



# Odd Kolbjørnsen



Age: 50  
Married

Two sons that  
work as actors  
in Oslo

- Data science Advisor  
@Lundin-Energy Lysaker (2014)
- Associate Professor  
Statistics and Data Science @UIO (2017)
- PhD in Mathematical-statistics  
from NTNU (2002)
- Worked 12 years for  
Norsk Regnesentral

## Admission to the course

Students admitted at UiO must apply for courses in Studentportalen. Students enrolled in other Master's Degree Programmes can, on approval, be admitted to the course if this is cleared by their own study programme.

Nordic citizens and citizens of the Nordic countries may apply to take this course as a guest student.

If you are already enrolled as a student at UiO, please see the Studentportalen for information about admission requirements and procedures for international students.

## Recommended previous knowledge

- MAT1120 – Probability and Statistics
- STK1100 – Foundations of Statistics
- STK1110 – Statistical Analysis

### Resources

- Matrix Cook Book
- Numerical optimization of likelihoods

- Bayesian modeling (intro)
- Sequential Monte Carlo without likelihoods

# Lectures and feedback

- Each week 14.15-17.00
  - Ordering: Lecture x2 then exercise
  - Physical lectures from next week
  - I'll do «forelesningsopptak» and put it on the course webpage.
  - I'll put «solution» to exercise online
  - We will have a **reference group** of two students to give me feed back.
- To be selected next week.**

# STK 4051/9051 in one slide

- Optimization ~ Maximum likelihood
  - Continuous space (Newton-like methods, SGD,++)
  - Discrete/combinatorial
  - Missing/hidden variables (EM)
- Integration ~ Bayesian inference
  - Direct methods low dimensions
  - Variance reduction methods
  - Sequential Monte Carlo
  - Markov chain Monte Carlo
- Numerical methods within statistics

# Maximum likelihood Theory

- For independent data:

$$L(\theta) = \prod_{i=1}^n f(\mathbf{x}_i | \theta) \quad \text{Likelihood function}$$

- Maximum likelihood estimate:  $\hat{\theta}_{ML} = \arg \max_{\theta} L(\theta)$ . Typically easier to work with the log-likelihood:

$$\ell(\theta) = \sum_{i=1}^n \log(f(\mathbf{x}_i; \theta)) \quad \text{Log-Likelihood function}$$

- For smooth likelihoods, necessary requirement:

$$\mathbf{s}(\theta) \equiv \ell'(\theta) = \mathbf{0}, \quad |\theta| \text{ equations, called score (a vector)}$$

$$\mathbf{J}(\theta) \equiv -\ell''(\theta) \text{ positive (definite), called observed Fisher information}$$

- Theory:

- $E[\mathbf{s}(\theta)] = \mathbf{0}$

- $\mathbf{I}(\theta) \equiv -E[\ell''(\theta)] = E[\mathbf{J}(\theta)] = \text{Var}[\mathbf{s}(\theta)]$ , expected Fisher information

- For large  $n$  (and some regularity assumptions)

$$\hat{\theta}_{ML} \approx N(\theta, \mathbf{I}^{-1}(\hat{\theta}_{ML})) \approx N(\theta, \mathbf{J}^{-1}(\hat{\theta}_{ML}))$$

# Bayesian statistics

- Frequentistic approach: Data model (likelihood)  $f(\mathbf{y}|\theta)$ .
- Bayesian approach: Include **prior information** through a density  $f(\theta)$ .
- Prior: Describe our knowledge **before data are collected**
- Note: Treat  $\theta$  as a **random variable**
- Bayes theorem:

$$f(\theta|\mathbf{y}) = \frac{f(\theta)f(\mathbf{y}|\theta)}{f(\mathbf{y})}$$

$$f(\mathbf{y}) = \int_{\theta} f(\theta)f(\mathbf{y}|\theta)d\theta$$

Note: In the book  $f(\mathbf{y}|\theta) = L(\theta|\mathbf{y})$ .

