

CSE 390 B Spring 2021

Procrastination, Networking, & Managing stress Part II

Finals Week Prep, Connecting our Computer to the Internet

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Agenda

- ❖ **Procrastination (our fav)**
- ❖ Intro to Networking
 - Connecting our Computer to the Internet
- ❖ Stress Response Cycle Discussion

Let's Talk Procrastination

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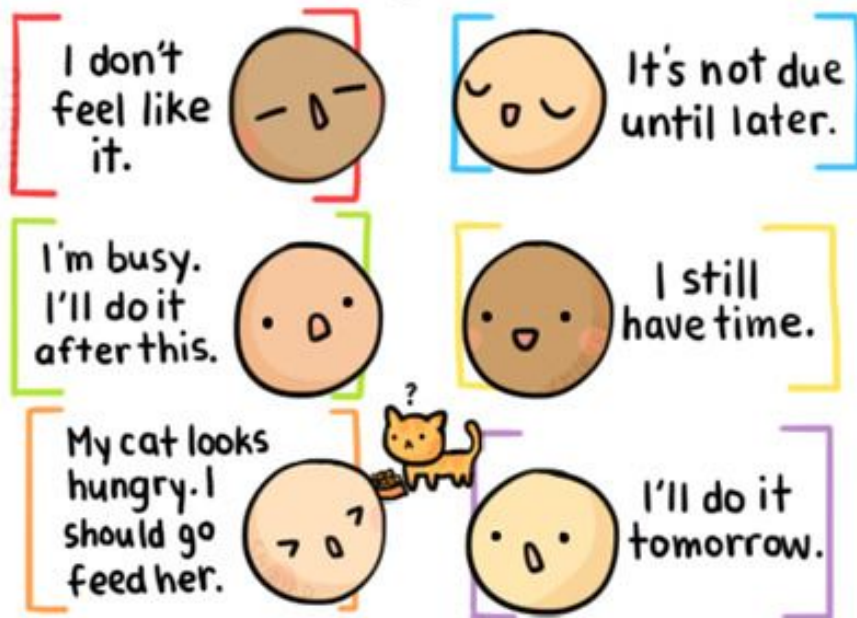
What is procrastination?

- Procrastination is the act of putting things off or choosing to do something you prefer to do (or might even need to do) instead of the actual project or chore or work you need to be doing now.
- Common challenge for college students, with about 80-95% of students reporting that they procrastinate (Steel, 2003)



How do we combat procrastination?

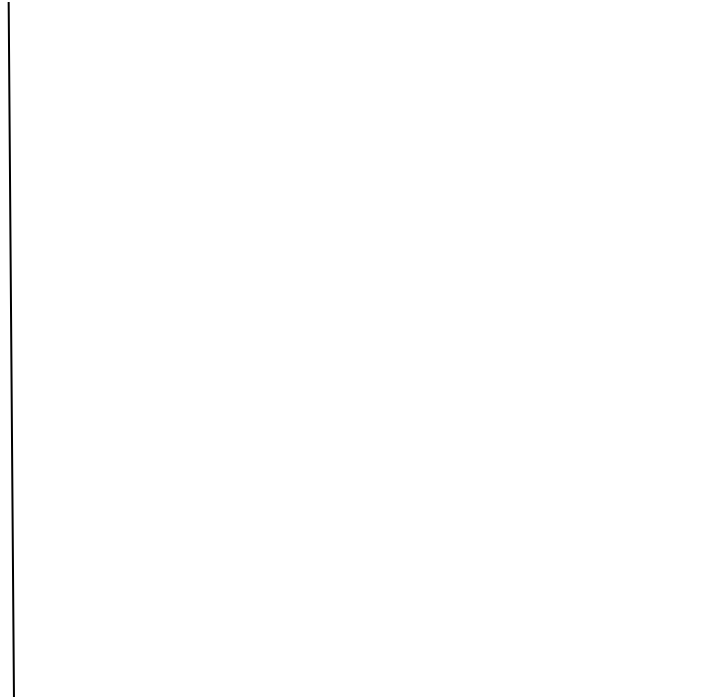
excuses for procrastinating chibird



- ❖ Identifying why we procrastinate and the internal dialogue we have with ourselves
- ❖ Creating a proactive strategy to course-correct when you notice you're putting off what needs to be done

Grab a piece of paper!

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AVOIDANCE AREAS

*When you
procrastinate,
what do you
avoid doing?*

Identify 3 -5 areas

Where does procrastination impact you most?

PERSONAL

- Eating well
- Exercising / Wellness activities
- Getting enough sleep
- Bathing & hygiene
- Health care (i.e. doctor's visit)
- Balancing bank account
- Relaxation & hobbies

SOCIAL/RELATIONSHIPS

- Talking with friends
- Writing email responses
- Socializing
- Calling relatives

SCHOOL/COLLEGE

- Going to class
- Doing class readings
- Studying for tests/exams
- Doing homework/ assignments
- Writing papers
- Starting long-term projects
- Finding a study group
- Talking to an instructor or TA
- Making an advising appointment

SHOPPING/HOME/ MAINTENANCE

- Paying bills
- Getting financial aid taken care of (i.e. FAFSA, forms, etc)
- Doing laundry
- Cleaning
- Grocery shopping
- Doing dishes

WORK/CAREER

- Going to work
- Applying to internships/jobs
- Preparing a resume
- Studying for interviews

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AVOIDANCE AREAS

When you procrastinate, what do you avoid doing?

