From Ricky and Matt…

Ladies and Gentlemen of ADInstruments, use 2-factor authentication

If I could offer you only one tip for the future, using 2-factor authentication would be it.

The long-term benefits of 2-factor authentication have been proved by scientists, whereas the rest of our advice has no basis more reliable than our own meandering experience.

We will dispense this advice now.

Enjoy the power and beauty of your IT Team, oh never mind, you will never understand the power and the beauty of your IT Team until they're gone.

But trust me, in twenty years, you will look back at your IT Team and recall them in a way you can't grasp now, how much possibility lay before them and how fabulous they really looked. They are not as annoying as you imagine. Don't worry about your PC; or worry, but know that worrying is as affective as trying to change your Terra password. The real troubles in your life are apt to be things that never crossed your worried mind. The kind that blindsides you at 4 PM on some idle Tuesday.

Read one email every day that scares you.

Learn to type.

Don't be reckless with other peoples' drop folders; don't put up with people who are reckless with yours. Delete files you no longer need.

Don't waste your time on MacOS, sometimes it works, sometimes it doesn’t.

The race is long and in the end, it's only with yourself.

Remember compliments you receive, forget the insults.

If you succeed in doing this, tell me how.

Keep your old emails; throw away your old Virtual Machine images.

Lock your computer when away.

Don't feel guilty if you don't know what to do with your old Jabber client. The most interesting people I know didn't know at 22 what they wanted to do with their Jabber client,

some of the most interesting 40-year-olds I know still don't. Take plenty of micro-pauses.

Be kind to mechanical keyboard, you'll miss it when it gets replaced by a Microsoft Natural Ergonomic 4000.

Maybe you'll remember your passwords, maybe you won't.

Maybe you'll use a password manager, maybe you won't.

Maybe you'll realise at 40 that you should never have kept that handwritten password list under your Microsoft Natural Ergonomic 4000.

Whatever you do, don't congratulate yourself too much or berate yourself either.

Your choices are half chance, so are everybody else's.

Enjoy your mouse.

Use it every way you can, don't be afraid of it or what other people think of it. It's the greatest instrument you'll ever own.

Code.

Even if you have nowhere to do it but your own living room.

Read the API documentation even if you don't follow it.

Do not read CNET.com, it will only make you feel angry.

Chorus

Colleagues and workmates together will make it through,

Someday the IT team will take you and guide you there,

I know you've been hurting, but I've been waiting to be there for you

And we’ll be there just helping you out, whenever we ca-a-an

Get to know LabChart.

You never know when it will be gone for good.

Be nice on Chatter.

It is your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go.

But a precious few, who should hold on.

Work hard to bridge the gaps in geography and lifestyle, for as the older you get, the more you need the people you knew when you were young.

Use kuraCloud once, but stop before it makes you happy.

Use LabTutor once, but stop before it makes you sad

Don’t get phished.

Accept certain alible truths: Ransomware will evolve, Nigerians will try to give you money, you will get old and when you do, you'll fanaticise that when you were young, Ransomware was laughable, Nigerians had no Internet, and people respected their IT teams.

Respect your IT team.

Don't expect anyone else to support you.

Maybe you’ll have unlimited broadband, maybe you'll have gigabit fiber, but you'll never know when either one will run out.

Don't mess too much with free wireless networks, or by the time you’ve checked you emails, you will be part of a bot-net.

Be careful whose advice you buy, but be patient with those who supply it.

Advice is a form of nostalgia.

Dispensing it is a way of wishing the past from the disposal, wiping it off, painting over the ugly parts and recycling for more than it's worth.

But trust me on the 2-factor authentication.

Chorus

Everybody's Free, oh yeah, to feel good, ohhhhh, to feel good.