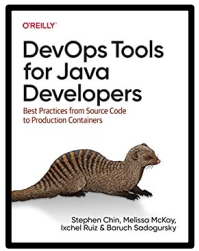
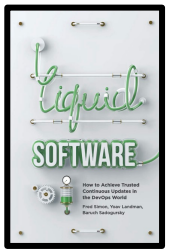
CODING FAST AND SLOW

Applying Kahneman's Insights to Improve Development Practices and Efficiency

Baruch Sadogursky - @jbaruch

- Developer Productivity Advocate
- Gradle Inc
- Development -> DevOps -> #DPE



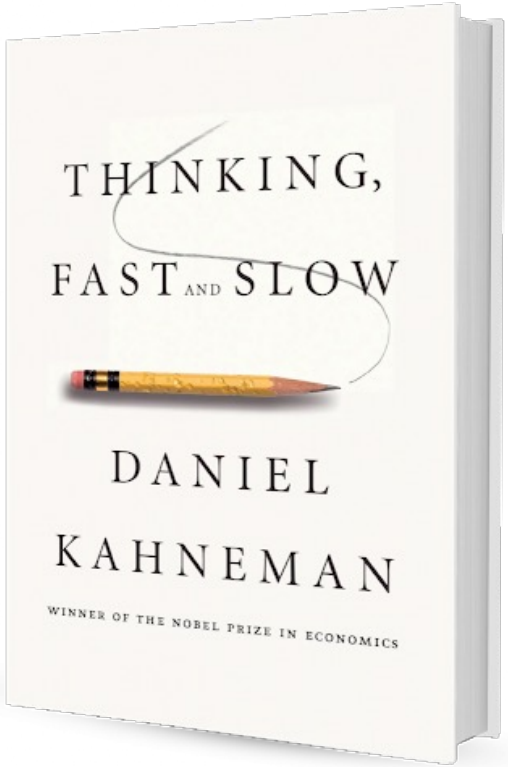


SHOWNOTES

- speaking.jbaru.ch
- Slides
- Video
- All the links!

Daniel Kahneman

Mar 5, 1934 – Mar 27, 2024


THINKING,
FAST AND SLOW
DANIEL
KAHNEMAN
WINNER OF THE NOBEL PRIZE IN ECONOMICS

A BAT AND A BALL COST $1.10 IN TOTAL.

THE BAT COSTS $1 MORE THAN THE BALL.

HOW MUCH DOES THE BALL COST?

HOW MUCH DOES THE BALL COST?

C10 + $1.10 = $1.20

C5 + $1.5 = $1.10

TWO SYSTEMS

SYSTEM ONE	x Fast x Intuitive x Automatic x Emotional x Cheap and eager
SYSTEM TWO	x Slow x Analytical x Controlled x Logical x Expensive and lazy

```
class UniqueWords {
    public static void main(String[] args) throws IOException {
        if (args.length != 1) {
            throw new IllegalArgumentException("Invalid argument");
        }
        Set<String> words = new HashSet<>();
        for (String line : Files.readAllLines(Path.of(args[0]))) {
            // Ignore commented lines
            if (!line.startsWith("#") || !line.startsWith("//")) {
                Collections.addAll(words, line.split("\\W+"));
            }
        }
        System.out.println("Count of unique words: " + words.size());
    }
}
```

RED

GREEN

YELLOW

BROWN

ORANGE

YOU HAVE "MENTAL FUEL"