Identify 3 -5 areas

PROCRASTINATION BEHAVIORS

*How do you procrastinate?
In other words, what do you do instead of the work that needs to be done?*

Identify 3 -5 behaviors

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AVOIDANCE AREAS

When you procrastinate, what do you avoid doing?

Identify 3 -5 areas

PROCRASTINATION BEHAVIORS

*How do you procrastinate?
In other words, what do you do instead of the work that needs to be done?*

Identify 3 -5 behaviors

PLANNING FOR SUCCESS

*What can you do to avoid procrastination?
What action can you take to **refocus** yourself on the task you need to complete?*

Identify 3 -5 actions

Tips for surviving dead week...

- ❖ Revisit and reassess your goals each day
 - Break-up into different levels - minimal, solid, reach
- ❖ Have an accountability buddy
 - Study groups, working sessions, zoom meet-ups.. whatever you want to call it, having someone who can help you stay motivated, accountable, and avoid procrastination
- ❖ Remember bloom's taxonomy!!
 - How is your preparation involving higher level thinking skills?
- ❖ Try and stick to a routine
 - Provides normalcy and structure for maintaining sleep and wellness

Agenda

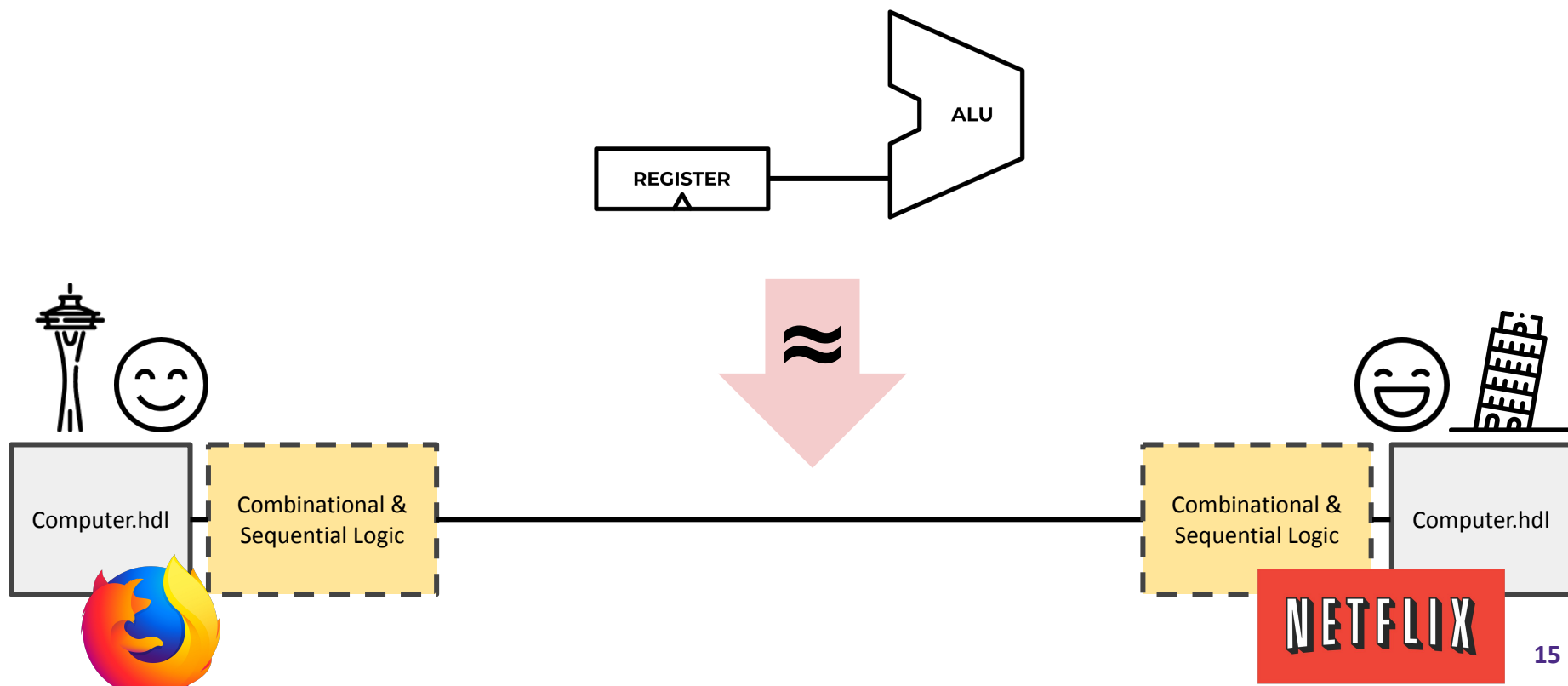
- ❖ Procrastination
- ❖ **Intro to Networking**
 - **Connecting our Computer to the Internet**
- ❖ Stress Response Cycle Discussion

Intro to Networking

- We won't go very deep on this topic
 - Take CSE 333 (Systems Programming), CSE 461 (Computer Networks), and CSE 452 (Distributed Systems) to learn more!
- Our focus:
 1. Brief intro to what connecting to the internet looks like under the hood
 2. What that connection might look like implemented in our computer!

