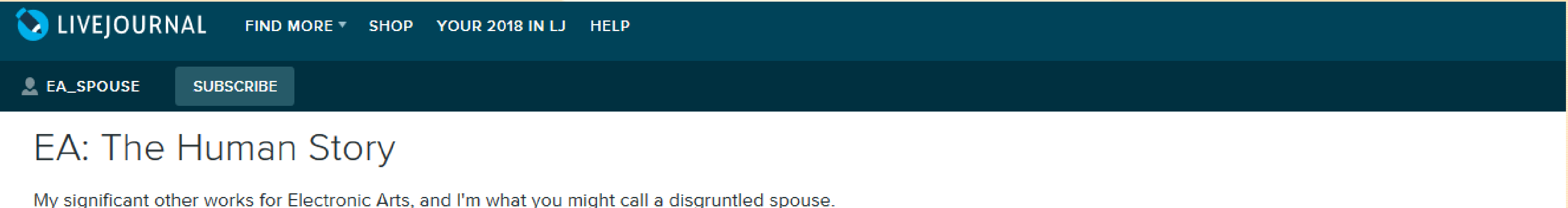
Avoid burn out

Quality of life

- Quality of life discussions are a thing in the industry for a reason

- There have been quite a few terrible examples in the industry's history
  - EA: The Human Story (ea spouse) (2004)

“The current mandatory hours are 9am to 10pm-- seven days a week-- with the occasional Saturday evening off for good behavior (at 6:30pm). This averages out to an eighty-five hour work week. Complaints that these once more extended hours combined with the team's existing fatigue would result in a greater number of mistakes made and an even greater amount of wasted energy were ignored”.



EA: The Human Story

My significant other works for Electronic Arts, and I'm what you might call a disgruntled spouse.

Burn out

- Hours can be high in the games industry
  - During regular hours
    - 54% worked 40-44 hours per week
    - 14% worked 45-49 hours per week
    - 5% worked 50-59 hours per week
  - During crunch
    - 38% worked 50-59 hours
    - 19% 60-69 hours per week
    - 13% more the 70 per week
    - 41% said crunch time was expected

*IGDA Developer Satisfaction Survey 2019

Burn out

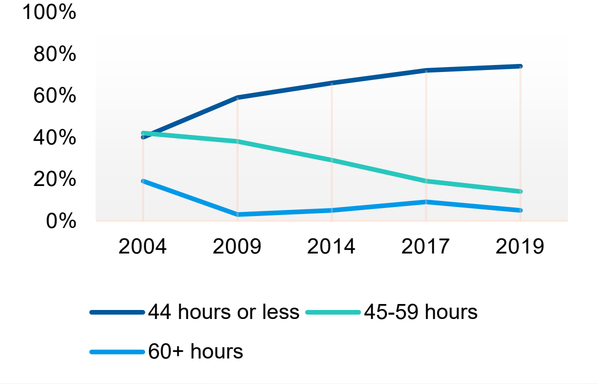
- Hours have gotten better over time

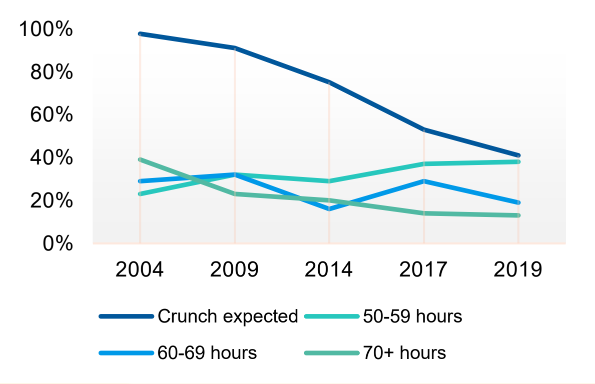
Regular Hours

2004	2009	2014	2017	2019	
40%	59%	66%	72%	74%	44 hours or less
42%	38%	29%	19%	14%	45-59 hours
19%	3%	5%	9%	5%	60+ hours