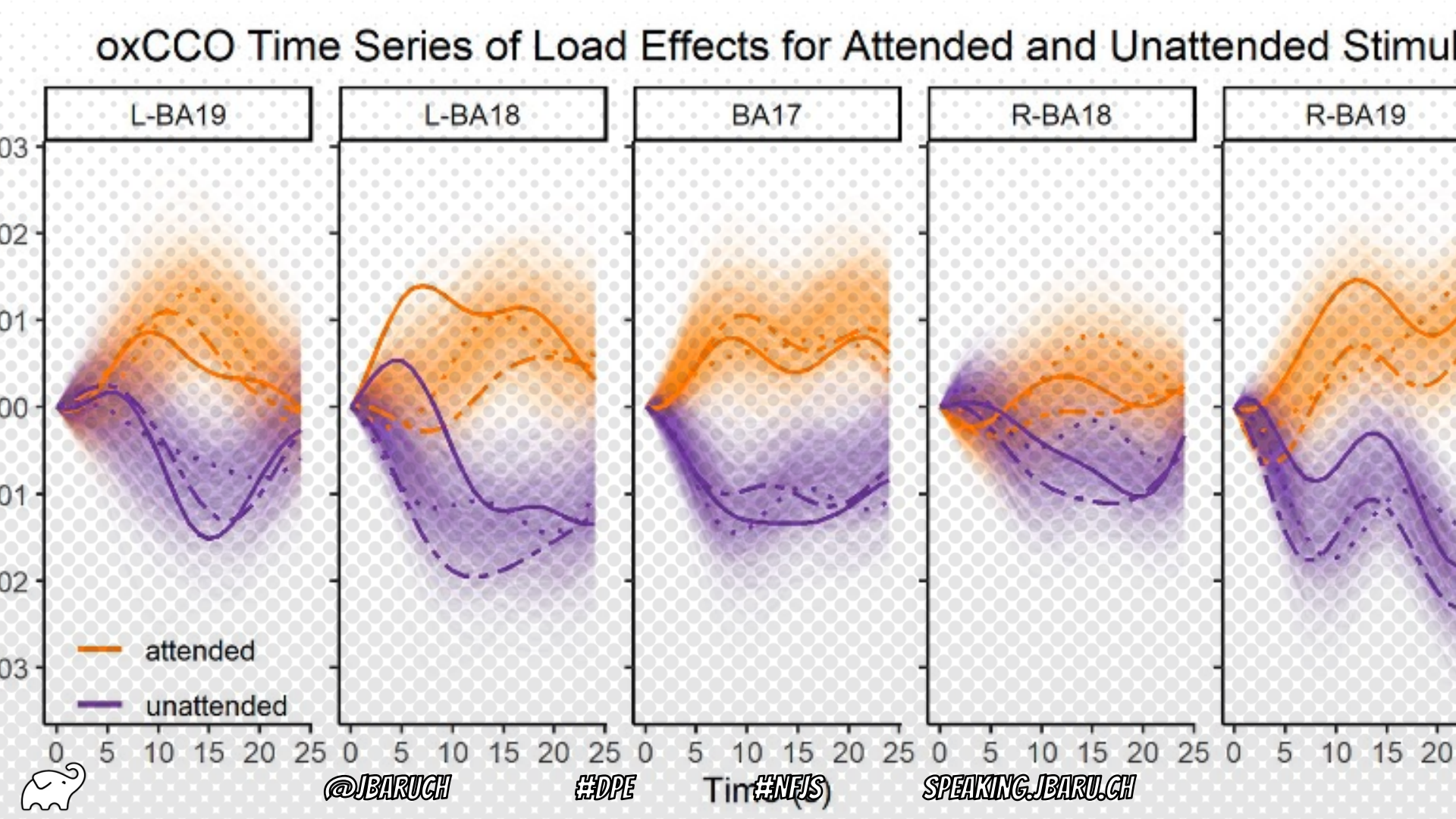
The Journal of Neuroscience, August 26, 2020 • 40(35):6801–6811 • 6801

Behavioral/Cognitive

Attention and Capacity Limits in Perception: A Cellular Metabolism Account

Merit Bruckmaier,[1] Ilias Tachtsidis,[2] Phong Phan,[2] and Nilli Lavie[1]
[1]Institute of Cognitive Neuroscience, University College London, London WC1N 3AZ, United Kingdom, and [2]Department of Medical Physics and Biomedical Engineering, University College London, London WC1E 7JE, United Kingdom

@JBARUCH #DPE #NFJS SPEAKING.JBARU.CH


oxCCO Time Series of Load Effects for Attended and Unattended Stimul
L-BA19
L-BA18
BA17
R-BA18
R-BA19
attended
unattended
0 5 10 15 20 25
@JBARUCH
#DPE
#NFJS
SPEAKING.JBARU.CH

Explain the paper "Attention and Capacity Limits in Perception: A Cellular Metabolism Account" to me Barney-style in one paragraph or less.

