

Lastly, the gold standard - and I finally reached it very recently - is to be able to freelance 4 days a week. Now that I found a client that would allow me to do so, and they pay well, I'm going to stick with them as much as possible.

##### Commenter\_5

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

Take breaks and take care of yourself. Get your work done and don't give yourself a hard time. It's ok to goof around a little bit.

Feel free to pm me.

##### Commenter\_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

Yes it's quite long even for me, but you can try to trigger hyperfocus by listening to music while working or if you are having hard time or bored you can try to prime your mind that doing these work will help you work on the things you really want or what your goals are. I always try to associate things to my goal whether I like it or not, because I think it gives me discipline.

##### Commenter\_7

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

Been in game dev for over 6 years every newbie sucks its expected. Just ask for help and test ur stuff and don't be afraid to ask for advice either.