Crunch Hours

2004	2009	2014	2017	2019	
97.6%	91%	75%	53%	41%	Crunch expected
23%	32%	29%	37%	38%	50-59 hours
29%	32%	16%	29%	19%	60-69 hours
39%	23%	20%	14%	13%	70+ hours





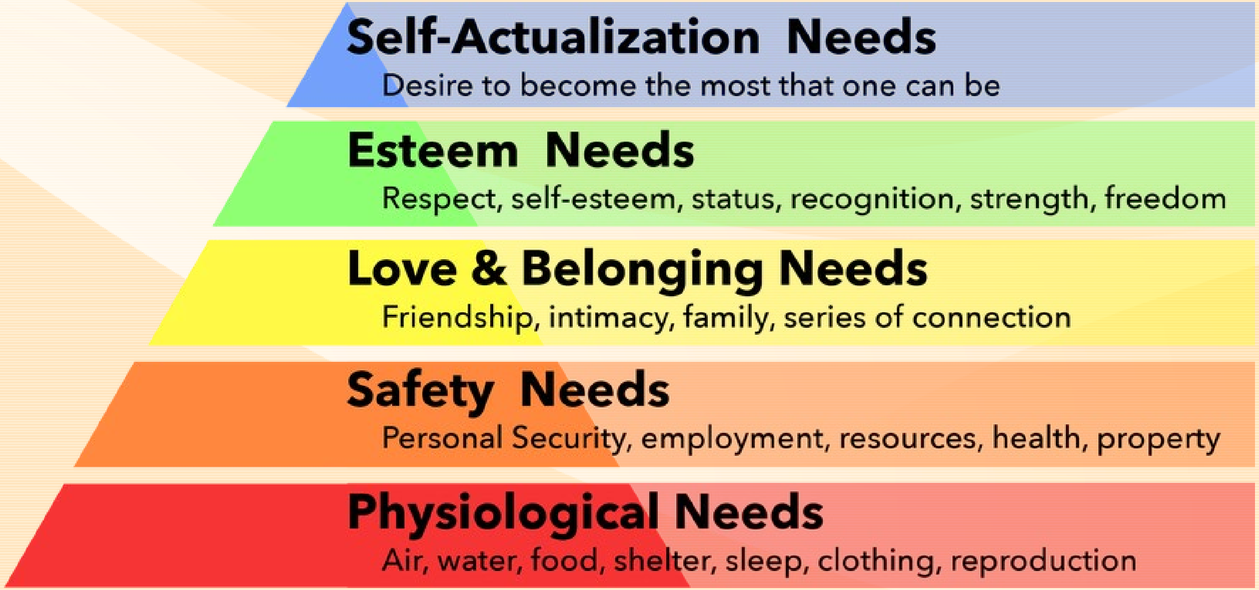
*IGDA Developer Satisfaction Survey 2004-2019

Be in a state to work

- Stay in a state where you are able to work
  - Get sleep
  - Eat
  - Take breaks when you need them
  - Maintain humanity outside of development

