

Neuroscience and the Agile Way

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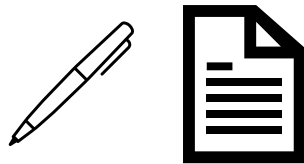
Quick Brain Activity

- Raise your left foot
- Rotate it clockwise
- While rotating – raise left hand in the air
- Draw a big #6 in the air



Today's Objectives

- Describe Context Switching
- Neuroscience: Personalities understand ourselves
- Understand impacts to our mental health
- Leave understanding what can be done about it
- You will need



Did you know

- Office worker interruptions occur every **3 min 5 sec**
- Oddly $\frac{1}{2}$ of the interruptions are **self-interruptions**

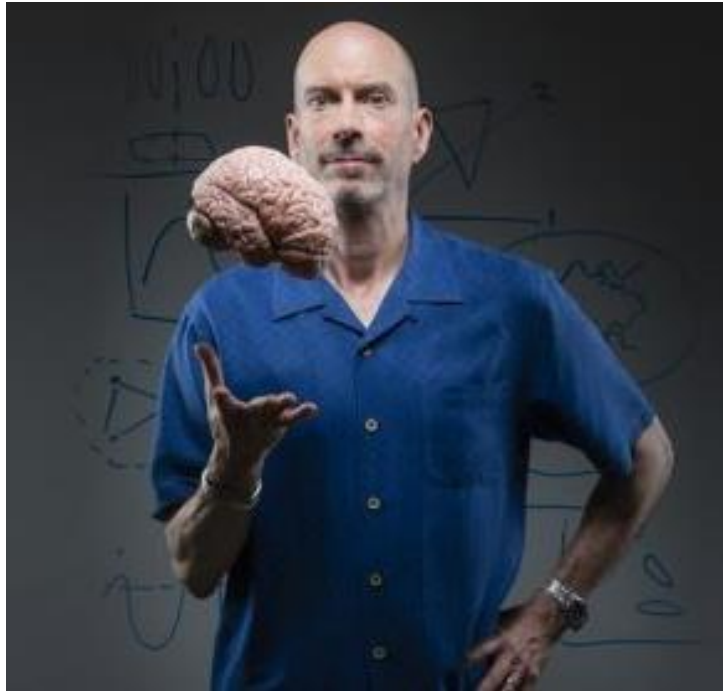


Multitasking Components

- Background tasking
 - Helpful
 - Internal and External
- Context Switching
 - Thief of Time/Money/Sanity



Context Switching



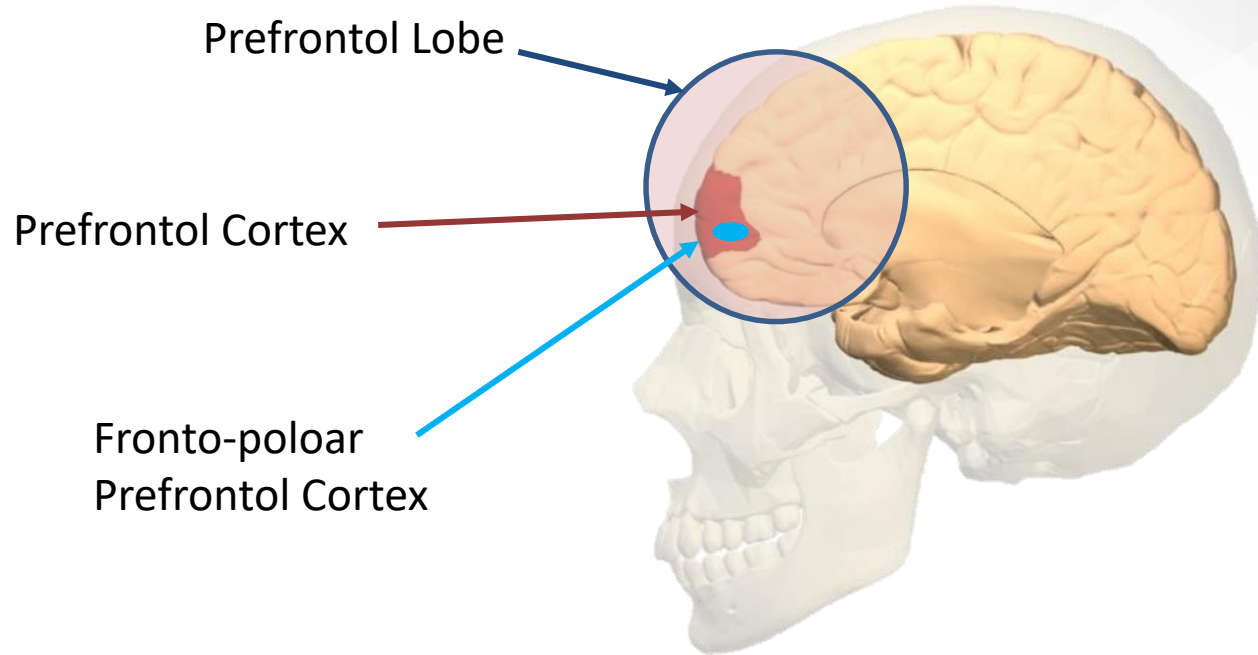
Attempting to do multiple focused tasks at the same time