- **Bayesian paradigm**: All relevant information about  $\theta$  is contained in the **posterior distribution**  $p(\theta|\mathbf{y})$ 
  - $\hat{\theta}_{post} = E[\theta|\mathbf{y}] = \int_{\theta} \theta p(\theta|\mathbf{y})d\theta$
  - **Credibility interval (one-dimensional)**:  $\alpha = \Pr(a < \theta < b|\mathbf{y}) = \int_a^b \theta p(\theta|\mathbf{y})d\theta$
- Posterior: updated knowledge based on **both** prior **and** data
- Numerical aspect: Bayesian approach change **optimization** to **integration**

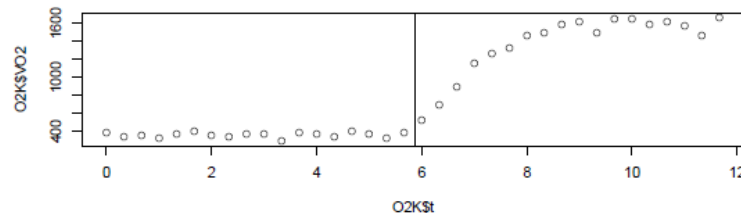
# To day

- Introduction motivating examples
- ( Chapter 1) + Chapter 2



# Non linear regression

- Change of oxygen uptake ( $VO_2$ ) during exercise testing monitored in 2 distinct phases including a resting phase and the 6-minute exercise testing period (Baty et al., 2016)



- The length of the resting phase ( $\lambda$ ) is controlled by the experimenter and does not need to be estimated
- 4-parameter regression model for the 2 phases of the  $VO_2$  kinetics:

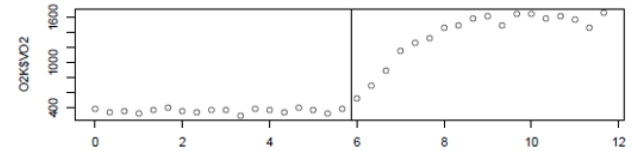
$$VO_{2t} = \mu_t + \varepsilon_t, \quad \varepsilon_t \sim N(0, \sigma^2)$$

$$\mu_t = \begin{cases} \beta_0 & \text{if } t \leq \lambda \\ \beta_0 + (\beta_1 - \beta_0)(1 - e^{-(t-\lambda)/\tau_1}) & \text{if } \lambda < t \end{cases}$$

$$l(\theta) = -\frac{1}{2} \log(2\pi) - \frac{1}{2\sigma^2} \log(\sigma^2) - \frac{1}{2} \sum_{t=1}^T (VO_{2t} - \mu_t)^2$$

- Aim: Maximum likelihood estimates of  $\theta = [\beta_0, \beta_1, \tau, \sigma]$ .

The parameter  $\tau$  enters the model such that the problem is non linear



# Solving the problem in R

- All parameters are positive, log-transformed first

```
data(O2K, package="nlstools")
tresh = 5.883
```

```
fit.vo2 = function(param, dat, lambda)
{
  tau1 = exp(param[1])
  beta0 = exp(param[2])
  beta1 = exp(param[3])
  fit = (dat$t <= lambda)*beta0 + (dat$t > lambda) *
    (beta0 + (beta1-beta0)*(1-exp(-(dat$t-lambda) / tau1)))
}
```

Mapping from  
constrained to  
unconstrained  
optimization

```
minusloglik = function(param, dat, tresh=5.883)
{
  fit = fit.vo2(param, dat, tresh)
  sig2 = exp(param[4])
  rss = sum((dat$VO2-fit)^2)
  n = ncol(dat)
  loglik = -0.5*n*log(2*pi)-0.5*n*log(sig2)-0.5*rss/sig2
  -loglik
}
```

Function to be optimized (where first input is the parameters to be optimized)