Avoid burn out

- You need more than just programming and red bull



Self-Actualization Needs

Desire to become the most that one can be

Esteem Needs

Respect, self-esteem, status, recognition, strength, freedom

Love & Belonging Needs

Friendship, intimacy, family, series of connection

Safety Needs

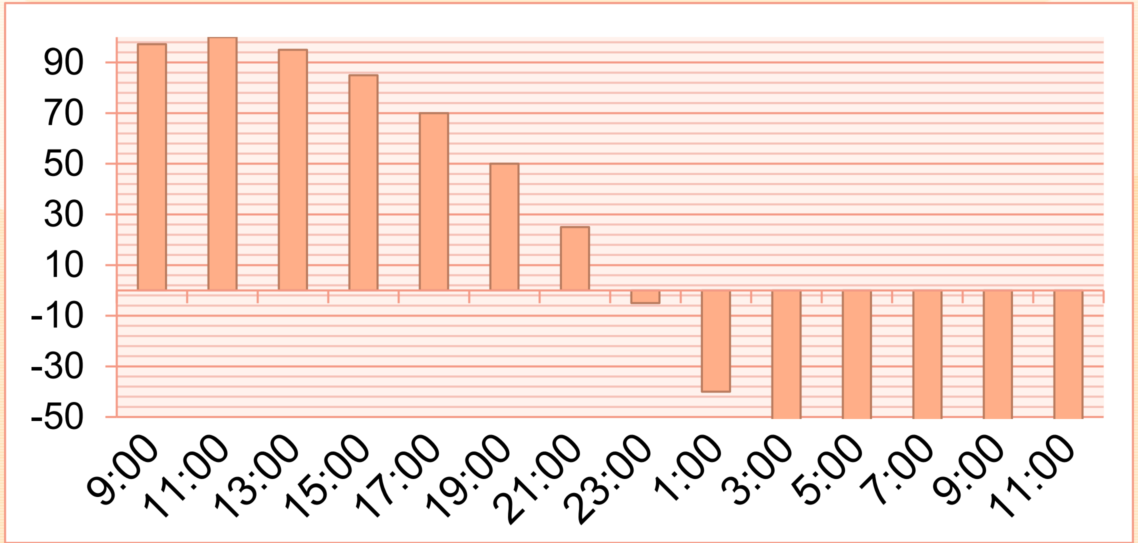
Personal Security, employment, resources, health, property

Physiological Needs

Air, water, food, shelter, sleep, clothing, reproduction

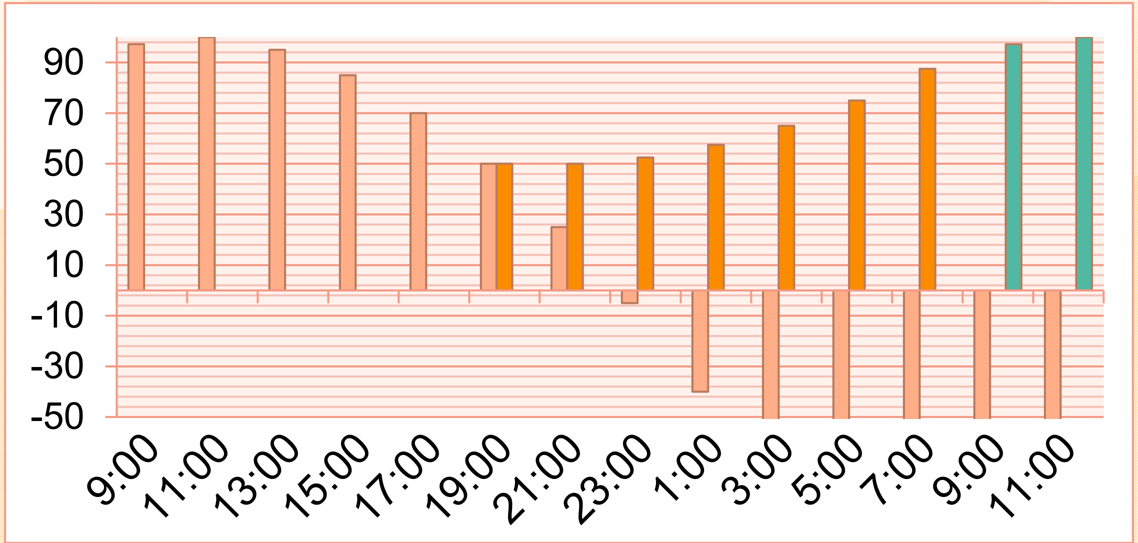
Daily productivity

- Productivity varies over the course of the day
  - The greatest productivity occurs in the first 4 - 6 hours
  - After enough time working, productivity approaches zero
  - Eventually productivity becomes negative



Daily productivity

- You will be more productive if you allow yourself to take breaks
  - Let your mind rest periodically though the day
  - Stop working at the end of the day
  - Sleep!



