

- **DPWIT-DEI Mental Health and Wellness Day**

How to NOT DO all the Things - My challenges with Neurodiversity

- Kristina Mishra



Agenda

- Me and My Neurodiversity
- Experiences, Challenges, and Benefits
- Discovery of Not Doing It All
- Tips and Tricks (to not do all the things)
- How to do More Things When You Have To
- What If

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DATA WORK MOM



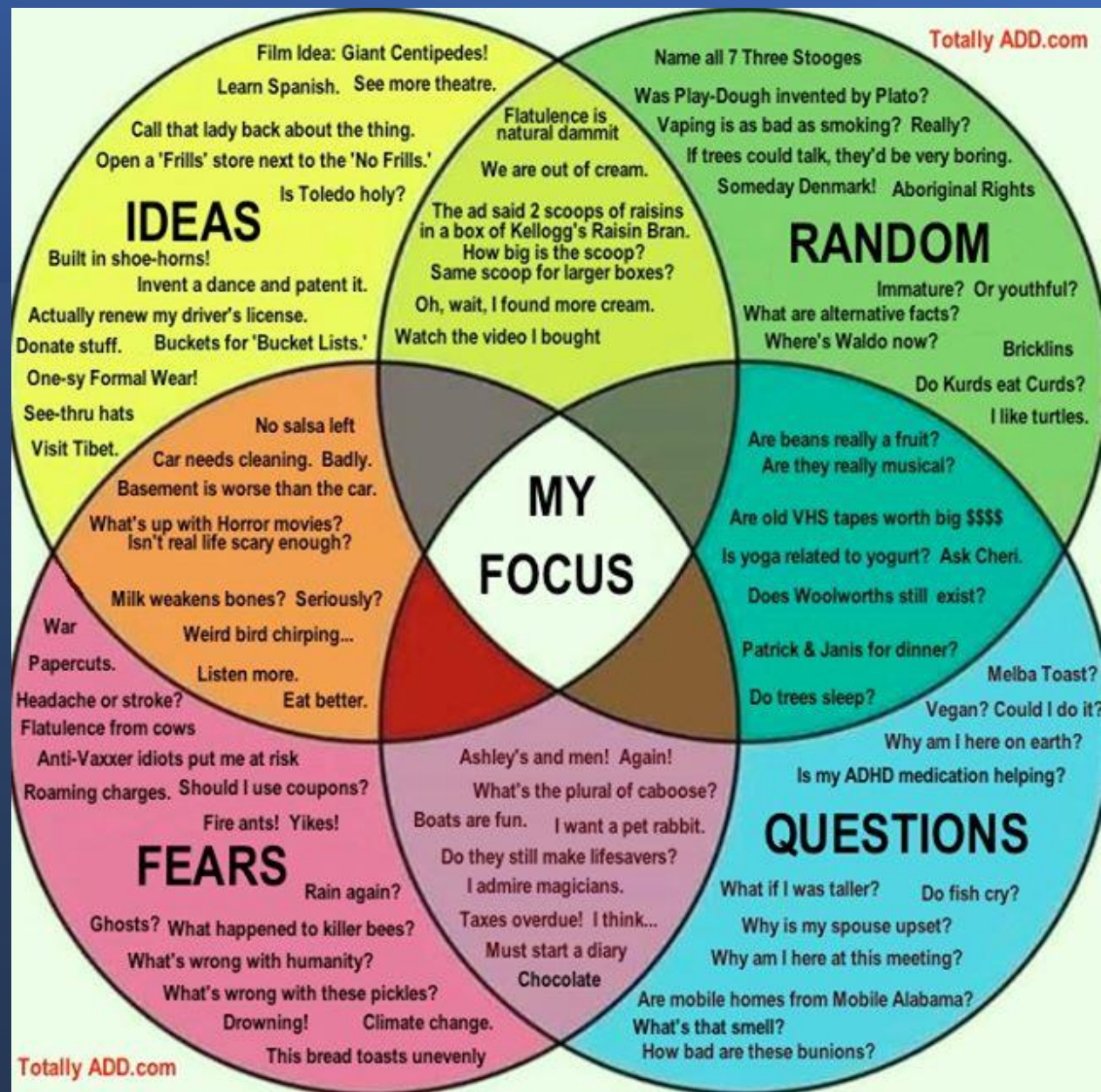


<https://www.choice.com.au/electronics-and-technology/home-entertainment/tvs-and-projectors/buying-guides/tvs>

Me and My Neurodiversity

Do you know how long it took me to find this pic???