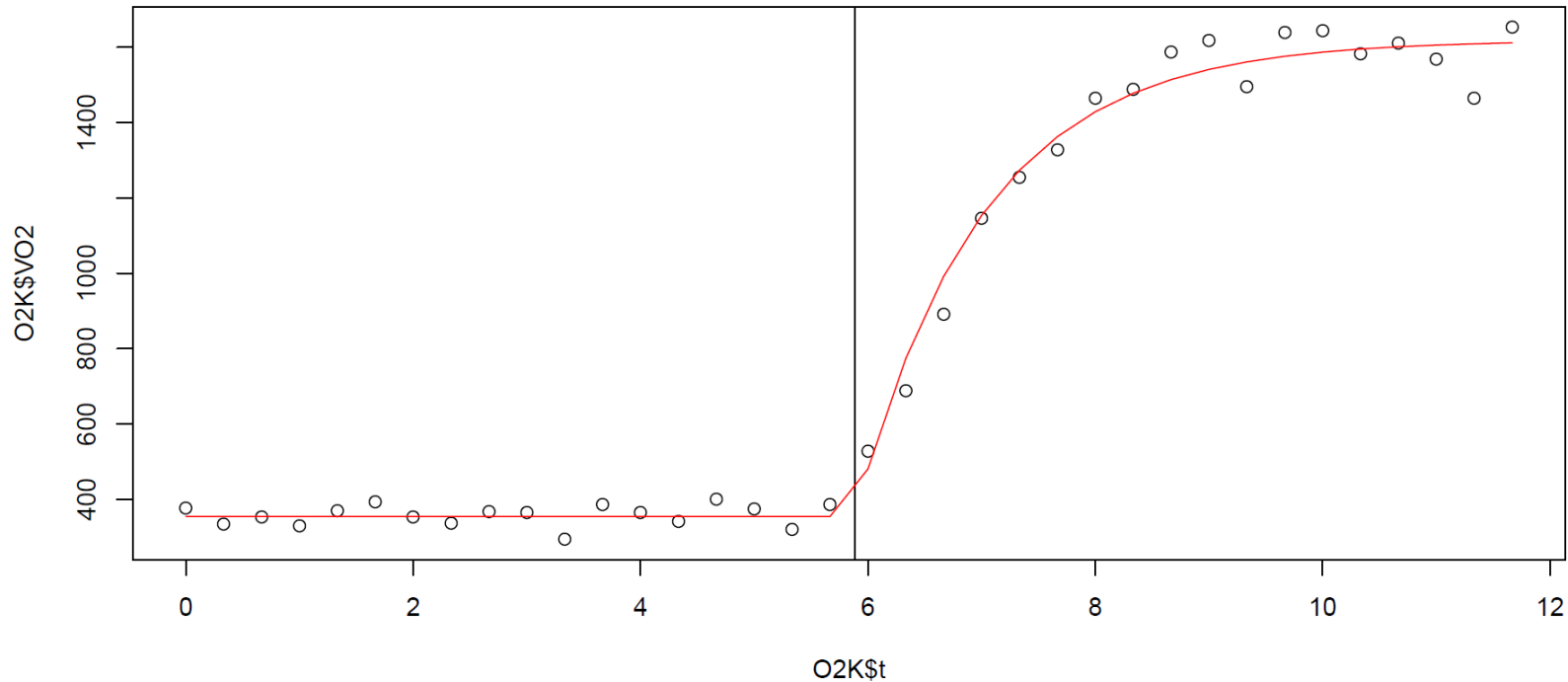
→ `res = optim(c(1, log(400), log(1600), 0), minusloglik, dat=O2K, tresh=tresh)`

Initial guess of parameters  
to be estimated

Control variables  
(fixed during optimization)

# Optimal fit

	Estimate	Initial
tau1	1.116745	2.73
beta0	354.732771	400
beta1	1618.926343	1600
sig2	37689.308635	1.00



# Uncertainty (using ML)

- All parameters positive, log-transformed.
- The **delta method**
  - Assume  $\hat{\theta} \approx N(\theta, \sigma_{\theta}^2)$
  - Then  $g(\hat{\theta}) \approx N(g(\theta), \sigma_{\theta}^2 [g'(\hat{\theta})]^2)$
  - Example:  $\alpha = \exp(\theta)$ ,

$$\hat{\alpha} = \exp(\hat{\theta}) \approx N(\exp(\theta), \sigma_{\theta}^2 \exp(2\hat{\theta}))$$

## Compare to nls()

```
-----
Formula: VO2 ~ (t <= 5.883) * VO2rest + (t > 5.883) * (VO2rest + (VO2peak -
  VO2rest) * (1 - exp(-(t - 5.883)/mu)))

Parameters:
      Estimate Std. Error t value Pr(>|t|)
VO2rest 3.568e+02  1.141e+01  31.26  <2e-16 ***
VO2peak 1.631e+03  2.149e+01  75.88  <2e-16 ***
mu      1.186e+00  7.661e-02  15.48  <2e-16 ***
---
Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 49.59 on 33 degrees of freedom
```

```
res = optim(c(1, log(400), log(1600), 0), minusloglik, dat=O2K, tresh=tresh,
            hessian=TRUE)
hat.param = exp(res$par)
var.theta = diag(solve(res$hessian))
var.param = var.theta * exp(2 * res$par)
M = cbind(hat.param, sqrt(var.param))
rownames(M) = c("tau1", "beta0", "beta1", "sig2")
colnames(M) = c("Estimate", "Std. Err")
show(M)
```

	Estimate	Std. Err
tau1	1.116745	2.771562e-01
beta0	354.732771	4.457839e+01
beta1	1618.926343	7.938112e+01
sig2	37689.308635	3.690964e+04

# Lasso

- Ordinary linear regression

$$Y_i = \beta_0 + \sum_{j=1}^p \beta_j X_{ij} + \varepsilon_i, \quad \varepsilon_i \sim N(0, \sigma^2), i = 1, \dots, n$$

Least squares/ML problematic when  $p$  large compared to  $n$ .

