21 августа 2019

Первый рабочий день. Чувствовалось волнение перед чем-то большим и новым. Сначала я в составе порядка десятка людей, тоже начинавших новую работу, подписывал документы, соглашения, договоры. Всего поставил примерно 40 подписей. Потом меня встретил и привел на рабочее место Искандер, мой начальник. Не на собеседовании, в обычной обстановке, он производит гораздо более приятное впечатление. Он внимательный, улыбчивый, вежливый. Как только пришли, он, после настройки некоторых доступов, повел меня знакомить с командой. Людей много, я запомнил только Юлю и Ждану. Не скажу, что чувстсовал себя неловко и скованно, но ничего людям не говорил и просто улыбался. Из-за того, что некоторых доступов не было, Искандер дал мне читать книгу по финансовой математике. Я читал, хотя временами было сложно, потому что это совсем новый образ мышления. Однако, помня о советах из книги Be so good they can’t ignore you, я старался.

Когда я занимался, Юлия подошла ко мне и похвалила. Еще со мной был приветлив какой-то молодой человек, когда я уходил. Искандер разослал всем сотрудникам какое-то мое описание, судя по которому я - умный математик… Искандер сидит меньше чем в двух метрах от меня, это замечательно. Он с готовностью отвечал на вопросы по книге.

Искандер повел меня на встречу с двумя людьми, они обсуждали задачу. Нужно по отчету по кредитному риску определить, по каким именно критериям этот отчет был классифицирован как красный или желтый.

Главный урок за сегодня - у меня нет оснований верить, что я люблю людей. К каждому я найду, к чему придраться. Это плохо. Буду искать в людях положительное.

Disclaimer: То, что тут написано, может не вполне отражать то, что было на самом деле, потому что мой уровень письменного английского невысок, и целью писать по-английски является как раз поднятие этого уровня, чтобы было легче сдать на высокий балл соответствующие задания в экзаменах TOEFL и GRE.

26 Aug, 2019

I feel a little bit distressed about my new job. I am experiencing what is called an impostor syndrome. I am afraid that my boss will figure out I am incompetent. This is quite stipid to think that way. I need to adopt more positive thinking. I mean, we haven't even started doing anything. But because I don’t have any control over my day and communication with a team, I feel dissatisfied.

Communication with people.. well, there is basically none of it. But it is all in my hands, nothing will happen just out of magic.

If was really funny how I’ve visited the cafeteria today. I had been thinking that my boss eats at 12 o’clock. So, when it was 12, I raised my head from my (well, his) book and did not find him at his place. I thought that he had already gone eating and so I went to eat, too. At the cafeteria I got really disappointed because of the huge prices. I did not find my boss there.

Within several previous days I am experiencing strange bouts of extreme fatigue, both mental and physical. During these bouts I can’t think clearly, can’t comprehend new material. It happens sometimes even right after breakfast. Possibly, it happens because I have reduced my sleeping hours from 8 to 7. Also, my life is completely lacking in activities, after which I feel less tired. I mean, I need to learn to rest.

27 Aug, 2019

I’ve started feeling almost unbearable fatigue from the very morning. It worries me, as I don’t know the reason. However, I have several conjectures. Firstly, it might be the early signs of mild depression. Note that I am actually not having any communications with people, as well as hobbies, too. What I do is learning and reading. My fatigue is both physical, mental and emotional - I walk very slow, my emotions are flat, mood is dull, it is hard to concentrate. Everything seems “nullified”, lacking any value and motivation.

I have visited Vavilova, 23 for training in case of fire. WHen on work again, I spent 3 hours on a silly game about cybersecurity. The tasks were easy and required a bit of short-term memory usage, but I could not concentrate properly and, therefore, had to pass every level 2-5 times to get all correct results. I felt very uncomfortable and stressed. I am afraid that I am impostor and my boss will soon figure it out. I am not communicating with anyone on my job.

It gets even funnier with food - today I have forgotten my money and spent a day without lunch.

I’ve understood that my understanding of Buddhism was wrong again. I thought that I should just ignore all impulses to avoid painful experiences and go to pleasant experiences. That whatever happens in the mind, I am happy. This is stupid. Why don’t I just sit down, stop eating, drinking and die? If I think that I am happy regardless of what happens in my mind, then I am simply blind.

28 Aug, 2019

Today was a better day indeed. I have started it with short Buddha visualization, which surprisingly made my day. After the test I went to the job with my colleague, Vlad. He is a sporty man, who has rigorously studied economics for many years at several places. At some period of time he even wanted to obtain PhD in economics, but gave up with this idea. We chatted about the structure of our bank.

In the bank I had a nice tasty (and inexpencive) lunch with my boss and his friend. Tomorrow, as Iskander promised, we will eat together with other members of the team. After the lunch I have started to experience my usual fatigue, which I successfully destroyed with a cup of coffee. This psychoactive substance have proved itself effective today.

I have struggled today trying to make PyCharm work. Eventually I have made it, and wrote a working script of exctracting some information from .xls files. Tomorrow I will need to do the same for pdf’s. But, anyway, online course about risk management was a little bit hard. At home I’ve finished the great book about vagabonding, which has learnt me to dream about traveling.

Also I have taken my salary card in SberBank. A young woman wanted me to buy several additional insurances, but I refused.

29 Aug, 2019

Well, nothing interesting happened. Iskander does not pay much attention to me, so the work is basically stuck. Before lunch I’ve been struggling with parsing excel and pdf files. With excel it is re3latively easy (although, I’ve encountered a serious problem - wrapped objects), whereas dealing with pdf is much harder, it is beyond my capabilities.

My boss said I did well on the test yesterday. He treats me really well on personal level. I had no fatigue, so did not drink coffee. In the end of the working day I watched some introductory courses and read a book on mathematical finance.

I planned to put some Buddhist holidays in my calendar; it turned out to be much harder task than I had thought, because there are many of them. Some involvement in Buddhism should be kept on constant level.

30 Aug, 2019

I’ve spent 6 hours there. No any directed movement towards my NLP problem. I’ve spent some time watching an introductory course to modern innovational trends. There was concise information about bitcoin, ML, AI, DevOps, Agile. I had lunch with Iskander and Yakov again. They don’t seem like interesting people to talk for me, because they are older and have different fields of work and study than i do.

When I came back home, I resumed reading fascinating books from Caneman and Deutch.

Vocabulary story:

Jack was an aristocrat living in 19th century Britain. His father was a martinet, so Jack’s life surely was not a surfeit of unnecessary luxury. Nothing stymied Jack from getting brilliant education and becoming a man useful to society. His mother was an exemplar of geniality. However, sometimes she told boring bromides about life and art. When bellicose people tried to calumny his family’s dignity, Jack showed great mettle. No one knew he was in deep quandary about what was the next right step to do. Loss of reputation would indeed had tethered Jack’s climbing the career ladder. Somehow (maybe it was just a fluke) good reputation remained extant.

Jack’s brother’s main feature of character is proclivity. He hankers raping and killing women. Being urbane in manners, he was touting for self-indulgence.

31 Aug, 2019