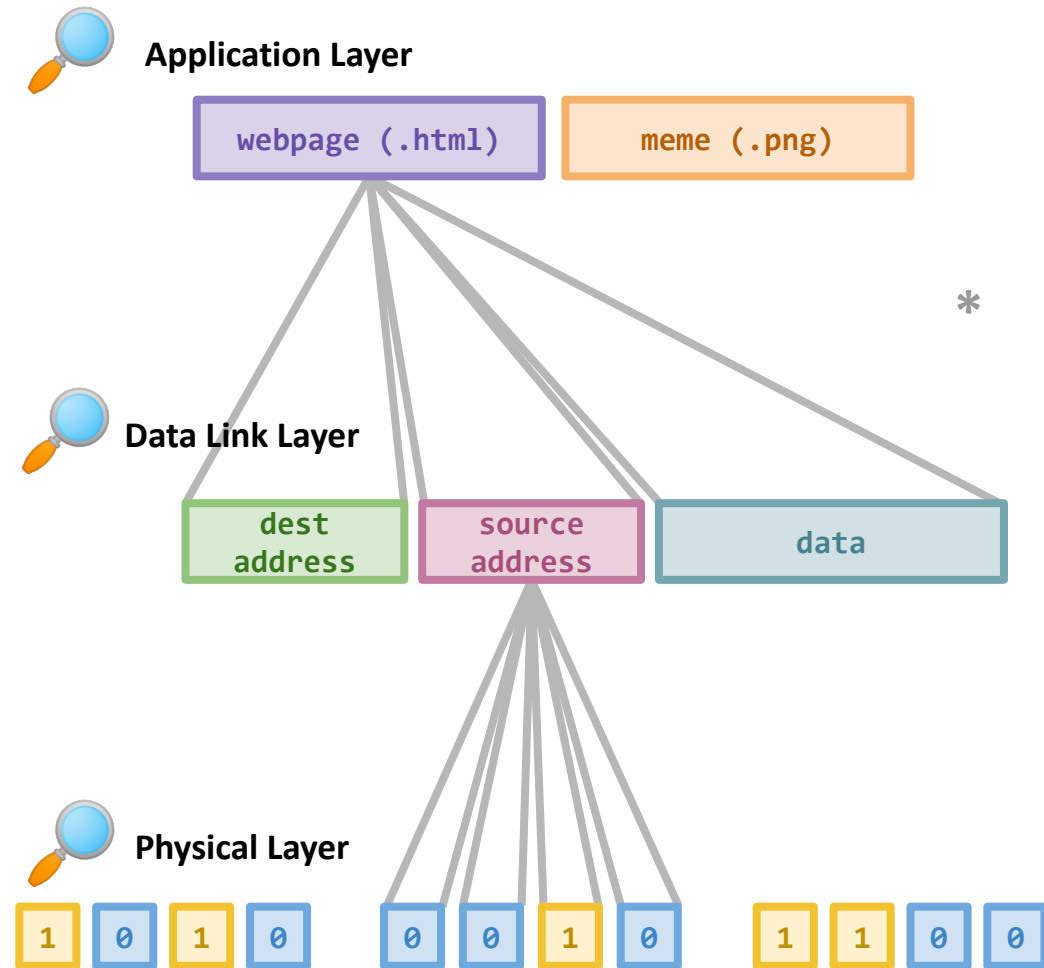
Really, Really Long Wires

- At a fundamental level, there's nothing magic about the Internet -- it's the same concepts we used to build our CPU, just with longer wires.
 - Still 1s and 0s, still just combinational + sequential logic!



Thinking about the Network: Layers

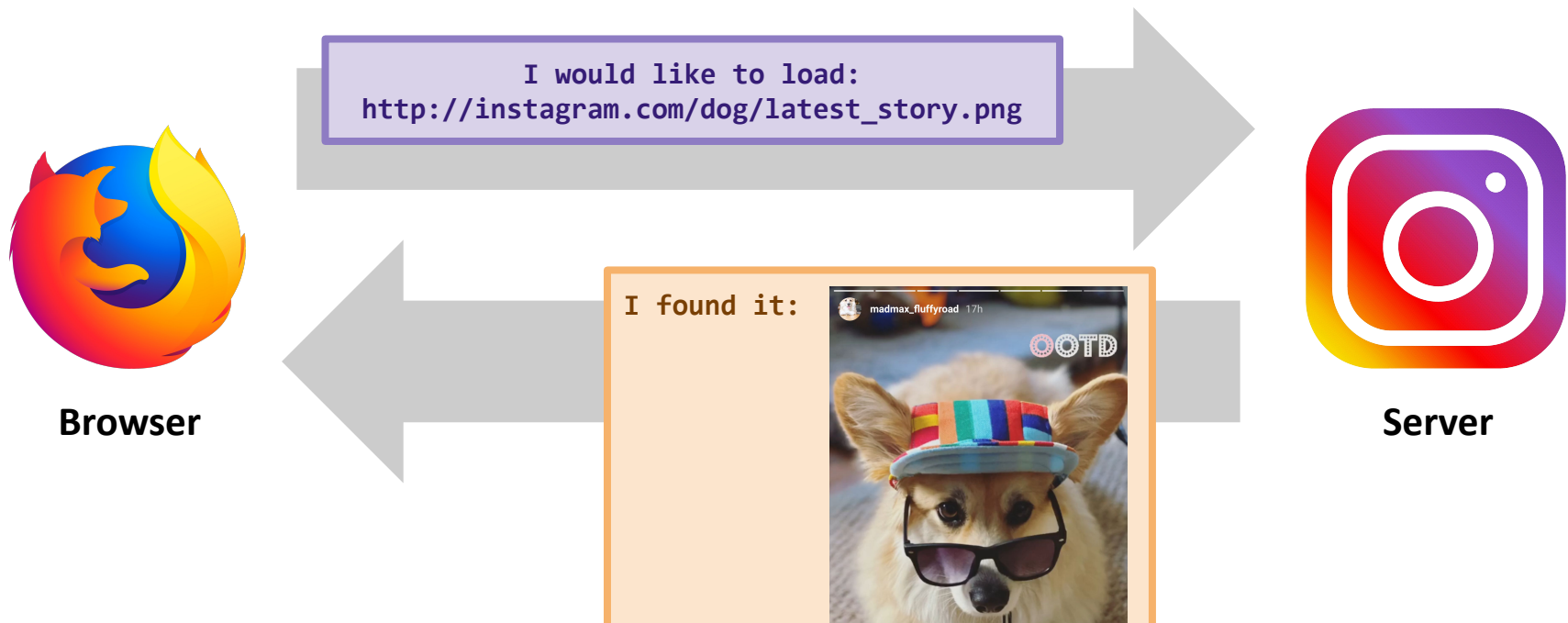
- To manage the complexity, we think about the network in **layers**
- It's all 1's and 0's, but each layer is a different way of "framing" or thinking about those 1's and 0's
 - Each layer zooms out a little more