- Lasso: Minimize wrt  $\beta$ :

$$g(\beta) = \sum_{i=1}^n \left( y_i - \beta_0 - \sum_{j=1}^p \beta_j X_{ij} \right)^2 + \lambda \sum_{j=1}^p |\beta_j|$$

- Optimization problem in  $p + 1$  dimensions.

# Lasso on Diabetes data

- Blood and other measurements in diabetics
- $n = 442, p = 10$
- Direct use of `optim` in R (100 000 iterations):
  - $\beta^{(0)} = \mathbf{0}$ :  $g(\hat{\beta}_{\text{lasso}}) = 1\,771\,743$
  - $\beta^{(0)} = \hat{\beta}_{LS}$ :  $g(\hat{\beta}_{\text{lasso}}) = 1\,278\,314$
  - Dangerous to use gradient-based methods since derivative is non-continuous!
- Including interactions:  $p = 64$
- Direct use of `optim` in R (100 000 iterations):
  - $\beta^{(0)} = \mathbf{0}$ :  $g(\hat{\beta}_{\text{lasso}}) = 2\,943\,334$
  - $\beta^{(0)} = \hat{\beta}_{LS}$ :  $g(\hat{\beta}_{\text{lasso}}) = 1\,119\,003$
- Selecting right method for the problem is an art
- Better methods exists!

ADMM will be  
discussed for  
solving Lasso

# Model selection

- Genetic association studies: Which genes influence a certain phenotype (presence of cancer, size, etc)
- Linear model including **all** possible variables:

$$Y_i = \beta_0 + \sum_{j=1}^p \beta_j x_{ij} + \varepsilon_i$$

- Reasonable to assume that some  $x_{ij}$ 's do not influence the response, modification:

$$Y_i = \beta_0 + \sum_{j=1}^p \gamma_j \beta_j x_{ij} + \varepsilon_i$$

where  $\gamma_j \in \{0, 1\}$ .

- $2^p$  possible models, how to choose the best one?
  - $p = 20, 2^p = 1\,048\,576, p = 100, 2^p = 1.267651 * 10^{30}$
- Combinatorial problem, discrete optimization

# Censored Data

- Motorette data of Schmee and Hahn (1979)
- Time to failure at different temperatures

150°	170°	190°	220°
8064*	1764	408	408
8064*	2772	408	408
8064*	3444	1344	504
8064*	3542	1344	504
8064*	3780	1440	504
8064*	4860	1680*	528*
8064*	5196	1680*	528*
8064*	5448*	1680*	528*
8064*	5448*	1680*	528*
8064*	5448*	1680*	528*

- Observations with \* are **censored**, no failure when monitoring stopped.
- Possible model:

$$t_i = \beta_0 + \beta_1 v_i + \varepsilon_i, \quad \varepsilon_i \sim (0, \sigma^2)$$

with  $v_i = 1000/(\text{temperature} + 273.2)$  and  $t_i = \log_{10}(\text{ith failure time})$

- Problem: Density for censored data not directly available:

$$f(t_i^*; \theta) = \Pr(T \geq t_i^*; \theta) = \int_{t_i^*}^T \phi(t; \beta_0 + \beta_1 v_i, \sigma) dt$$

- Need **combination** of optimization and integration



# Hierarchical model

- Salmonella experiment (Breslow, 1984)
- Three plates have been processed at each dose  $i$  of quinoline
- The number of revertant colonies of TA98 Salmonella measured:

Dose of quinoline ( $\mu g$ per plate)					
0	10	33	100	333	1000
15	16	16	27	33	20
21	18	26	41	38	27
29	21	33	60	41	42

- Possible model:

$$y_{ij} \sim \text{Poisson}(\mu_{ij})$$

$$\log(\mu_{ij}) = \alpha + \beta \log(x_i + 10) + \gamma x_i + \lambda_{ij}$$

$$\lambda_{ij} \sim \text{Normal}(0, \sigma^2)$$

- With  $\lambda_{ij}$  **fixed** this is an ordinary Poisson regression model (within the family of generalized linear models)
- With  $\lambda_{ij}$  **random** the model becomes a bit more complicated.
- Likelihood for data given  $\theta = (\alpha, \beta, \gamma, \sigma^2)$  not analytically available:

$$f(y_{ij}; \theta) = \int_0^\infty f(y_{ij} | \lambda_{ij}; \theta) f(\lambda_{ij}; \theta) d\lambda_{ij}$$

