

CONFIDENCE AND
COMPETENCE

"YOU CAN, YOU SHOULD, AND IF
YOU'RE BRAVE ENOUGH TO START, YOU
WILL."

— Stephen King

A LITTLE BACKGROUND

ABOUT ME

- 2 young kids: 2 & 6 when I started
- Professional Photographer: 2002 - ~2016
- gSchool: January 2015 - July 2015
- Utivity: end of July 2015
- Associate Instructor, Galvanize: May 2016



THE STACK I LEARNED IN SCHOOL

- Ruby on Rails (3 months)
 - PostgreSQL
 - HTML/CSS
- Javascript (3 months)

THE JOURNEY

THE EMOTIONAL JOURNEY OF CREATING ANYTHING GREAT

This is one of the
things I am most
proud of

Family+Humour

This is the best
idea ever!!

This will be fun

This is harder than
I thought

This is going to be
a lot of work

This sucks I have no
idea what Im doing

Belief/Persistence
Family+Humour

Dark swamp of despair

#%@)!!!!!!...
.....

Wow

Hey!

Hmm...

Quick, let's call it a day and
say we learned something

Ok but it still sucks

THE EMOTIONAL JOURNEY IS INEVITABLE AND PERHAPS NECESSARY

I was introduced to a variation of
this when I was here at
Galvanize
I experienced all of these ups
and downs while I was a student
Graduated and was at the peak

REAL TALK

Let's take a look at my first 4 months
after code school...

First, I got a Job!

CONFIDENCE WAS UP!

THE NEW STACK

- HTML5
- SCSS
- Bootstrap
- Python/Django
- Javascript/Angular

“Offensively easy”

That got in my head

WHOA.

This is harder than I thought.

BIGGEST CHALLENGE:

- Learning a new framework
- Timeline: a few days

THEN... FIRST BIG PROJECT -
GOOGLE MAPS

Map search results

NOOOOO!!!!



NOOOOO!!!!



NOOOOO!!!!



BIGGEST CHALLENGES:

- The Angular Google Maps directive
 - Debugging strategies
 - Learning Python
- Navigating the codebase
- and not bursting into tears at work
Timeline: approximately a month

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DARK SWAMP OF DESPAIR

THE EMOTIONAL JOURNEY IS INEVITABLE AND PERHAPS NECESSARY

or as I learned it - desert of
despair

WHAT I LEARNED

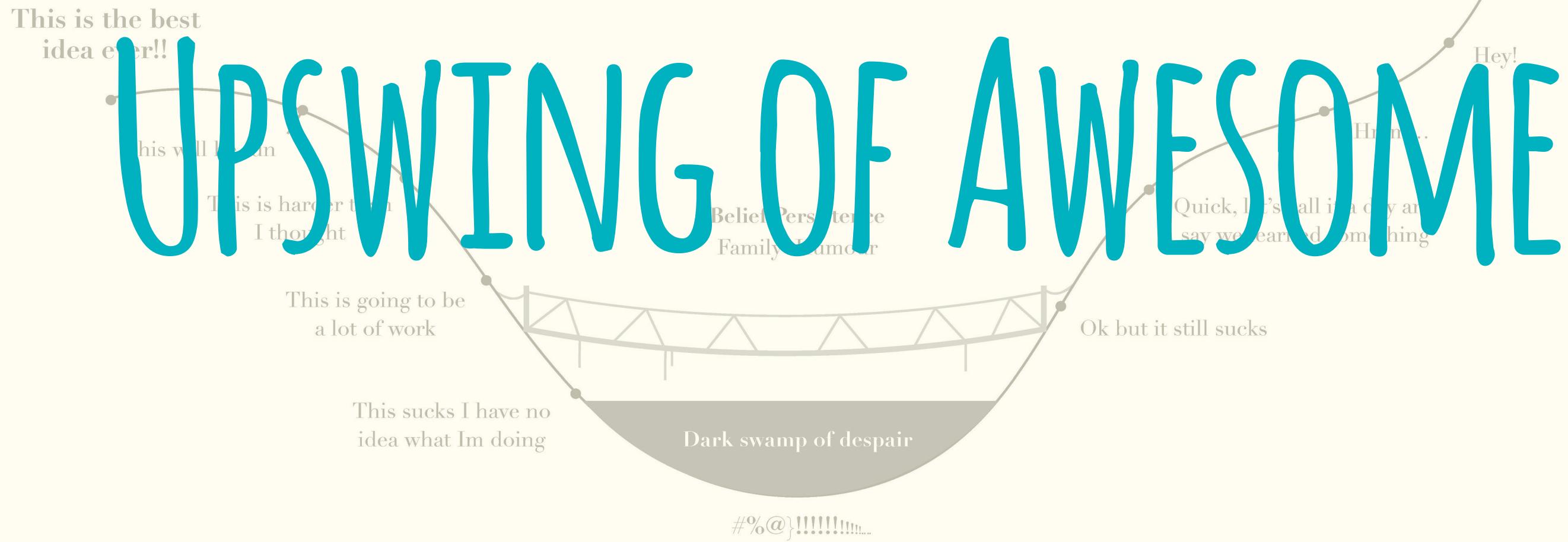
ask for help sooner

I HAD A SERIES OF
CONFIDENCE BUILDERS

PROJECTS

- User Review - Remind users to fill out review form.
- User Email Project - Implement a new email campaign design and update the delivery parameters.
- Biggest Challenges: Custom data migrations, old school html.
 - Timeline: approximately 2 weeks each.

THE EMOTIONAL JOURNEY OF CREATING ANYTHING GREAT



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THEN I WAS IN FAMILIAR TERRITORY

- I was revisiting and adding to earlier projects
- I realized how much I had learned over the course of 2.5 months - Django REST services, Angular directives, Google Maps. Big confidence boost.