2 Hour limit

Jobs that require context switching often mandate a break every 90 minutes

- Air traffic controller
- Interpreter at the United Nations

But, Haven't We Evolved



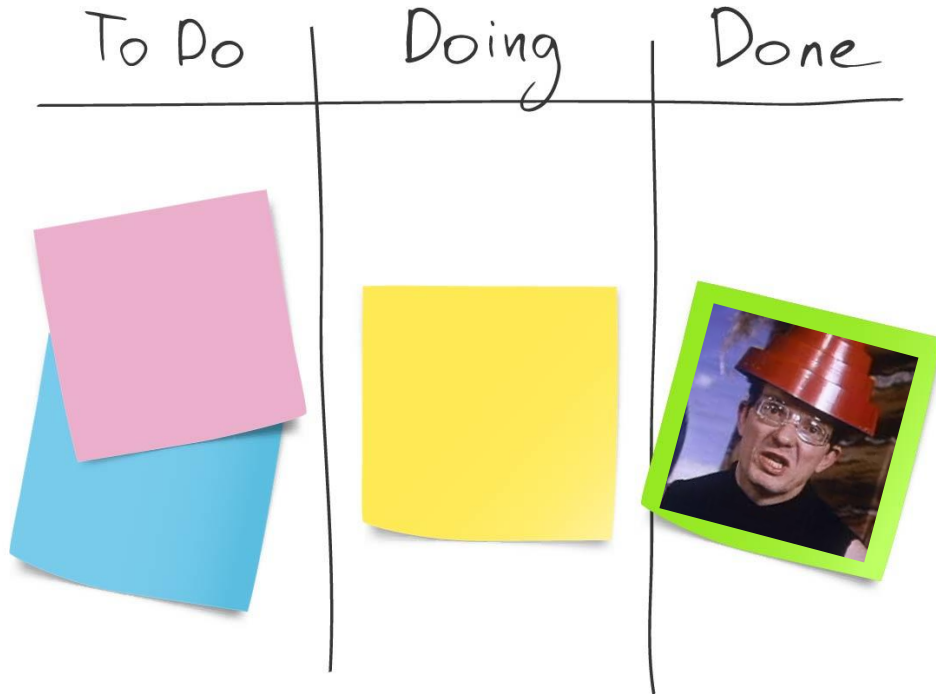
Superhero Complex



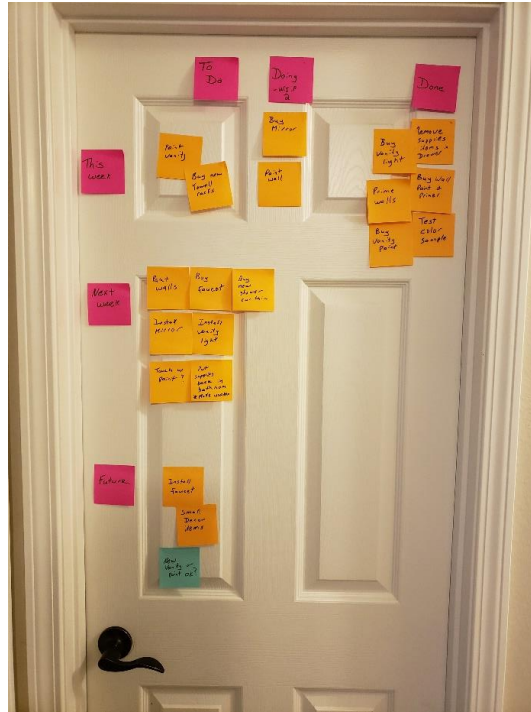
Personal Story



WIP It, WIP it good



We use this at home



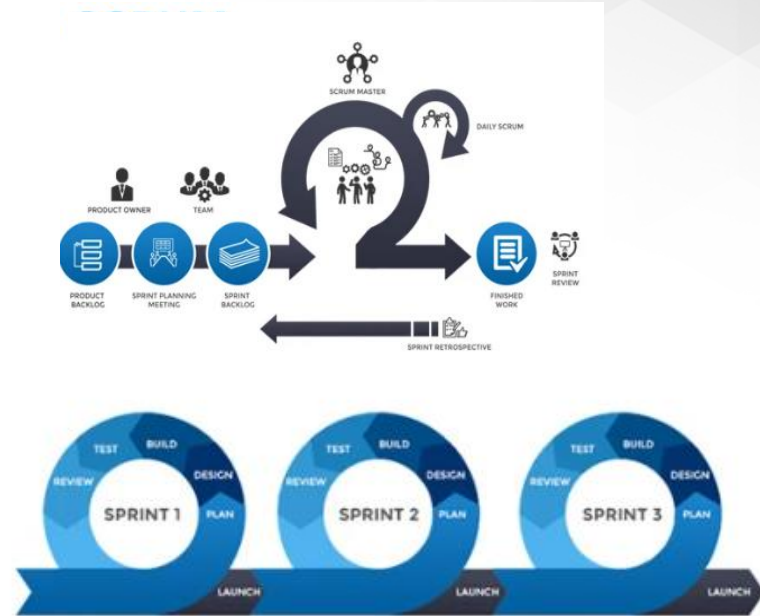
Additional Personalities

- **Approach-oriented or reward-focused**
 - Belief that multitasking will be rewarded
- **High-sensation seeker**
 - Desire constant stimulation, and enjoy new tasks