- Maximum likelihood requires **combination** of integration and optimization

# Hierarchical Bayesian model

- Salmonella experiment much used to illustrate Bayesian approach
- Extension of model:

$$y_{ij} \sim \text{Poisson}(\mu_{ij})$$

$$\log(\mu_{ij}) = \alpha + \beta \log(x_i + 10) + \gamma x_i + \lambda_{ij}$$

$$\lambda_{ij} \sim \text{Normal}(0, \sigma^2)$$

$$\alpha, \beta, \gamma \stackrel{\text{ind}}{\sim} N(0, 1000)$$

$$\sigma^2 \sim \text{InverseGamma}(0.001, 0.001)$$

- Parameters  $\theta = (\alpha, \beta, \gamma, \sigma^2)$  are now given a stochastic model
- Such models can be used to include prior information about parameters.
- Aim now:

$$f(\theta|\mathbf{y}) = \frac{f(\theta)f(\mathbf{y}|\theta)}{f(\mathbf{y})}$$

$$f(\mathbf{y}|\theta) = \int_{\lambda} f(\mathbf{y}|\lambda, \theta) f(\lambda|\theta) d\lambda$$

18 dimensional integral

$$f(\mathbf{y}) = \int_{\theta} f(\mathbf{y}|\theta) f(\theta) d\theta$$

# Bayesian statistics

- Frequentistic approach: Data model (likelihood)  $f(\mathbf{y}|\theta)$ .
- Bayesian approach: Include **prior information** through a density  $f(\theta)$ .
- Prior: Describe our knowledge **before data are collected**
- Note: Treat  $\theta$  as a **random variable**
- Bayes theorem:

$$f(\theta|\mathbf{y}) = \frac{f(\theta)f(\mathbf{y}|\theta)}{f(\mathbf{y})}$$

$$f(\mathbf{y}) = \int_{\theta} f(\theta)f(\mathbf{y}|\theta)d\theta$$

Note: In the book  $f(\mathbf{y}|\theta) = L(\theta|\mathbf{y})$ .

- **Bayesian paradigm**: All relevant information about  $\theta$  is contained in the **posterior distribution**  $p(\theta|\mathbf{y})$ 
  - $\hat{\theta}_{post} = E[\theta|\mathbf{y}] = \int_{\theta} \theta p(\theta|\mathbf{y})d\theta$
  - **Credibility interval (one-dimensional)**:  $\alpha = \Pr(a < \theta < b|\mathbf{y}) = \int_a^b \theta p(\theta|\mathbf{y})d\theta$
- Posterior: updated knowledge based on **both** prior **and** data
- Numerical aspect: Bayesian approach change **optimization** to **integration**

# Tracking position using GPS measurements



- Simplified model

$$y_{t,i} = \sqrt{(v_t^x - s_{t,i}^x)^2 + (v_t^y - s_{t,i}^y)^2 + (v_t^z - s_{t,i}^z)^2} + \varepsilon_{t,i}, \quad i = 1, 2, \dots, n_t$$

with  $\{\varepsilon_{t,i}\}$  independent noise terms.

- Assume available model for movement:  $p(\mathbf{v}_t | \mathbf{v}_{t-1})$ .
- Aim:

$$p(\mathbf{v}_t | \mathbf{y}_{1:t}) = \int_{\mathbf{v}_{1:t-1}} p(\mathbf{v}_{1:t} | \mathbf{y}_{1:t}) d\mathbf{v}_{1:t-1} = \int_{\mathbf{v}_{1:t-1}} \frac{p(\mathbf{v}_{1:t}) p(\mathbf{y}_{1:t} | \mathbf{v}_{1:t})}{p(\mathbf{y}_{1:t})} d\mathbf{v}_{1:t-1}$$

$$p(\mathbf{v}_{1:t}) = p(\mathbf{v}_1) \prod_{s=2}^t p(\mathbf{v}_s | \mathbf{v}_{s-1})$$

$$p(\mathbf{y}_{1:t}) = \int_{\mathbf{v}_{1:t}} p(\mathbf{v}_{1:t}) p(\mathbf{y}_{1:t} | \mathbf{v}_{1:t}) d\mathbf{v}_{1:t}$$

# Model dynamics

- Linear dynamics

$$\mathbf{v}_t = (v_t^x, v_t^y, v_t^z, \dot{v}_t^x, \dot{v}_t^y, \dot{v}_t^z)^T$$

$$= \Phi \mathbf{v}_{t-1} + \boldsymbol{\eta}_t,$$

$$\boldsymbol{\eta}_t \sim N(\mathbf{0}, \sigma_Q^2 \mathbf{Q})$$

where

$$\Phi = \begin{pmatrix} \mathbf{I}_3 & \mathbf{I}_3 \\ \mathbf{0} & \mathbf{I}_3 \end{pmatrix},$$

$$\mathbf{Q} = \begin{pmatrix} \frac{q_v^2 D_t^3}{3} \mathbf{I}_3 & \frac{q_{cd}^2 D_t}{2} \mathbf{I}_3 \\ \frac{q_{cd}^2 D_t}{2} \mathbf{I}_3 & q_{cb}^2 D_t \mathbf{I}_3 \end{pmatrix}$$