Job Hopping and Connecting the Dots



<https://money.cnn.com/2016/04/12/news/economy/millennials-change-jobs-frequently/>



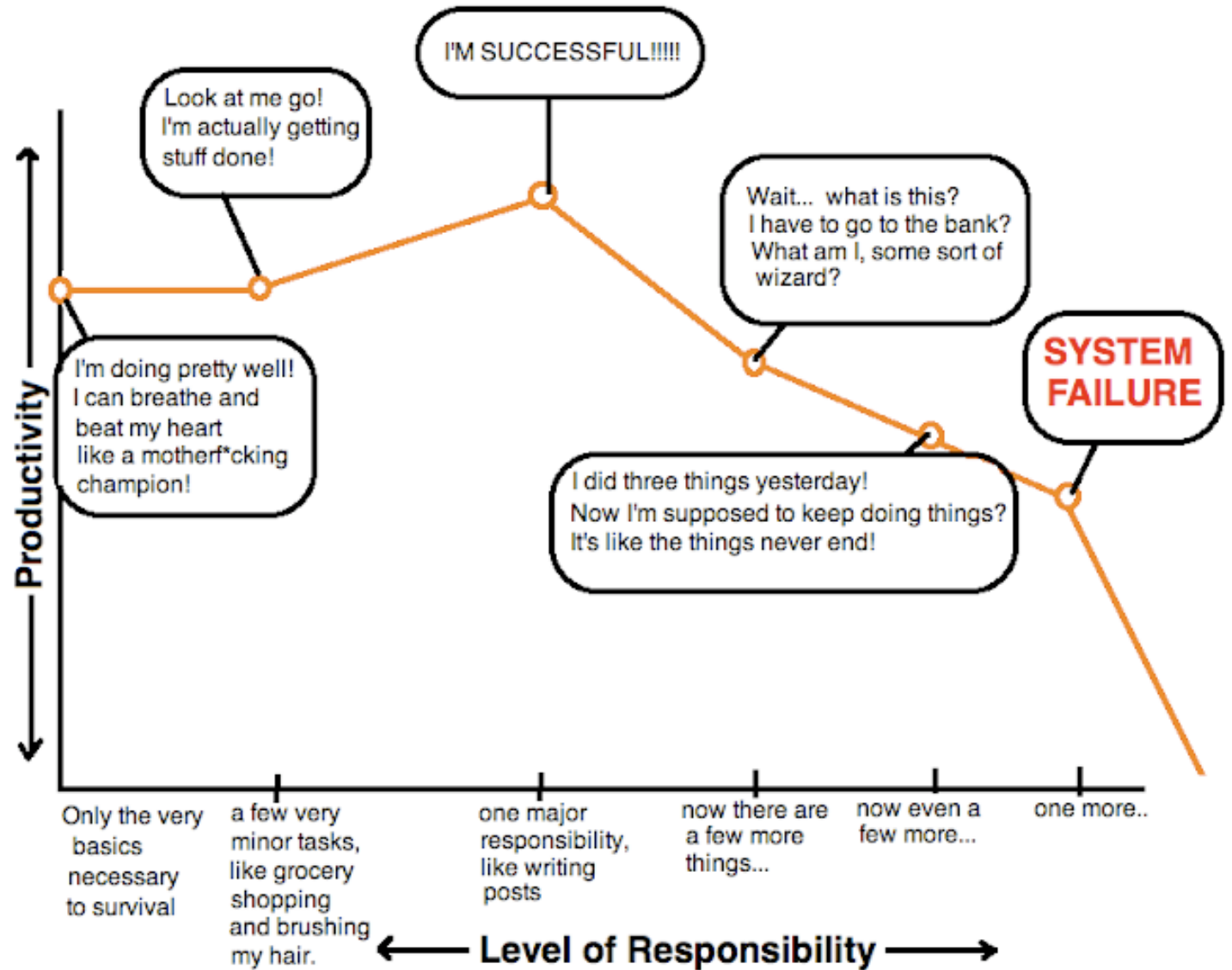
Experiences, Challenges, and Benefits

Discovery of Not Doing It All



Discovery of Not Doing It All

Credit: Allie Brosh
Blog: Hyperbole and A Half
Post: This is Why I'll Never Be an Adult