- **Trouble focusing**
 - Have trouble blocking out external stimuli
- **Priority Pleasers**
 - Make it a priority in order to please others

Agile Frameworks Promote

For Example

- Daily standups for collaboration
- Transparency for understanding
- WIP for focus
- People doing the work; determine the approach
- Team reflection – tune behavior
- Innovation and Planning

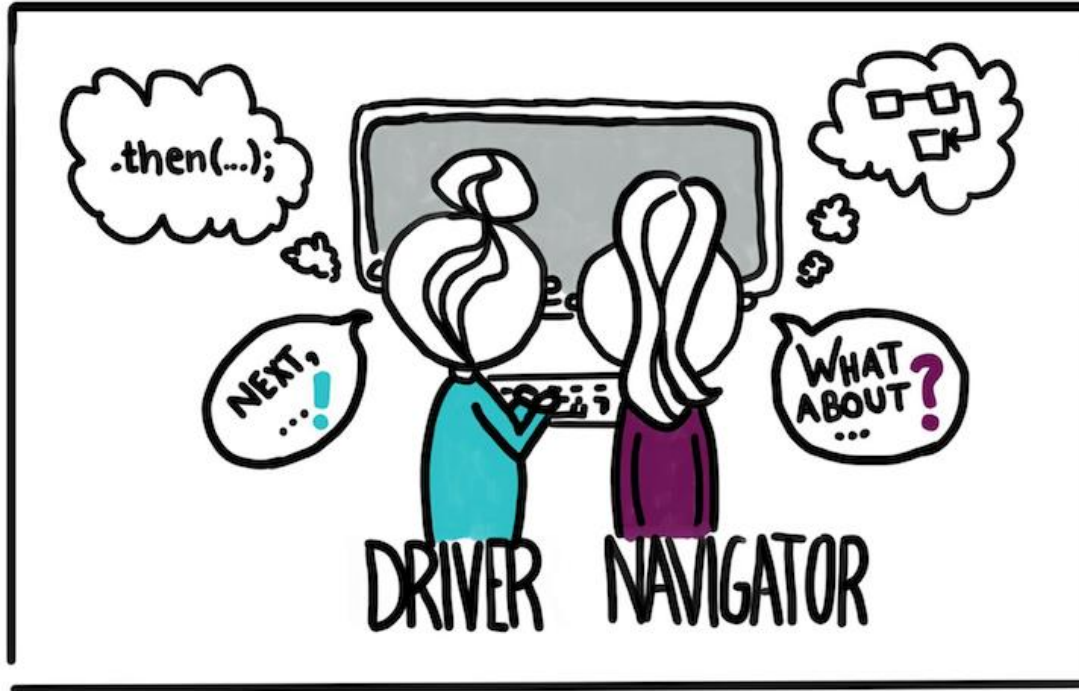


Zeigarnik Effect



- People remember uncompleted tasks better than completed tasks
- Our brains will be switching context despite what we want