- Combined model

$$\mathbf{v}_t = \Phi \mathbf{v}_{t-1} + \boldsymbol{\eta}_t,$$

$$y_{t,i} = \sqrt{(v_t^x - s_{t,i}^x)^2 + (v_t^y - s_{t,i}^y)^2 + (v_t^z - s_{t,i}^z)^2} + \varepsilon_{t,i}, \quad i = 1, 2, \dots, n_t$$

example of a **state space model**

- Challenge: Compute  $p(\mathbf{v}_t | \mathbf{y}_{1:t})$  for each  $t$  in **real time**
- Need to utilize computation performed on previous time step

# Image analysis

- MRI tissue classification problem
- Three major tissue classes (cerebrospinal fluid (CSF), gray matter (GM), white matter (WM))
- Intensities assumed normally distributed with class-dependent means and variances:

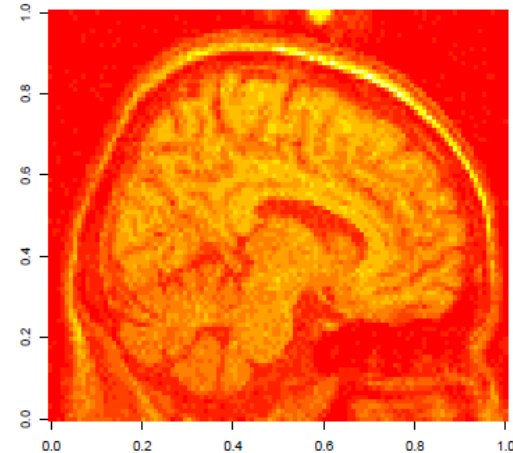
$$y_{ij}|C_{ij} = k \sim N(\mu_k, \sigma_k^2)$$

- 

- Bayes formula ( $\pi_k = \Pr(C_{ij} = k)$ ):

$$\Pr(C_{ij} = k|y_{ij}) = \frac{\pi_k f(y_{ij}|C_{ij} = k)}{\sum_{l=1}^3 \pi_l f(y_{ij}|C_{ij} = l)}$$

- Easy to calculate individually for each square (pixel)



# Image analysis spatial structure

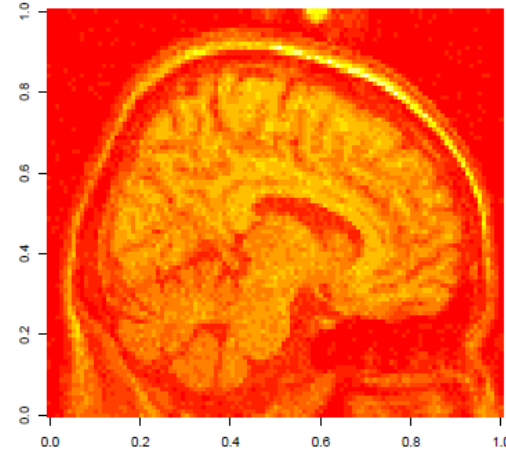
- Expect some smoothness in class-structure
- Markov Random field/Potts model:

$$\begin{aligned}\Pr(\mathbf{C}) &= \Pr(C_{11}, \dots, C_{n_1 n_2}) \\ &= \frac{1}{Z} e^{-\beta \sum_{\|(i,j)-(i',j')\|=1} I(C_{ij} \neq C_{i'j'})}\end{aligned}$$

- Now interested in

$$\Pr(\mathbf{C}|\mathbf{y}) = \frac{|\Pr(\mathbf{C}) \prod_{ij} f(y_{ij}|C_{ij})|}{\sum_{\mathbf{C}'} \Pr(\mathbf{C}') \prod_{ij} f(y_{ij}|C'_{ij})}$$

- 
- The sum in the denominator contains  $K^n$  terms,
  - $K$  = number of class
  - $n$  = number of pixels.
- Discrete type of "integration"