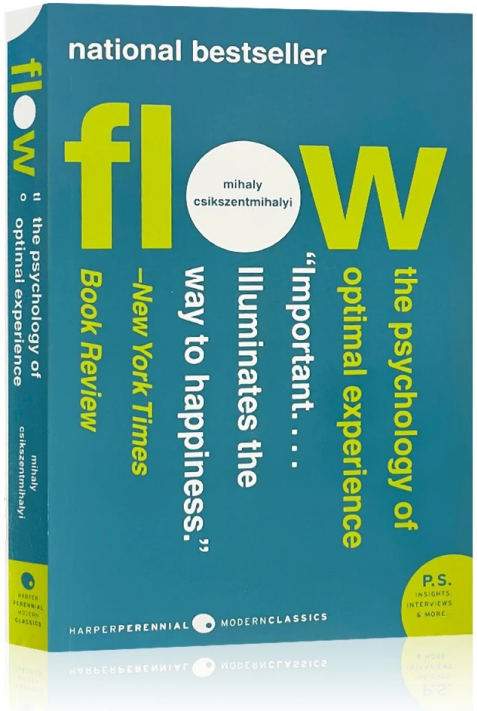
Attention and Capacity Limits in Perception: A Cellular Metabolism Account

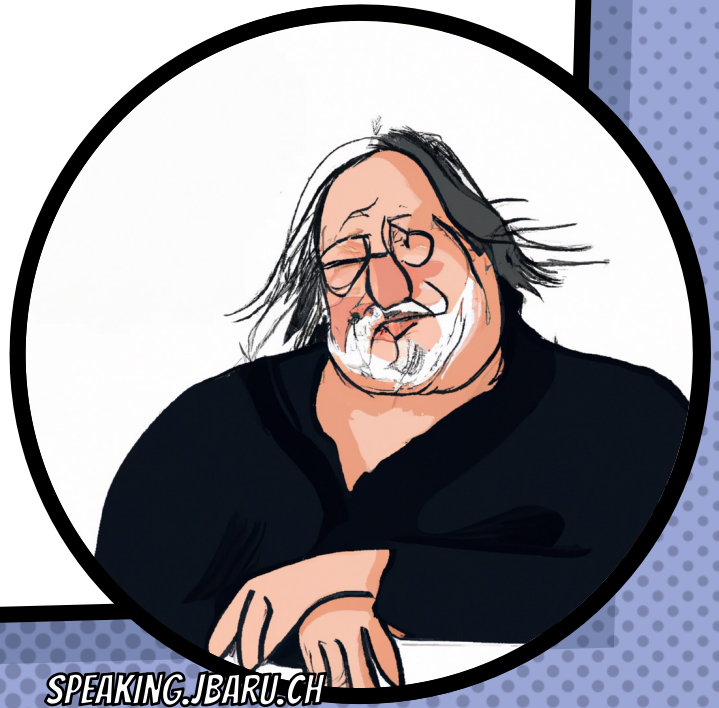
- BNIRS and oxCCO
- Cellular Metabolism as Mental Fuel
- Finite Energy Supply
- High Load Mode vs Low Load Mode

WHICH SYSTEM DO WE USE FOR CODING?