**Others exist between here; out of 390B scope*

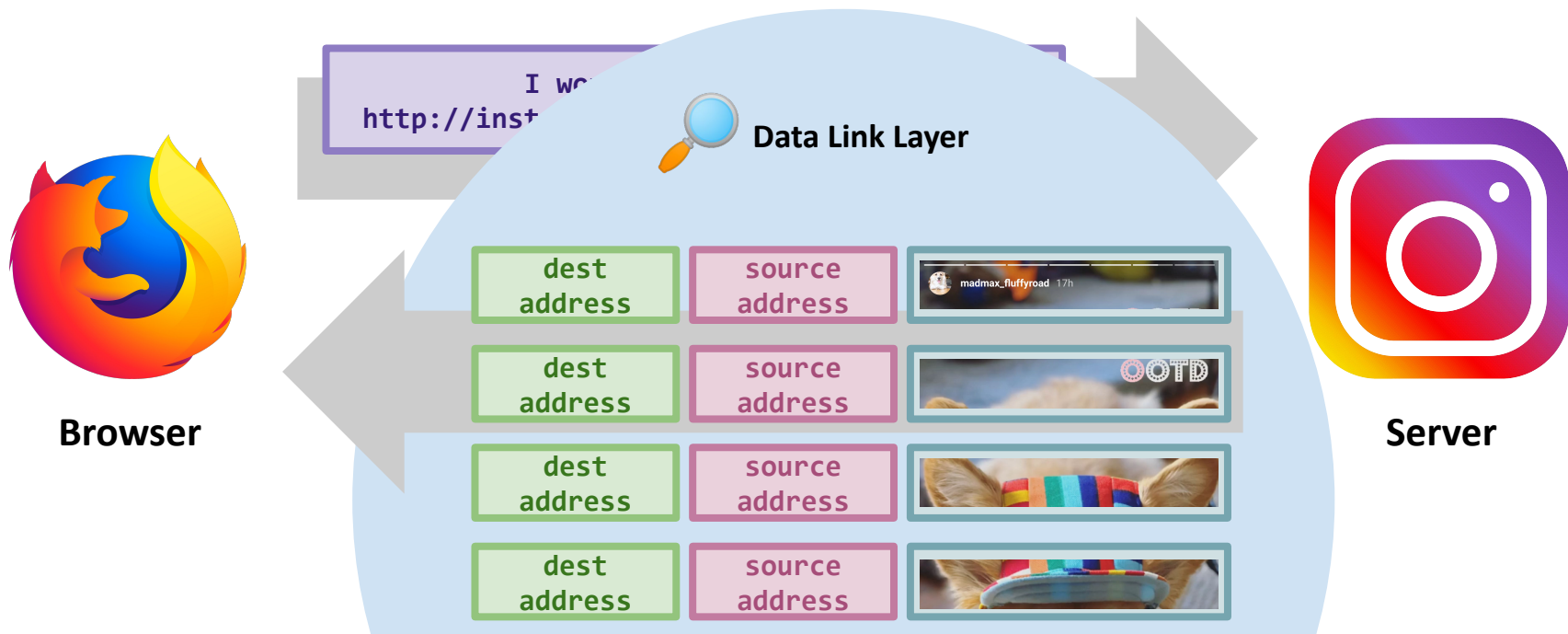
Application Layer

- Conceptually the “top” layer: looking at internet traffic as direct communication between applications
- Common use: HTTP (HyperText Transfer Protocol)
 - Your browser sends an HTTP request to a server
 - The server sends back an HTTP response with data attached