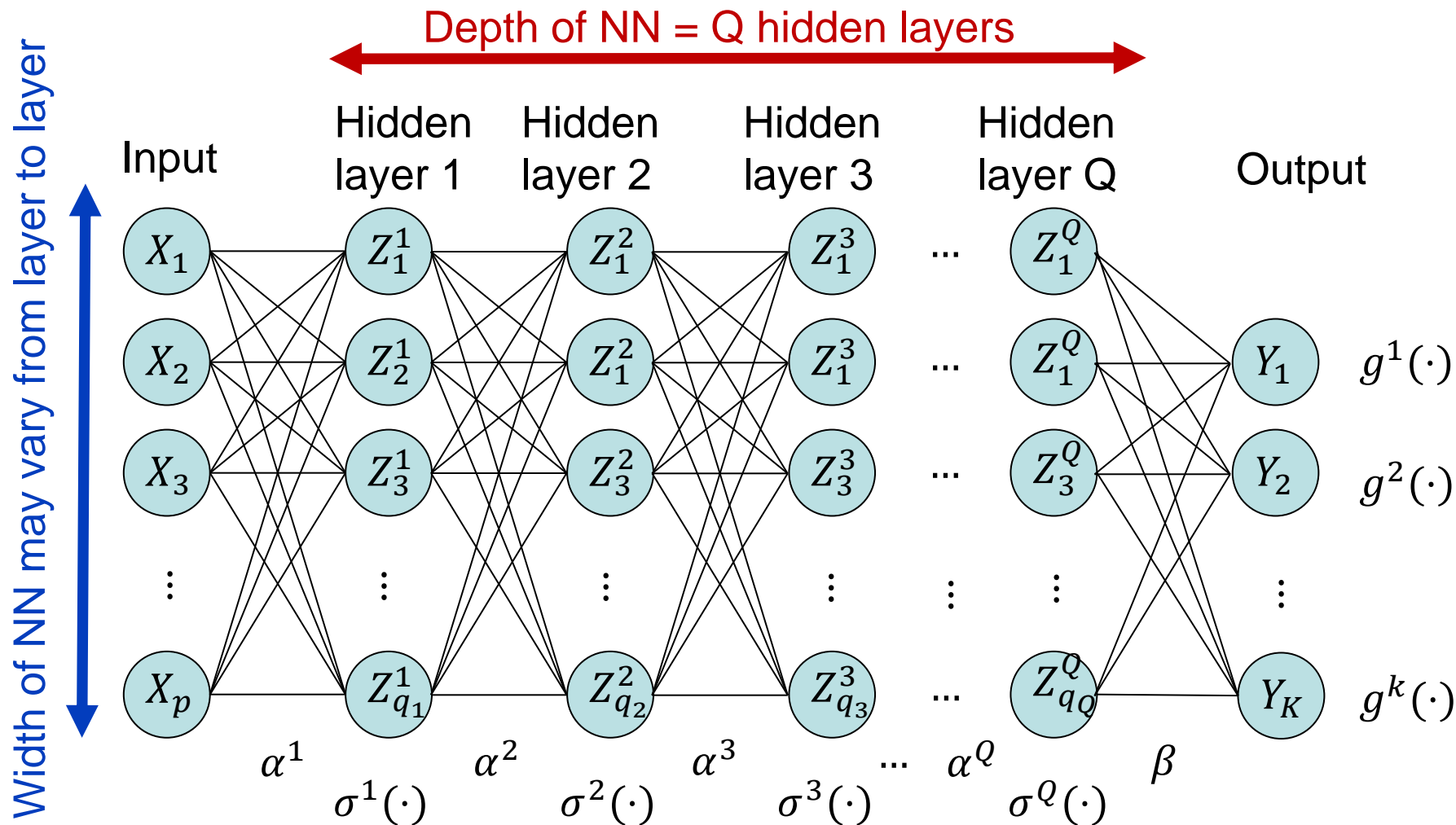


# Machine Learning

- Large data sets
- Complex models
- Algorithms
- Sparse coding
- Deep neural nets
  
- Stochastic gradient



# Deep neural network



# Numerical challenges in statistics

- Optimization
  - Maximum likelihood
  - Penalized likelihood (Lasso, Ridge, Regularization)
  - Model selection (Discrete)
  - Classification (Discrete)
- Integration
  - Missing / censored data
  - Bayesian approaches

# Optimization and Integration

- Aim: Maximize  $g(\theta)$
- Newton's method

$$\theta^{(t+1)} = \theta^t - \frac{g'(\theta^t)}{g''(\theta^t)}$$

- Gradient descent:

$$\theta^{(t+1)} = \theta^t + \alpha g'(\theta^t)$$

- Stochastic gradient descent:

$$\theta^{(t+1)} = \theta^t + \alpha_t \widehat{g'(\theta^t)}$$

$\widehat{g'(\theta^t)}$  **estimate** of  $g'(\theta^t)$ .