When to take a break and come back

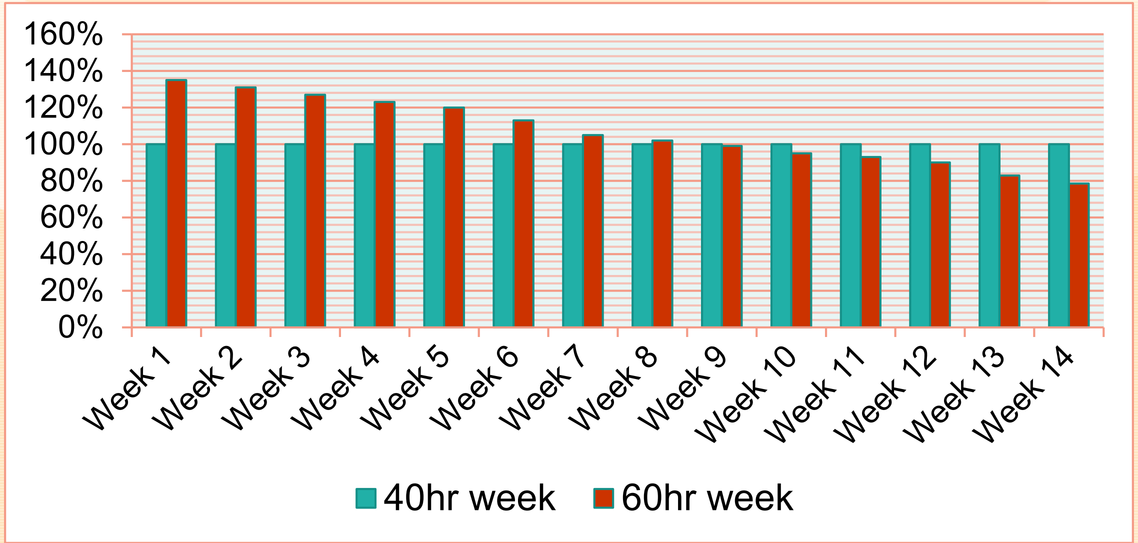
- There is a significant difference between being in the groove and continuing work and pushing through exhaustion.

- Sticking with a Groove is valuable.
- Exhaustion is tanking your quality of work.

Long term productivity

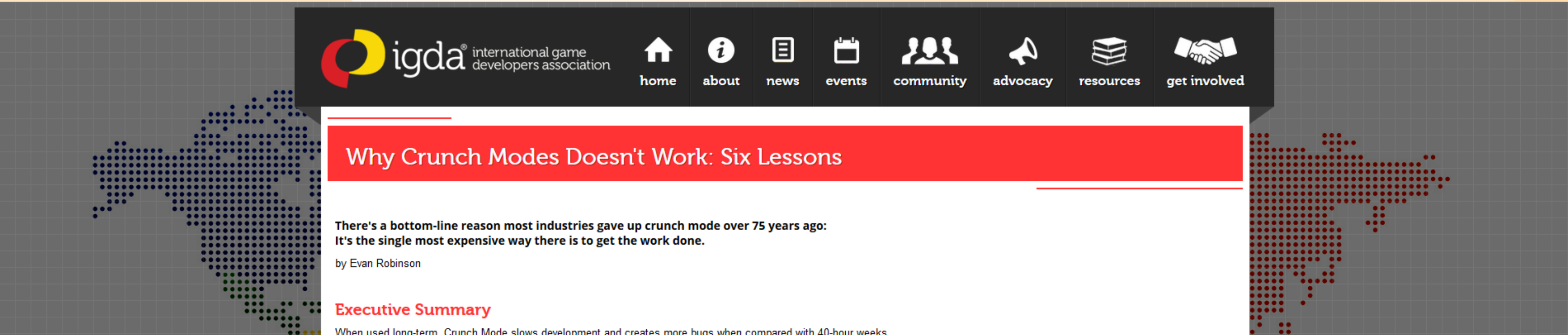
So why is crunch so common?