Pair Programming



Advantages of Context Switching

- It keeps others from being held up
- It gives you something to turn to when you're stuck



Management

- **Context switching is a way of life**
- **Help yourself and manager**
- **Help determine the relative priority of each piece of work**



Invoke Scrum Master Protection



Exercise



Take a piece of paper and
draw 2 lines

Exercise – Round 1

30 seconds to see how far you can get

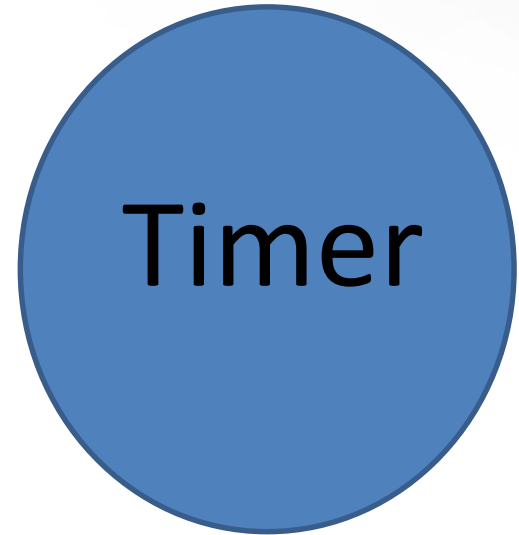


- Row 1: Let us play a game together
- Row 2: Write the numbers “1 – 22”

Exercise

30 seconds to see how far you can get

- Row 1: phrase
- Row 2: numbers count up



Output

Let us play a game together

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

Exercise - Take 2



Take a piece of paper and
draw 2 new lines

Round 2 rules

You are going to use the same phrase and numbers

- However, you will write 1 letter on the top line and then a number the bottom line
- Oh, by the way
 - Numbers countdown vs counting up

Round 2 rules

Only enter 1 character on a line at a time
Alternating lines – Letter then number

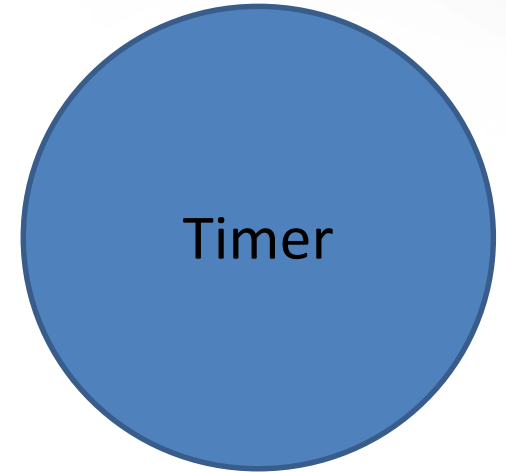
- Row 1: Let us play a game together
- Row 2: Write the numbers “22-1”