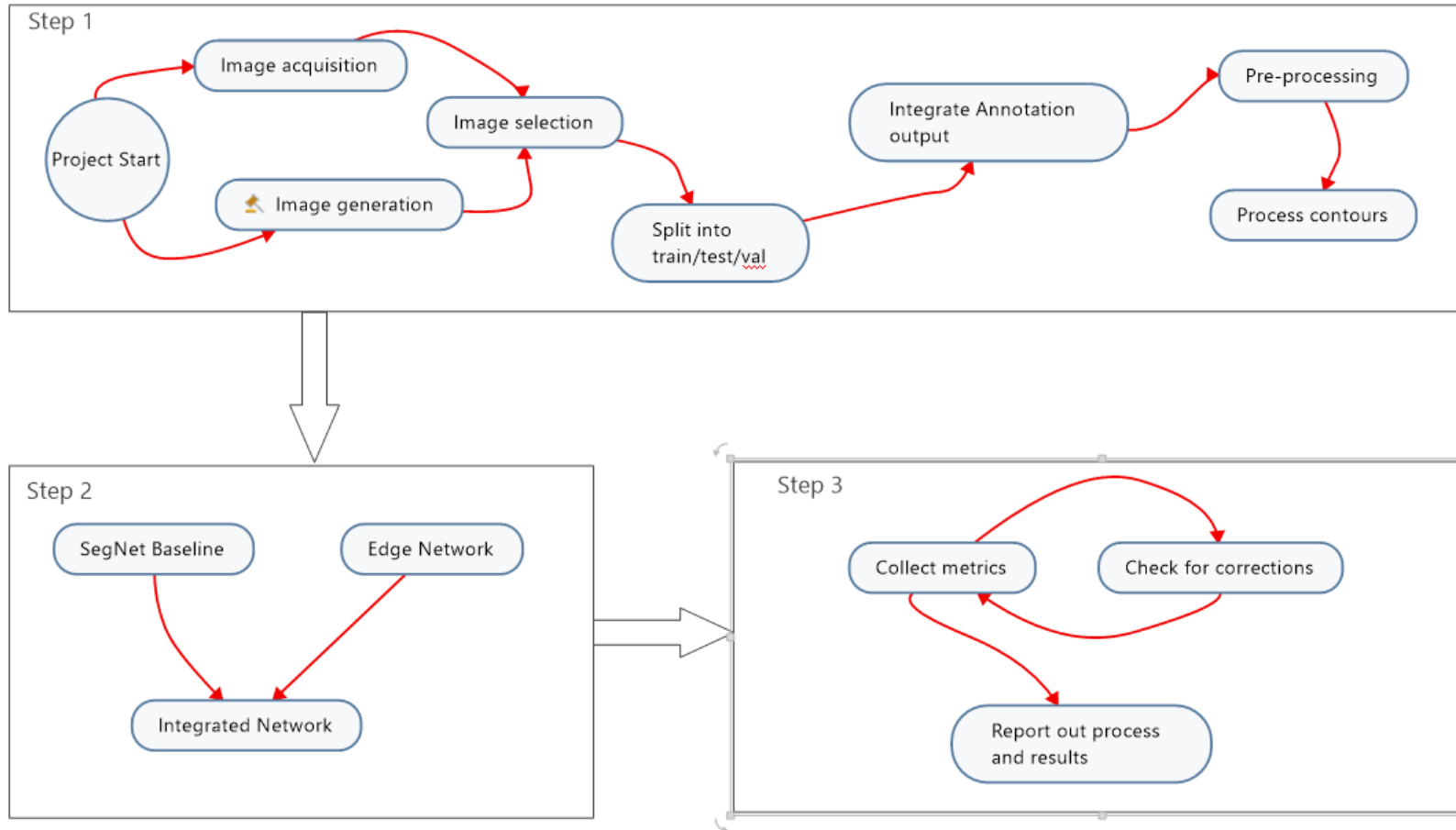


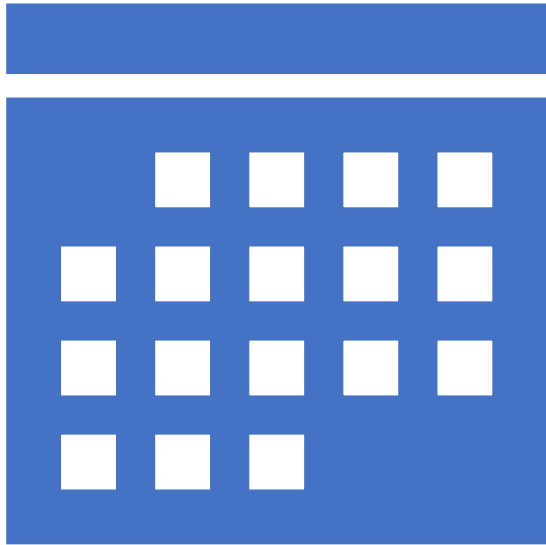
Tips and Tricks: (on how NOT to do all the things)

1. Learn to Say No
2. Allow yourself to be imperfect
3. Put everything on your calendar and color code!
4. Self care – it's not just for influencers
5. Give yourself permission to change your mind
6. Automation – it's not just for work.
7. Delegation
8. Break things into steps

"She believed she could, but she needed a break, so she said no."