- Crunch can lead to short term gains
- However continued crunch produces less than a standard 40 week in a couple months



Additional Resources

- Evan Robinson: Why Crunch Modes Doesn't Work —Six Lessons
  - https://igda.org/resources-archive/why-crunch-mode-doesnt-work-six-lessons-2005/
- EA: The Human Story (ea spouse) (2004)
  - http://ea-spouse.livejournal.com/274.html
- IGDA Developer Satisfaction Survey (DSS)
  - https://igda.org/dss/



Why Crunch Modes Doesn't Work: Six Lessons

There's a bottom-line reason most industries gave up crunch mode over 75 years ago: It's the single most expensive way there is to get the work done.

by Evan Robinson

Executive Summary

When used long-term, Crunch Mode slows development and creates more bugs when compared with 40-hour weeks.

Prepping for Sprint Review

(end of lecture portion)

Alpha Sprint Goals

- The game world is populated with at least one example of each game object
  - All game object types
- Game progress can be shown
  - Multiple levels, multiple objectives, persistent data saved between levels...
  - Ability to progress. Not final level designs
- The game contains its win/loss conditions
- Cleared Technical debt
- Feature complete
  - Enough asset creation complete to prove the use of features
- Any feature not completed by the end of this sprint must be cut from the product

Code Freeze

Code Freeze

In order to ensure the quality and integrity of the build we must go through a code freeze process

1. The entire team meets for final integration
   - General product development is halted
2. All work has been confirmed to have been integrated
   - Each team member ensures their master branch is fully updated
   - All work committed and merged, and each local copy fully updated
   - Peer checks on user stories have been completed
3. A build is exported and shared with the team
   - In the milestone build folder
4. Each team member completes a play through of the build and signs off that the build is ready to present

At that point, the master branch should be frozen

- No further code changes or development until unfrozen by the next sprint or release

Hold each other accountable

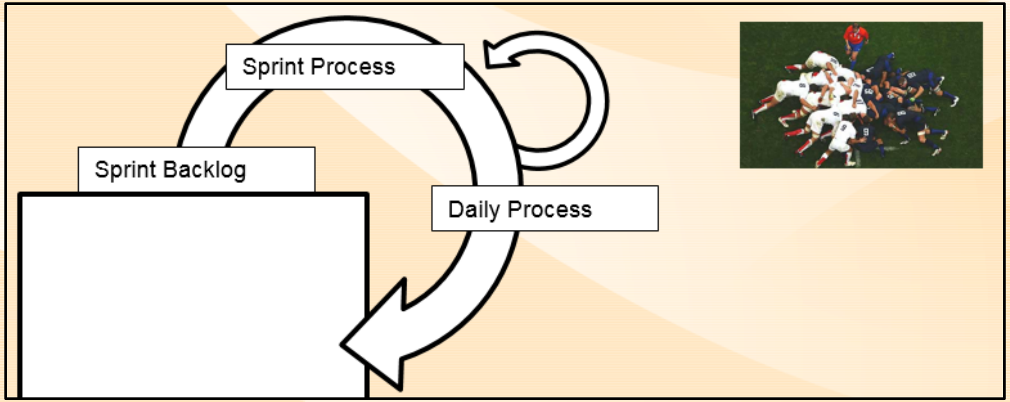
- Start the code freeze process no later than 5pm Tuesday.
- If someone is not done with their work, we need to make the build without that work.
- We need the build in the milestone build folder
- Everyone needs to be able to come into class at 9am and be productive.
  - Milestone review
  - Sprint planning

Daily Stand Up meeting

Stand up meeting

Keep everyone informed

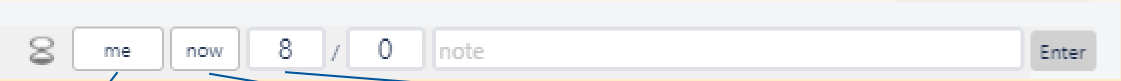
- What did you do?
- What are you about to do?
- What stands in your way?