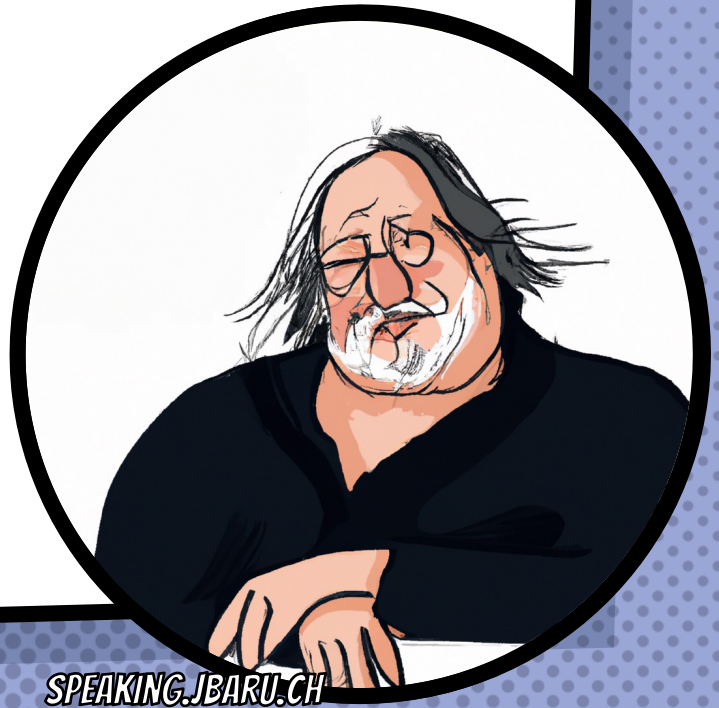
SYSTEM ONE	x Fast x Intuitive x Automatic x Emotional x Cheap and Eager
SYSTEM TWO	x Slow x Analytical x Controlled x Logical x Expensive and Lazy

SOFTWARE ENGINEERING

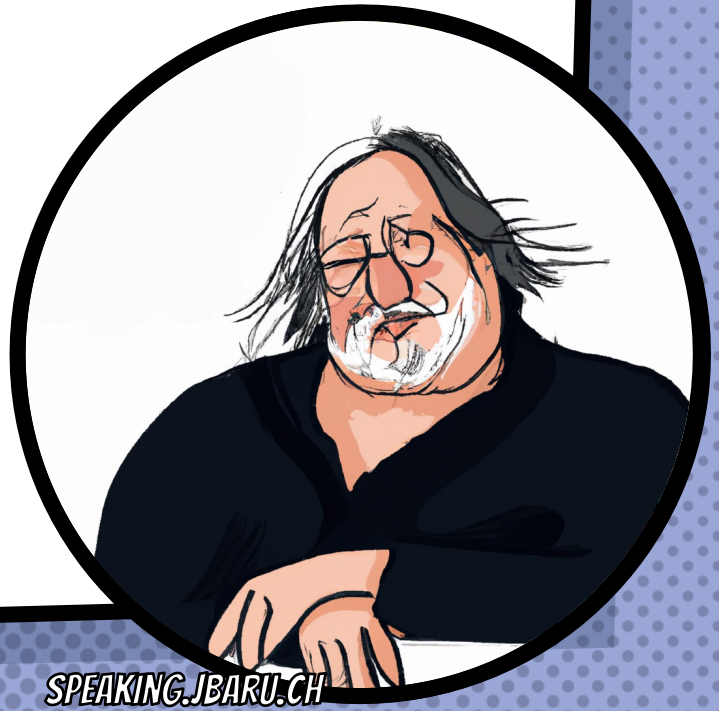

national bestseller
flow
mihaly csikszentmihalyi
the psychology of optimal experience
"Important. . . . Illuminates the way to happiness."
–New York Times Book Review
P.S. INSIGHTS, INTERVIEWS & MORE...
HARPERPERENNIAL MODERNCLASSICS
flow the psychology of optimal experience
mihaly csikszentmihalyi