Tips and Tricks: Break things into steps

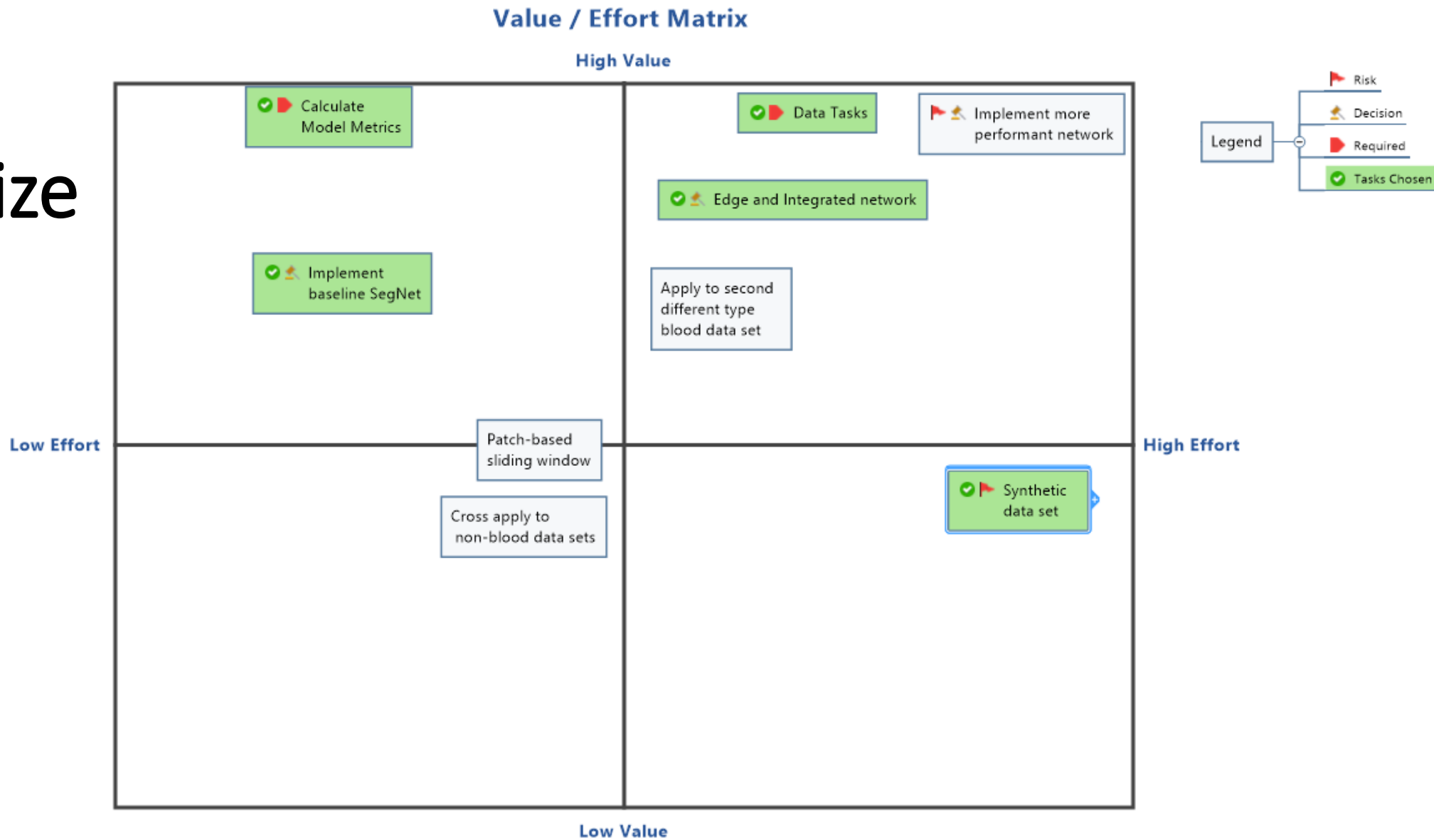




How to do More Things When You Have To

- Prioritize
- Have a handy toolbox
- Determine your most productive times of day
- Keep a notepad near
- Determine how mundane tasks can be refreshed.
- Have down time
- Don't forget your calendar.