Keep everything up to date

Update the task board (trello) while working

- Enter hours spent on any userstory worked on



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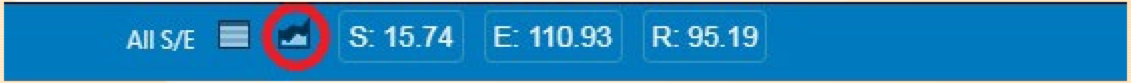
Who did the work? When was the work done? How much work was done?

- The burn down chart will be updated automatically as hours spent get entered



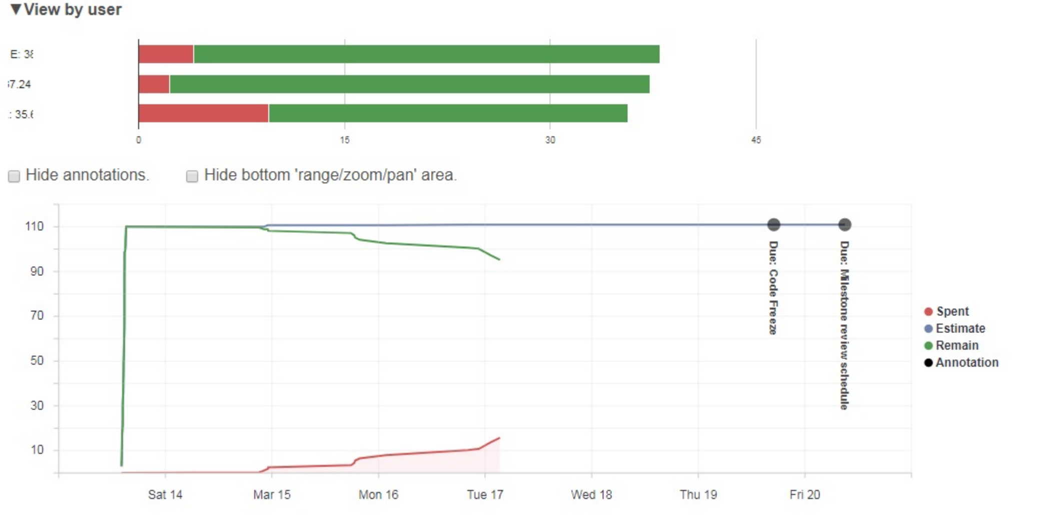
All S/E S: 15.74 E: 110.93 R: 95.19

Track Progress:

Burn down/Burn Up charts

- Check your“velocity” versus the time remaining
- Fix issues when they only require small changes in work patterns
- Avoid needing the crunch at the end