Take 2 rules

45 seconds to see how far you can get

- Row 1: phrase
- Row 2: numbers countdown

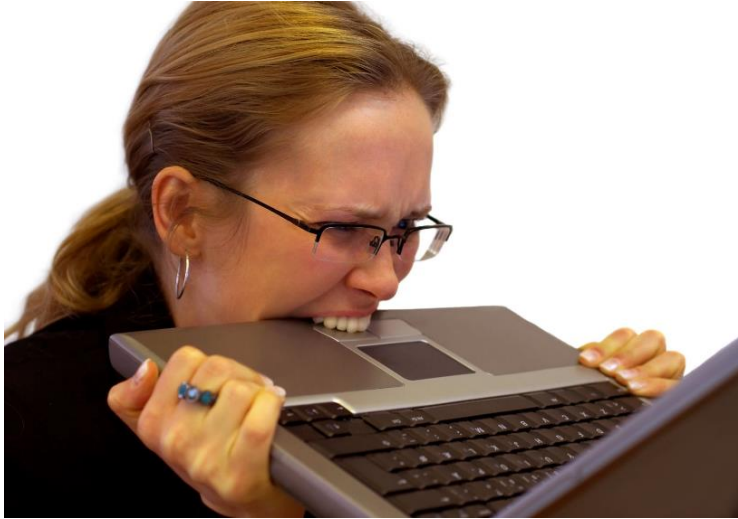


Output

Let us play a game together

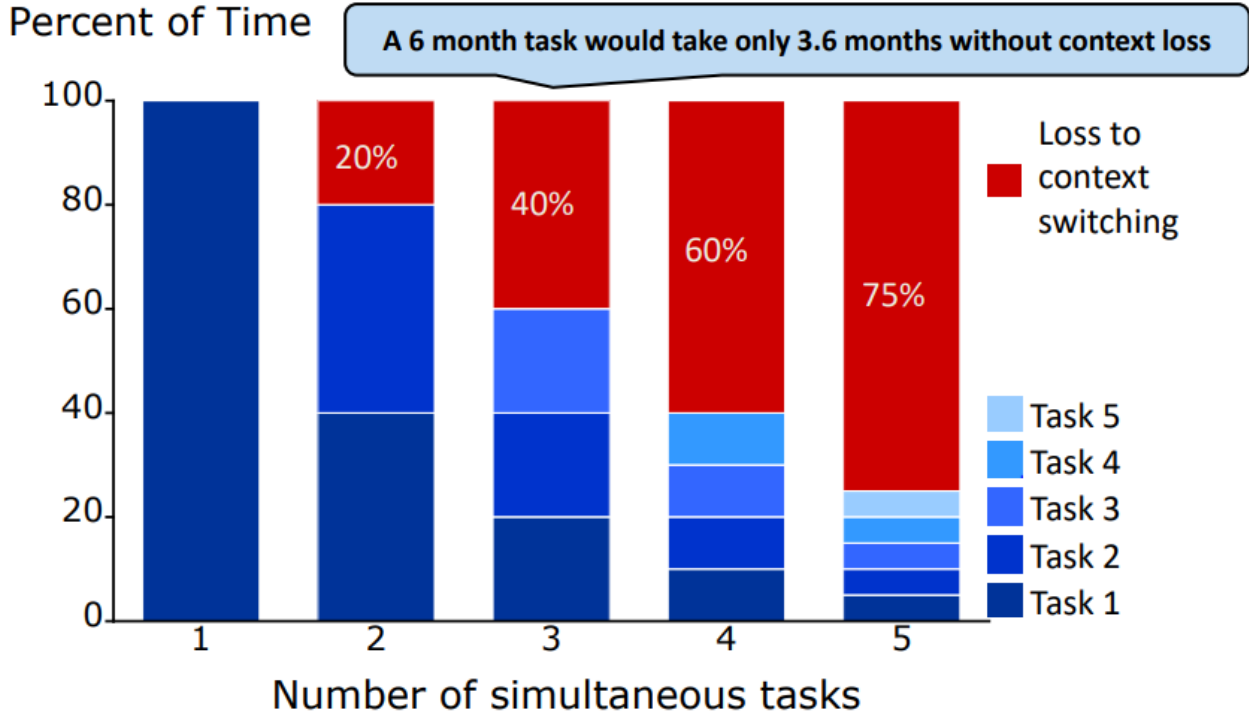
22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Mental Health



- Confused about task
- Mistakes
- Amount of time increases
- Quality of work decreases
- More stress
- Mental fatigue increases
- Feeling lack of accomplishment

Efficiencies Lost



Many Housing Update Options

- Paint Boys Room ✓
- Paint Isa's Room ✓
- Master Bath Refresh **PENDING**
- Main Bathroom refresh ✓
- Upstairs Carpet ✓
- Lower Level Carpet ✓
- ~~Kitchen counters~~
- Deck ✓
- Stain Lower Level (On Deck)



New
Yard Regrading



Many Housing Update Options

- ✓ Paint Isa's Room
- ✓ Upstairs Carpet
- ✓ Lower-Level Carpet
- ✓ Deck
- ✓ Paint Boys Room
- ✓ Main Bathroom refresh
- ✓ Re-paint Isa's room (Kid room swap)
- Stain Lower Level (On Deck)
- Master Bath Refresh
- Kitchen Counters

New

PENDING

WORK
IN PROGRESS



Recap: What can we do about it

- As much as possible work on 1 task or project at a time
- Use WIP
- Know your personality type and share it
- Team up on difficult work
- Invoke Scrum Master Protection
- Help managers be mindful of requests
- Team members be open and transparent about blockers and interrupters
- Don't be a superhero! ... Unless you can be Batman



Feedback & Questions?