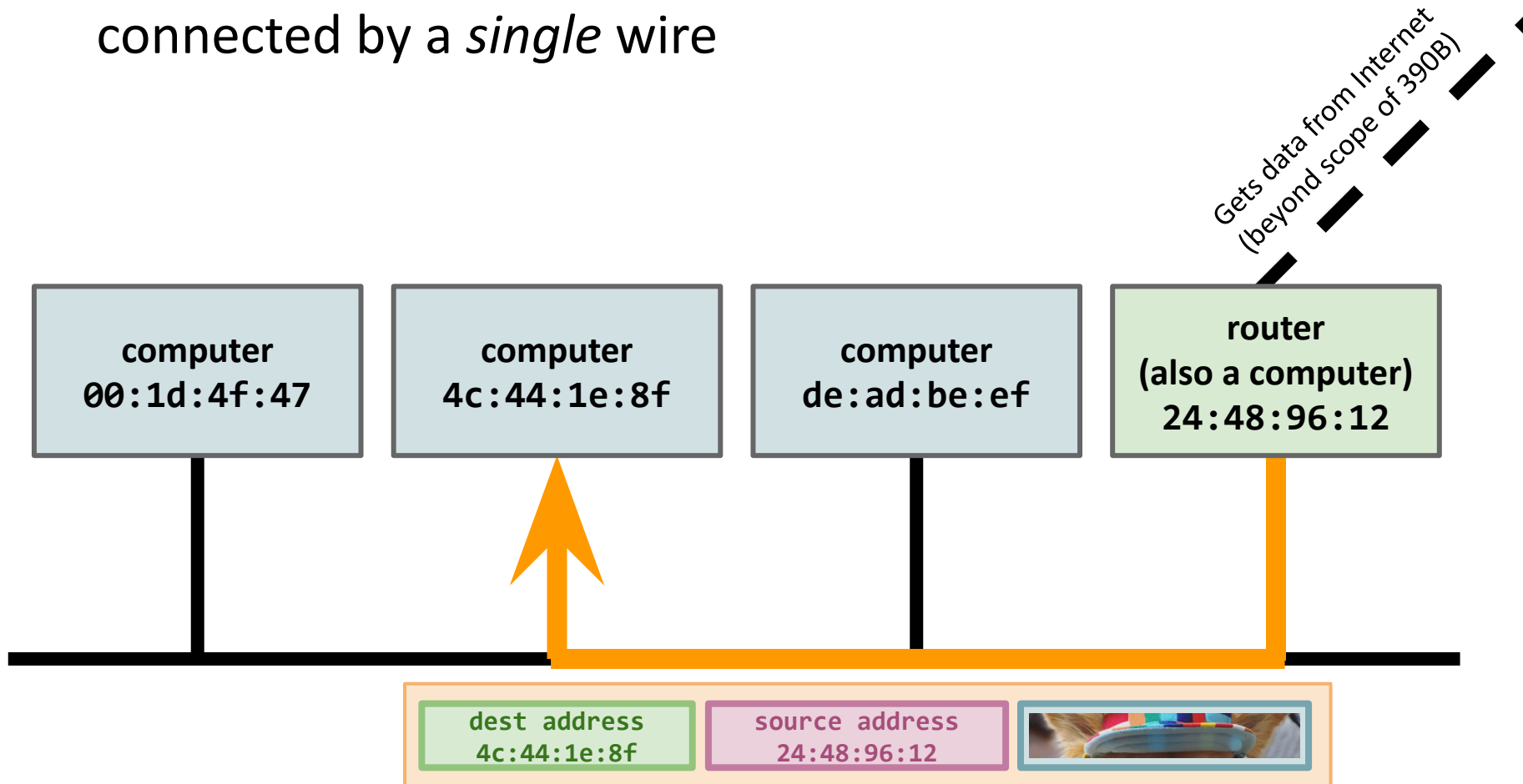
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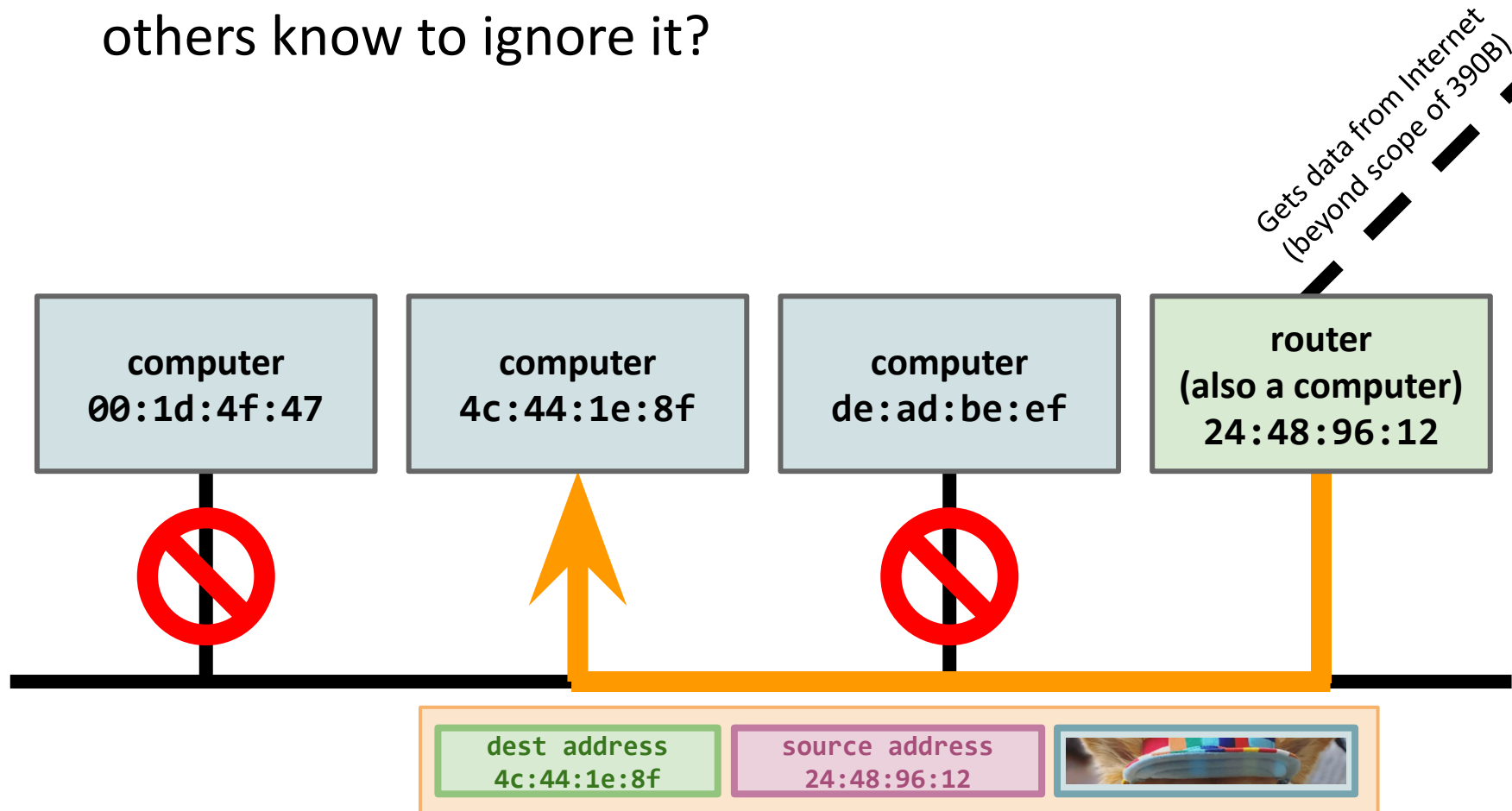
Data Link Layer