Prioritize



IE 583

1. Videos

a. Week 12: Performance Measures

- ☒ i. Intro
- ☒ ii. V1: Confusion Matrix, Accuracy and F-Measure (14:59) (4/13)
- ☒ iii. V2: Kappa, AUC and Class Balance Accuracy (15:01) (4/13)
- ☒ iv. V3: Estimating the Confusion Matrix and Truly Unseen Test Data (7:52) (4/14)
- ☒ v. V4: Bagged Trees and Random Forest (13:07) (4/14)
- ☒ vi. V5: Estimating True Error and Potential Overfitting (19:27)

- ☒ vii. V6: Dealing with Non-IID Data (9:42)
- ☐ viii. Recorded Q&A

b. Week 13: Support Vector Machines

- ☒ i. Intro
- ☒ ii. V1: SVM Basics (10:55)
- ☒ iii. V2: Finding the Hyperplane (10:18)
- ☒ iv. V3: Non-Linear Boundaries (10:41)
- ☒ v. V4: Kernels (8:01)
- ☒ vi. V5: Boosted Trees : AdaBoost and Regularization (13:39)
- ☒ vii. V6: Boosted Trees: Xgboost (16:53)
- ☒ viii. V7: Constructing the Next Tree (21:49)
- ☒ ix. V8: Shrinkage (8:44)
- ☒ x. V9: Shrinkage for Boosted Trees (9:59)
- ☒ xi. V10: Reflection on Bias-Variance Trade-off (10:22)
- ☐ xii. Weekly Q & A

2. Read

- ☐ a. SVM Chapter 9 (week 13)
- ☐ b. Random Foster 8.2.2 (week 12)
- ☐ c. Logistic regression 4.3 (week 14)

3. HW

- ☒ a. Extra Credit Quiz week 12 (04/012)
- ☒ b. Extra Credit Quiz week 13 (19)
- ☐ c. Homework 4 (due 04/21)
- ☐ d. R example 1 (week 12)
- ☐ e. R Example 2 (not sure which week)

4. Old

- ☐ a. Chapter 6 (4/4) (203-258) (week 11)
- ☐ b. 10.2 (4/4) (PCA) (week 11)
- ☐ c. Download YEAST dataset - try things he did in videos

MIS 546

1. Videos

- ☒ a. Module 9: Topic Modeling (17:50) (4/13)
- ☐ b. Module 10: Natural Language Processing (Text mining) (19:17)
- ☐ c. M10: Building Watson (21:41)
- ☐ d. Sophia (5:04)

2. HW - None

3. Other

- ☐ a. Lecture Slides Mod 9
- ☐ b. Lecture Slides Mod 10

4. Reading

a. Module 9

- ☐ i. A general introduction (pdf) to topic modeling. (4/15)
- ☐ ii. [Gensim](#) (Links to an external site.) has a Python implementation of the LDA algorithm, and beyond.
- ☐ iii. A simple example of building LDA models is [here](#), which I also discussed in the lecture.

b. Module 10

- ☐ i. NLTK: natural language toolkit in Python [Website](#)
- ☐ ii. NLTK: [Book](#)
- ☐ iii. Watson : [Smartest machine on earth](#)

5. Old

a. Module 7

- ☐ i. A brief intro to web APIs
- ☐ ii. Directory of web APIs and beyond
- ☐ iii. Look at paid service example

b. Module 8

- ☐ i. Technical overview of text classification
- ☐ ii. Support ~~Vecotr~~ machines IEEE link
- ☐ iii. Intro to feature selection link 1
- ☐ iv. Intro to feature selection link 2

