

NOVEMBER 1, 2023

MONTHLY NEWSLETTER



A community dedicated to elevating and empowering women in tech.

TECH NEWS

YouTube Music has introduced a new feature allowing users to customize the cover art of their playlists using generative AI. The AI offers prompts, and users can choose from various options, resulting in five different images. The feature is currently available for English language users in the US, with plans for global expansion. Additionally, YouTube Music is introducing a "speed dial" feature for quick access to frequently listened-to content.

COGNIXIA AND ASCENDION NEWS

Cognixia has taken another leap into the dynamic world of podcasts with the recent launch of "The Jump." This exciting series delivers the latest news in the tech industry, serving up insightful content in just a few short minutes. Whether you're a tech enthusiast or a professional looking to stay ahead in the rapidly evolving landscape, "The Jump" has you covered. Dive deeper into exclusive discussions and behind-the-scenes insights with "After the Jump."



Newsletter Highlights

Get the latest tech news in the industry and here at Cognixia and Ascendion!

Receive recommendations to do aside from your studies!

Find new podcasts and books you may enjoy!

Seek helpful mindfulness sources

Get involved in charity work to help other women.



TRY SOMETHING NEW!

Remember to take time for yourself and set aside your studies.

- Try a new work out!
- Enjoy pumpkin painting with friends
- Try a new recipe! ([Click Here to Begin!](#))
- Try a new skill!



TUNE INTO NEW PODCASTS

Podcasts offer an excellent avenue to broaden your knowledge, stimulate your intellect, and even can provide relaxation for some individuals.

Listed below are several podcasts that cater to **tech education, motivation, and self-love.**

- The JUMP- Cognixia
- Accidental Tech Podcast
- Mind Love with Melissa Monte

BOOKS YOU MAY ENJOY

- Don't Sweat The Small Stuff ... and It's All Small Stuff
- The Happiness Trap: How to Stop Struggling and Start Living
- A Year of Positive Thinking: Daily Inspiration, Wisdom, and Courage

WOMEN HELPING WOMEN

We are accepting book donations to donate to nearby hospitals for the holiday season. Please consider shipping books to our headquarters office!

MINDFULNESS MATTERS

Be sure to take time for your mind.

Reset, relax, and rejuvenate.

- Spend less time on your devices
- Consider taking a nice walk with new scenery
- Journal daily

AN INTERVIEW WITH A JUMPRO

We recently conducted an interview with a successful deployed female JUMPro, Angela. We hope that the answers she provided below will offer valuable insights.

How did you initially begin your journey into the tech industry?

My journey started when I entered college. Ever since I was young, I was always very curious about technology and how things worked. It was my father who encouraged me to take on studying computer science. He believed that I had the characteristics to enjoy learning it, being that I was a critical thinker and a knowledge junkie. When I started my journey, I was excited but nervous at the same time. Although I familiarized myself with what I am about to study and know how to utilize basic day-to-day technologies, I had no idea if I was capable to learn such intensive skills. All I knew was that I was interested. In fact, I had no prior experience in coding, which made me even more nervous because I expected all my other colleagues to be experts. I was proven wrong once I did start. Most of the students were just like me, who has little to no experience of coding. I came to realize that it wasn't just about knowing how to code, but also knowing how to apply the theories we were learning. As years of my studying went by I got more interested and would look up more learnings on things I was most interested about outside of school.



How would you describe the influence JUMP has had on your career?

Cliche to say, but JUMP has definitely "jump-started" my career. Coming straight out of college during a pandemic, job hunting was extremely difficult at the time, especially with such little experience and projects. JUMP gave me hope that I could really attain a job in the tech field. I was able to apply everything I had learned, practically put obtained knowledge into action, and learn more through it all. Joining JUMP has also encouraged me to continue studying even after my degree completion because that is what the tech industry is all about. Through JUMP, I am able to get the experience I need to grow in my tech career.

Has there been any significant success stories or challenges you faced while working on-site, and how have you overcome them?

I don't have one specific story but whenever I would face challenges at work, I would feel overwhelmed with the work I have to finish before the end of the sprint. Most of the time I feel the pressure to complete a story/task at a specific time. In times like this, I usually take a deep breathe and a break for a couple minutes. As soon as I come back, I list out all of the things I need to get done in specific details, and give myself little hourly due dates for the day or even the week. They are never 100% completed by the time I want them to be, but I try not to be hard on myself, because the more I panic, the more I wouldn't get them done. Sometimes we spend more time worrying about completing things than actually spending time completing them. Despite all the challenges, we will always overcome them one way or another as long as we never give up. These challenges become our success stories eventually.



Is there advice you would like to offer to future JUMPro's or perhaps some wisdom you would impart to your younger self?

My biggest advice is to continue learning more and create different projects, no matter how big or small. Never be scare to explore the unknowns. The more you know, the better. On that note, never be afraid to ask any questions, even if you think they are "dumb". It's those questions that spark more of your curiosity and knowledge. I know that these are very common tech-career advices, but I'd like to say one more non career oriented advice. Most importantly I'd like to remind everyone, not just JUMPros, to believe in yourself and be kind to yourself. You should always be your number one fan. As long as you put your mind into what you want, you can achieve it. Yet, don't be too hard on yourself when things are not how you want them to be. Everything has a purpose in life, it is greater than what you might think it is. There's a rainbow always after the rain.