- A computer network is simply multiple computers connected by a *single* wire



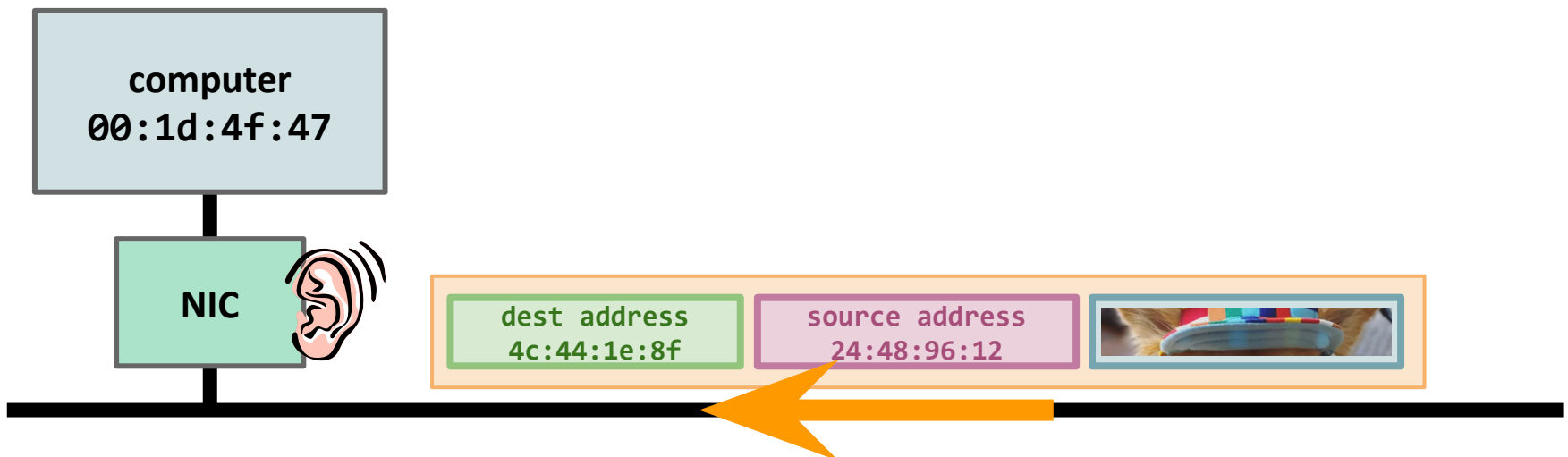
Data Link Layer

- But every computer will “hear” the message. How do the others know to ignore it?



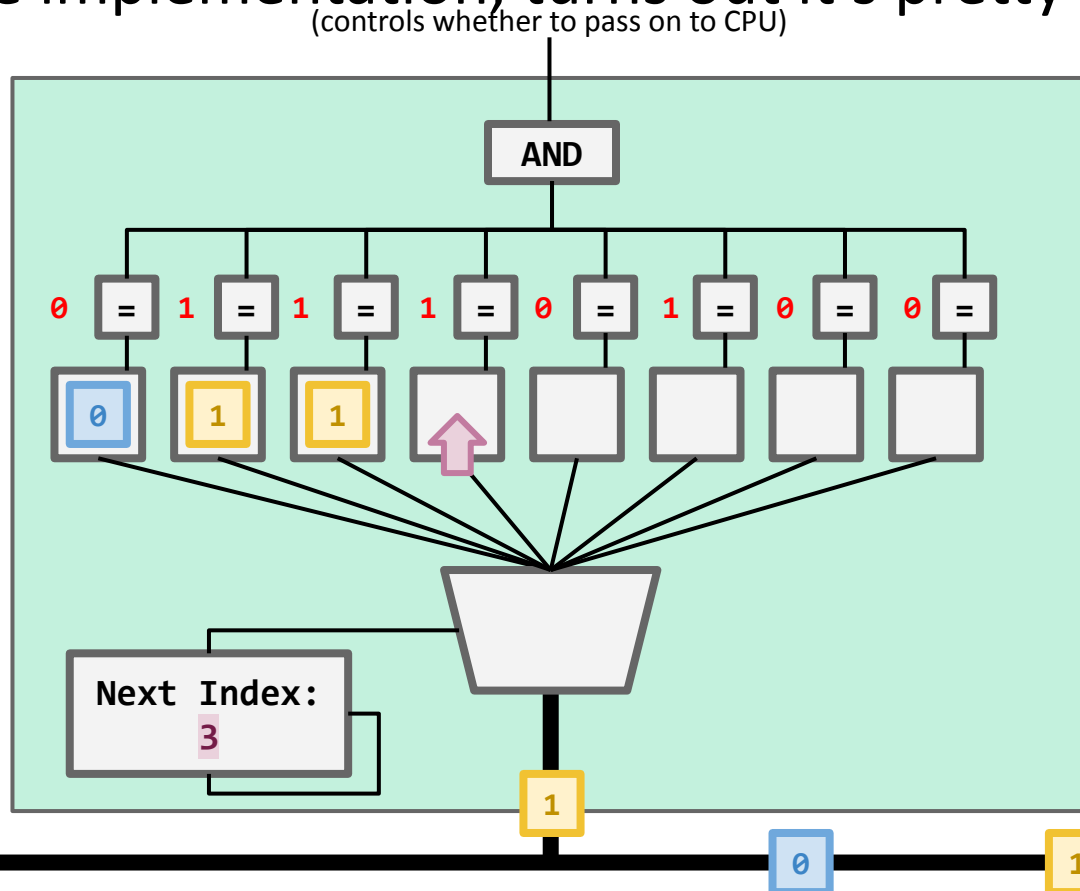
NIC (Network Interface Card)