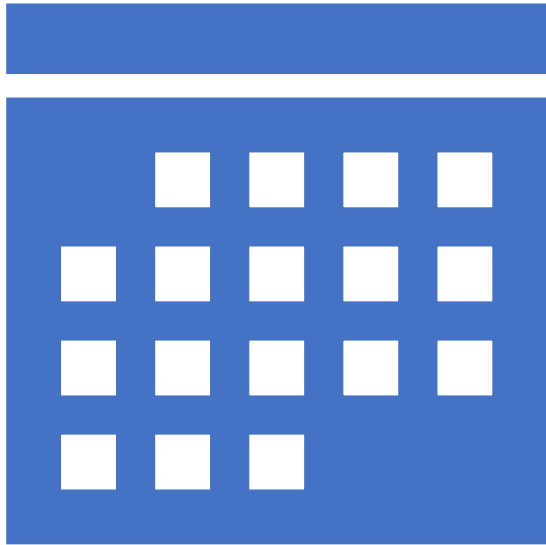
MIS 551

1. Project

- ☒ a. Slide 2 (4/13)
- ☒ b. Slide 3 (4/14)
- ☒ c. Practice presentation (4/15)
- ☒ d. Project (04/16)
- ☒ e. Finalize slides (4/15)

Kid School:

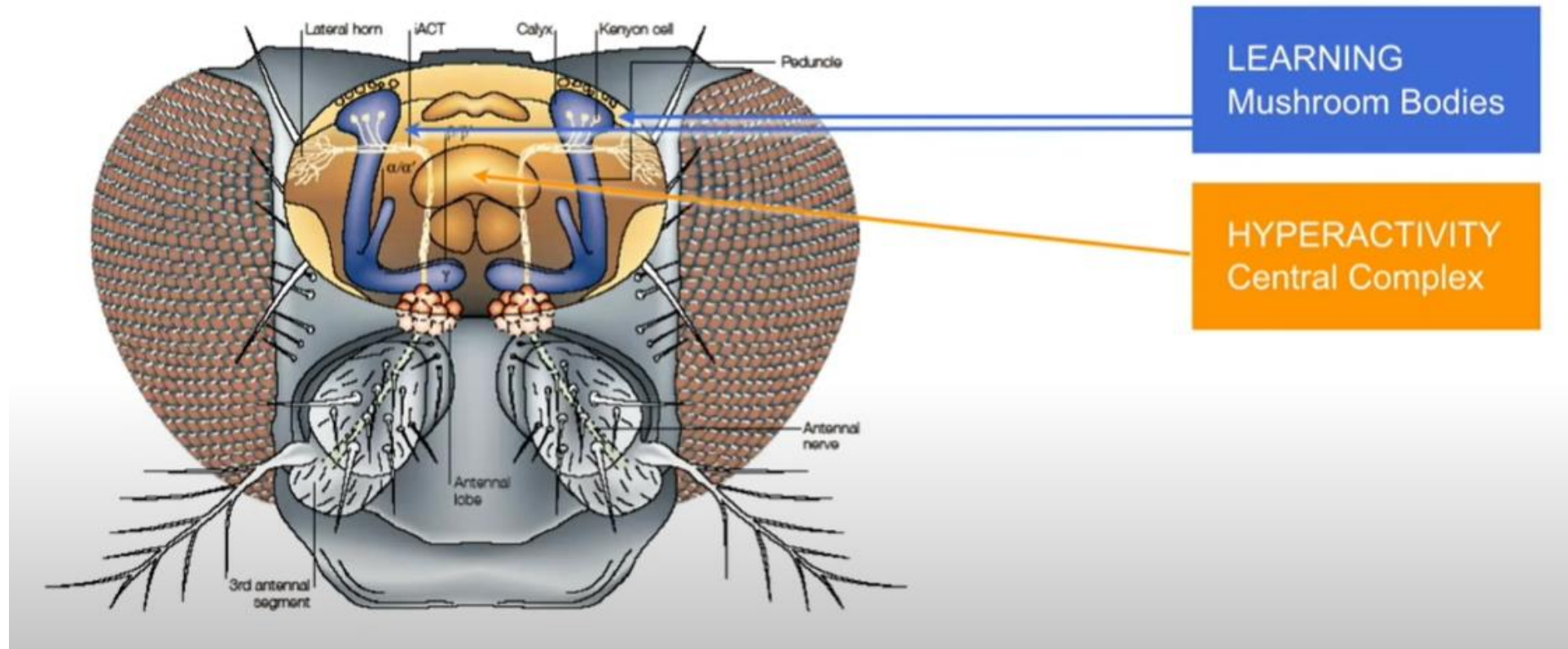
- ☐ Week Prep
- ☐ • Monday
- ☐ • Tuesday
- ☐ • Wednesday
- ☐ • Thursday
- ☐ • Friday
- ☐ • Post week check



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What If.



Drugs, dopamine and drosophila -- A fly model for ADHD? | David Anderson | TEDxCaltech