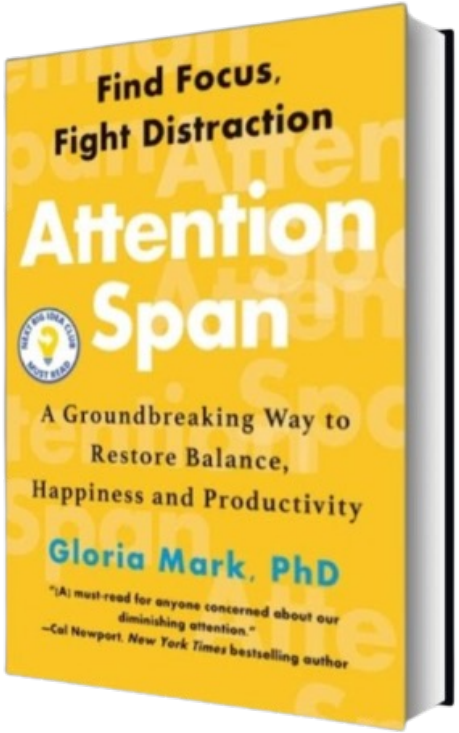
"STATE OF EFFORTLESS CONCENTRATION SO DEEP THAT PEOPLE LOSE THEIR SENSE OF TIME, THEMSELVES, AND THEIR PROBLEMS"



"STATE OF **EFFORTLESS** CONCENTRATION SO DEEP THAT PEOPLE LOSE THEIR SENSE OF TIME, THEMSELVES, AND THEIR PROBLEMS"



ATTENTION CONTROL IS EXPENSIVE


Find Focus,
Fight Distraction
Attention
Span
A Groundbreaking Way to
Restore Balance,
Happiness and Productivity
Gloria Mark, PhD
"[A] must-read for anyone concerned about our diminishing attention."
—Cal Newport, New York Times bestselling author

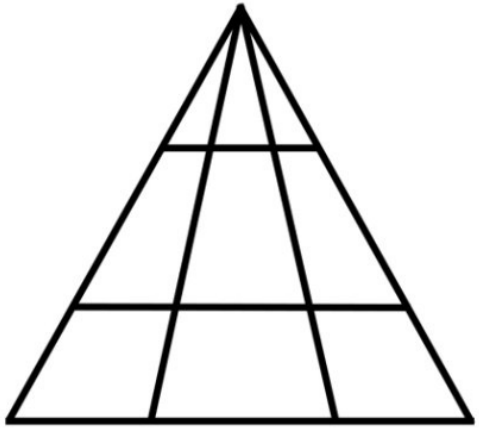
Is email stealing your focus?
The average person checks their email
77 times a day.

Our attention span has dwindled
to about 47 SECONDS
on any screen.

It takes 25 minutes to return focus
to a task after interruption.

```java
public class DiscountCalculator {
    public static void main(String[] args) {
        calculateDiscount(100, 15);
    }

    public static void calculateDiscount(double price, double discount) {
        double finalPrice = price - (price * discount / 100);
        System.out.println("The final price after a " + discount + "%
discount is: " + finalPrice);
    }
}
```



HOW MANY TRIANGLES?

```java
public class TaxCalculator {
    public static void main(String[] args) {
        calculateTax(100, 5);
    }

    public static void calculateTax(double amount, double taxRate) {
        double totalAmount = amount + (amount * taxRate);
        System.out.println("The total amount with tax: " + totalAmount);
    }
}
```

THE PROBLEM:

- × You deplete your fuel by context-switching
- × You're not in the flow because of context-switching
- × Loose-loose: you need more fuel needed, but you have less fuel