BIGGEST CHALLENGE:

- All
- the
- CSS

UTTER DESPAIR. “This is impossible.”

I burst into tears at work.

WHAT I LEARNED

We are all learning, all of the time

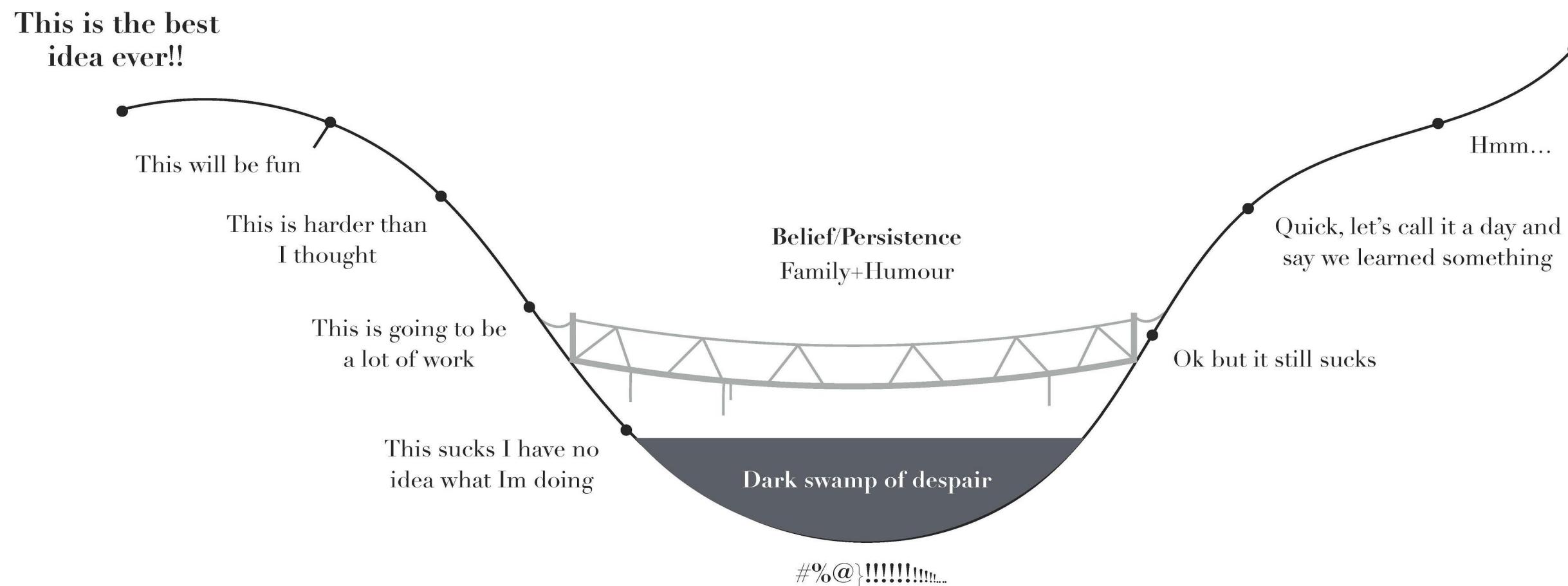
I was the resident "expert" on CSS and did a lesson with my coworkers on strategies for making the designers designs come to life

LET'S RECAP

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You move up and down through this over and over. The goal is to make your time in despair zone shorter and shorter. I became more and more confident at work and more comfortable with the things I was initially challenged by ^ Talk about what it has been like at galvanize

TIPS FOR SUCCESS

and for getting out of the despair zone

KNOW YOUR WHY



KEEP A CODE DIARY

- Problems and how you solved them
- Questions you are still wondering about
 - Interview talking points
 - Areas of improvement
- Reusable Content for blog posts, resumés, and cover letters

PROBLEM SOLVE

- **Read (trusted resources and Google)**
 - **Organize your thoughts**
- **Ask an experienced developer good questions (resources, debugging)**



SLEEP

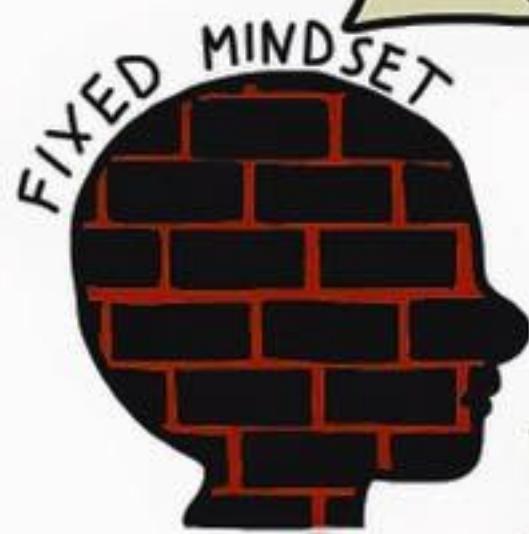
CRUSH CODE

constantly...don't quit

but DO take breaks

HAVE A GROWTH MINDSET

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.

TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylviaduckworth

FIND A CHEERLEADER

teacher, peer, mentor, friend,
yourself



YOUR CHEERLEADER SHOULD
REMIND YOU TO...

DEVELOP YOUR SKILLS

DON'T BE AFRAID

ASK FOR FEEDBACK

SELL YOUR STRENGTHS
SHOW YOUR FLEXIBILITY
Admit Your Weaknesses

ALWAYS BE LEARNING

AND FINALLY, AN EXAMPLE OF
GROWTH MINDSET...

' minutes after midnight?

Up

I love it!
It's very
challenging!

Done!