- We don't want the CPU to waste time always listening to the network wire, especially when it's not even the destination computer
- Solution: the NIC -- a new piece of the computer dedicated to dealing with the network wire
 - Listens to the network wire until it hears a dest address, checks if it matches this computer, and only sends to CPU if so



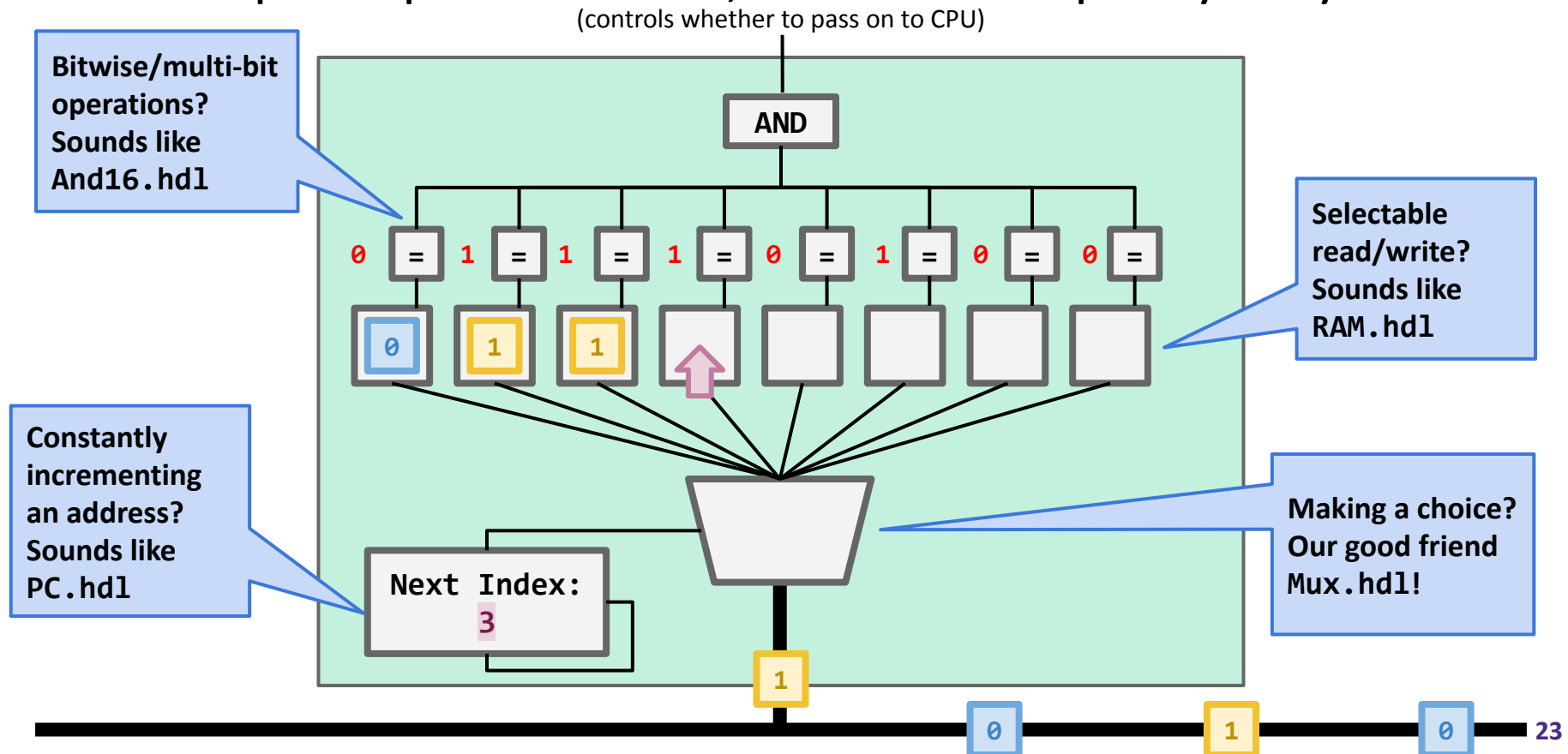
NIC Implementation in Your Computer

- Before, would have to accept NIC as “magic”
- Now, can imagine exactly how to build this chip -- and for a simple implementation, turns out it's pretty easy!