- Assume we are interested in  $I = \int h(\mathbf{x}) d\mathbf{x}$ .
- Select a **density**  $f(\mathbf{x})$  and write

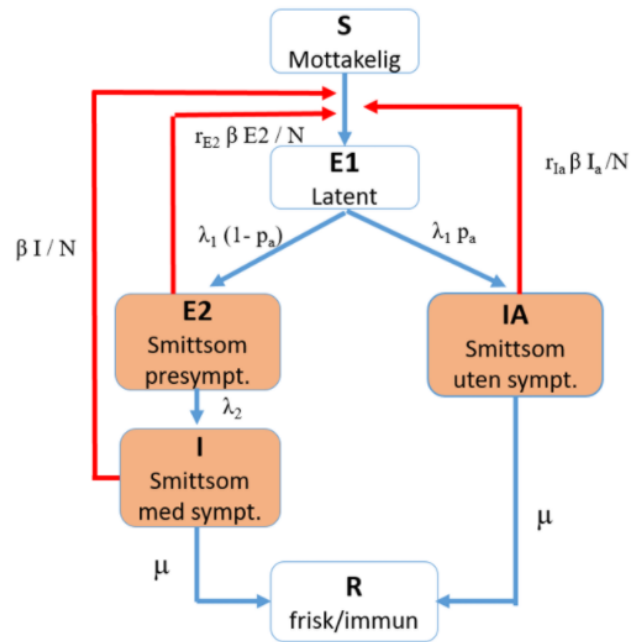
$$\begin{aligned} I &= \int \frac{h(\mathbf{x})}{f(\mathbf{x})} f(\mathbf{x}) d\mathbf{x} \\ &= E \left[ \frac{h(\mathbf{X})}{f(\mathbf{X})} \right], \quad \text{where } \mathbf{X} \sim f(\mathbf{x}) \end{aligned}$$

- Assume  $\mathbf{x}_1, \dots, \mathbf{x}_n \sim f(\mathbf{x})$ :

$$\widehat{I} = \frac{1}{n} \sum_{i=1}^n \frac{h(\mathbf{x}_i)}{f(\mathbf{x}_i)}$$

- This is **Monte Carlo** integration
- Can in principle work in any dimension ( $\text{Var}(\widehat{I}) \propto n^{-1}$ )
- In the course:
  - Simple Monte Carlo in low dimensions (chapter 6)
  - Markov chain Monte Carlo in high dimensions (chapters 7 and 8)
  - Sequential Monte Carlo for state-space models (sec 6.3)

# Covid-19 outbreake



As we speak people around the world are making statistical models and designing algorithms to predict effect of government policies on the Covid-19 outbreak

Solveig Engebretsen  
Reference paper for FHI  
Work at NR  
Guest lecture last year



<https://www.fhi.no/sv/smittsomme-sykdommer/corona/koronavirus-modellering/>

# Syllabus -requirements

- Main textbook: Givens and Hoeting (2012)
  - Chapter 1 - Background Will only be referred to when needed
  - Chapter 2 - Optimization General methods, will briefly be discussed
  - Chapter 3 - Combinatorial optimization
  - Chapter 4 - The EM algorithm
  - Chapter 5 - Numerical integration General methods, will briefly be discussed
  - Chapter 6 - Monte Carlo methods (additional note on SMC)
  - Chapter 7 - Markov Chain Monte Carlo
  - Chapter 8 - Advanced topics in MCMC Selected sections
  - Chapter 9 - Bootstrap - Section 9.1 & Section 9.2
- Some additional material
  - Alternating directions methods of moments (ADMM)
  - Stochastic gradient method
  - Variational inference

# Course structure

- Focus on **methods**
- Focus on **implementing** algorithms
  - Will mainly use R, not that efficient
  - For most methods, there exist efficient software
  - Focus on **learning** through implementation
- Some **theory** on why and how methods work
- Examination:
  - **Project** and **written exam** (or exam at home)
    - Dates will be published on the course page
  - Project divided into **two parts**
  - No grades given separately on projects, but **feedback** will be given

# How to work (my reccomendation)

- Before lecture
  - Read book / note
- Attend lecture
- After lecture
  - Read book / note [if you did not do it before]
  - go through R-code example
  - do exercises
- Attend exercise
- After exercise
  - do exercises [if you did not do it before]
  - wrt code, go through R-code
  - make sure that you understand
- Always possible
  - Send mail with questions to me
  - Talk to me (when we meet in re

Big payoff when doing the compulsory exercise (and for life)

You get reply by mail or in class (most often)