This team is behind, needs to correct their work habits

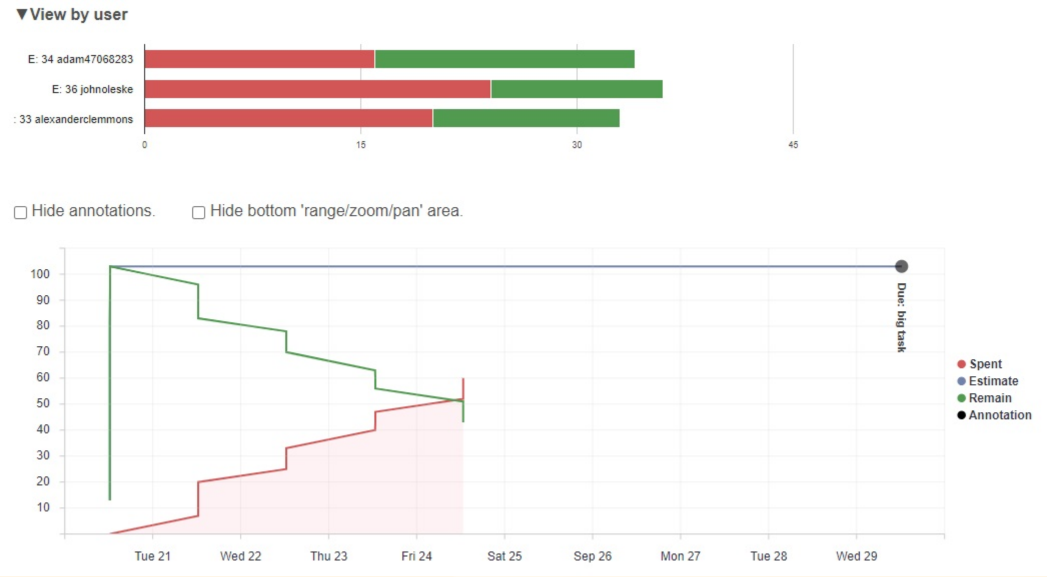


Track Progress:

Burn down/Burn Up charts

- Check your“velocity” versus the time remaining
- Fix issues when they only require small changes in work patterns
- Avoid needing the crunch at the end

This team is on track and should finish the sprint fine



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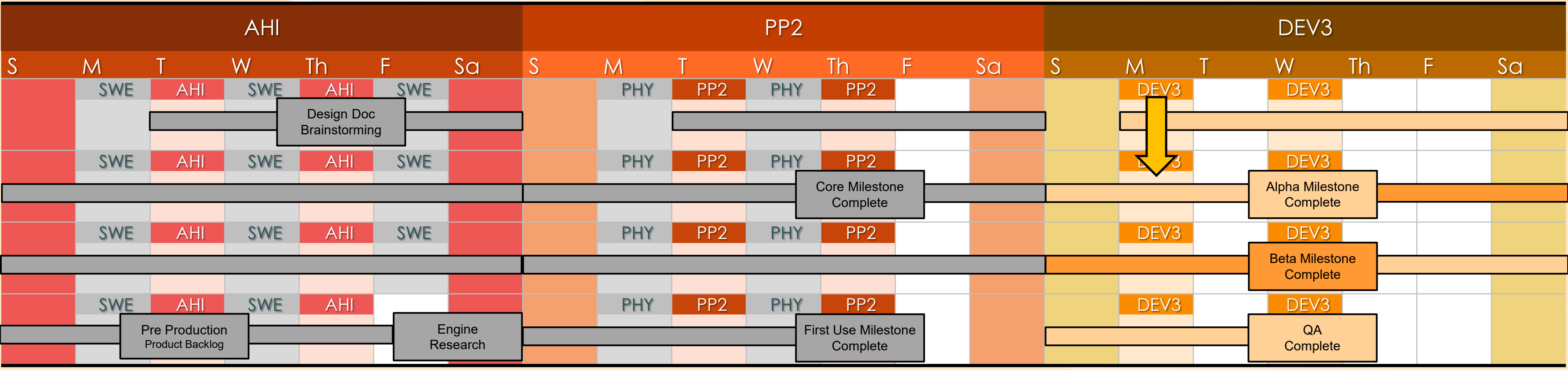
Sprint 4: Alpha

By the end of the day

- At least 35 hours logged per team member
- Burn down charts ~4/5 complete



AHI							PP2							DEV3						
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	SWE	AHI	SWE	AHI	SWE			PHY	PP2	PHY	PP2 Core Milestone Complete				DEV3		DEV3 Alpha Milestone Complete			
	SWE	AHI	SWE	AHI	SWE			PHY	PP2	PHY	PP2				DEV3		DEV3 Beta Milestone Complete			
	SWE Pre Production Product Backlog	AHI	SWE	AHI	Engine Research			PHY	PP2	PHY	PP2 First Use Milestone Complete				DEV3		DEV3 QA Complete			