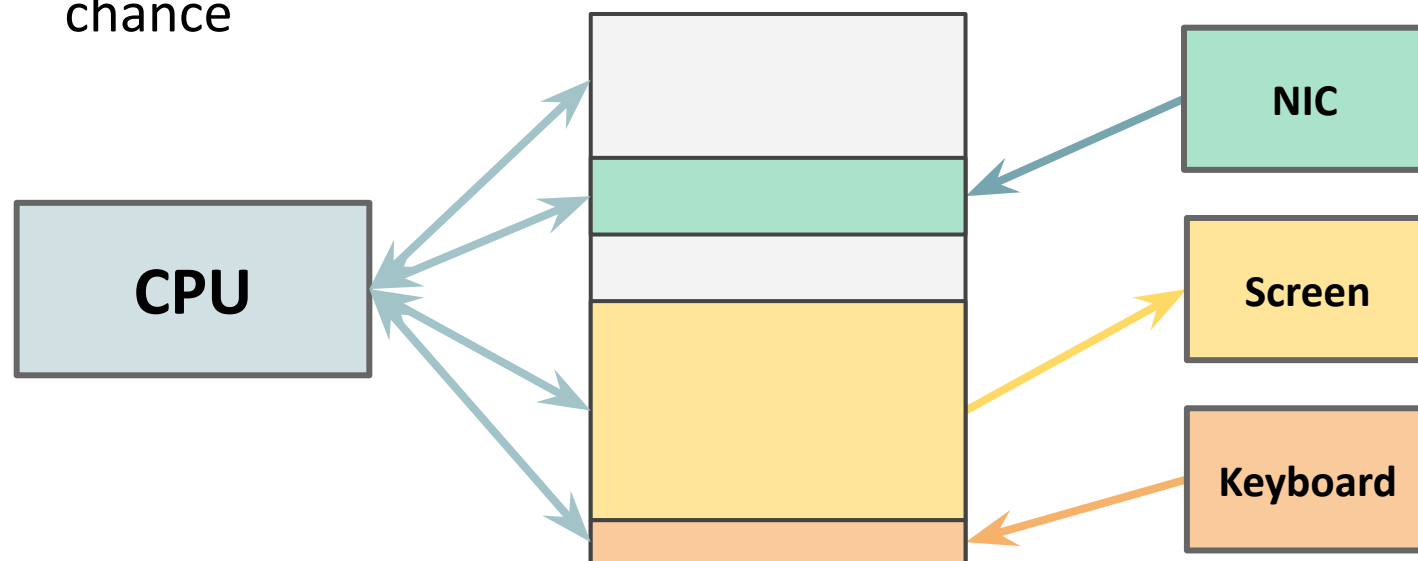
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Connecting NIC to Memory

- The keyboard and screen communicated with the CPU via memory maps -- agreed-upon regions of RAM that can be read/written by the hardware of the devices themselves
- NIC could be no different!
 - Every time the right address is detected, copy the following data into part of RAM where the CPU can retrieve it once it gets a chance



Takeaways: Networking

- The network is fundamentally the same hardware we've been looking at
- Its incredible power comes from scale: how much data and how many computers it connects
 - To manage this complexity, we think of it in layers
- Interfacing with the network can be done with specialized hardware
 - This frees the CPU from monitoring constantly; can access data only when needed

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- ❖ **Stress Response Cycle Discussion**

Episode II: Complete the Stress Response Cycle

- ❖ In episode 2, the Nagoski sisters talk about 12 evidence-based strategies to deal with the stress itself (vs. the stressors) that could help you complete the stress response cycle and return to a state of safety inside your body.
 - Of the 12 strategies discussed in the podcast episode, which one resonated most with you and why?

- ❖ A big part of finding activities that complete your stress response cycle is being able to judge if an activity caused a release feeling for you.
 - Can you think of any moments in the past where this release occurred? Can you think of any moments where you were trying to relieve your stress but you didn't feel that release?

- ❖ How can we build these practices into our daily routine without thinking about them as a “chore” we have to do?

Wrapping Up

What's in store for Week 10(!!)?

- ❖ Final Project Check-in
- ❖ Final Social Computing Reflection discussion
- ❖ Final week of lectures

Reminders

- ❖ Professor Meeting Report due **11:59PM Tonight!**
- ❖ Project 7 due Tuesday!
- ❖ TAs will be talking to you about your final 1:1 session

Let's finish strong!!

Preparing for Finals Week

1. Identifying what is being expected of you for your finals
 - Revisiting course syllabi
 - Reviewing finals instructions or specs
2. Make a plan
 - What does preparing for *each* of your classes look like?
 - What materials, tools, resources are needed?
3. Make a schedule
 - How does what you need to do fit into your schedule?

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CSE 390B Final Project Plan

*What could preparing for
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CSE 390B Final Project Plan

- ❖ **Review previous projects and reflections as inspiration**

What could preparing for your CSE 390B final project look like?

CSE 390B Final Project Plan

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- ❖ **Create an outline of your project that addresses the required elements**
(conveniently we have built this in as part of your final project 😊)

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CSE 390B Final Project Plan

- ❖ **Review previous projects and reflections as inspiration**
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- ❖ **Meet with an instructor or TA for guidance/support**
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CSE 390B Final Project Plan

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- ❖ **Meet with an instructor or TA for guidance/support**
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- ❖ **What else?**

What could preparing for your CSE 390B final project look like?

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Quarterly Calendar

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