2017 IEEE/ACM 2nd International Workshop on Emotion Awareness in Software Engineering (SEmotion)

Characterizing and Predicting Mental Fatigue during Programming Tasks

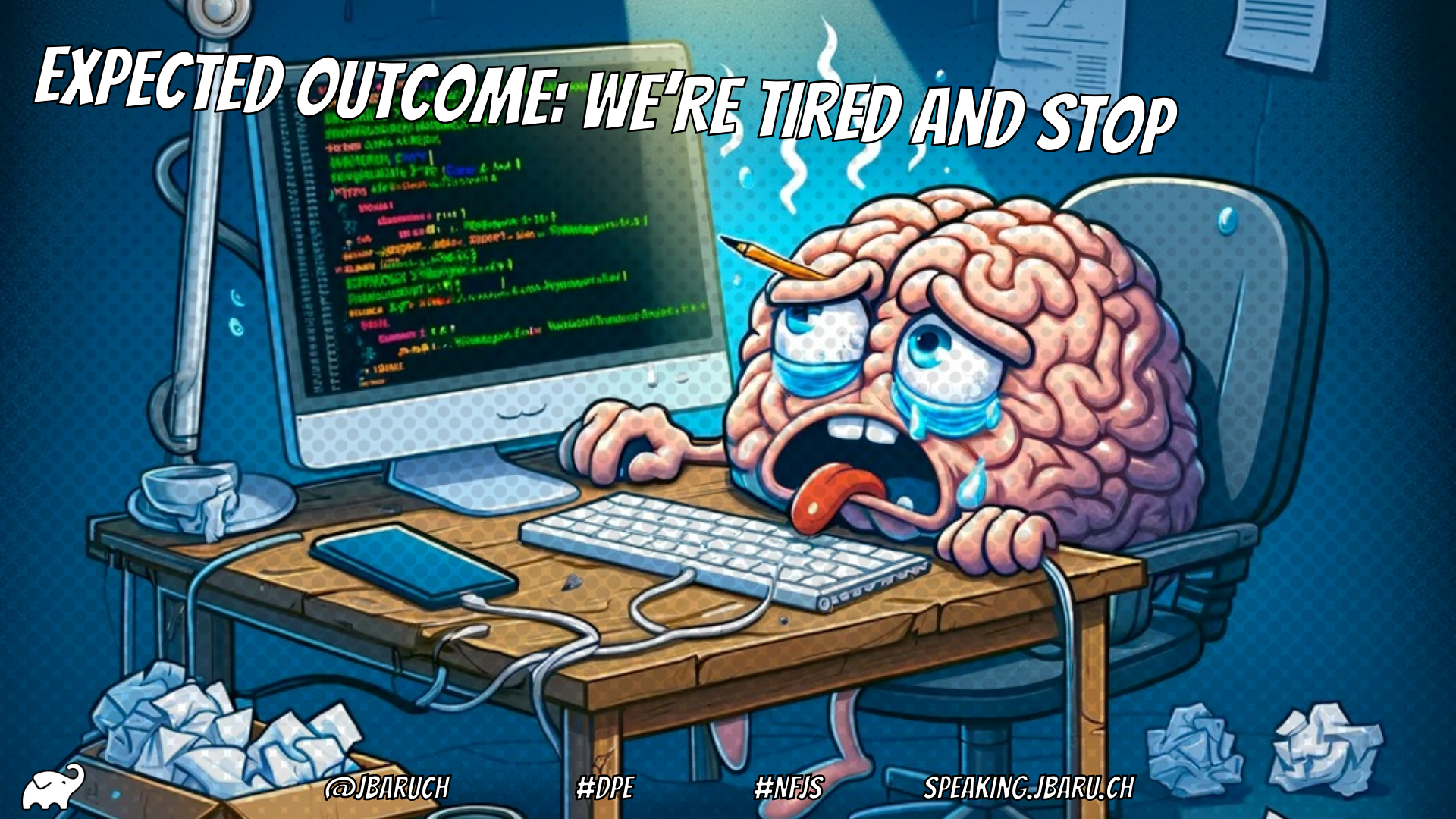
Saurabh Sarkar
Microsoft
Redmond, WA, USA
Email: saurabsa@microsoft.com

Chris Parnin
North Carolina State University
Department of Computer Science Raleigh, NC, USA
Email: cjparnin@ncsu.edu

When we are tired, we produce worse code

- "Developers are cutting corners on quality when fatigued."

(duh)


EXPECTED OUTCOME: WE'RE TIRED AND STOP
@JBARUCH
#DPE
#NFJS
SPEAKING.JBARU.CH

But we don't know when to quit

- × Parole Judges issued fewer paroles when tired and/or hungry
- × Granting parole requires System 2
- × The Judges didn't realize they had switched to System 1

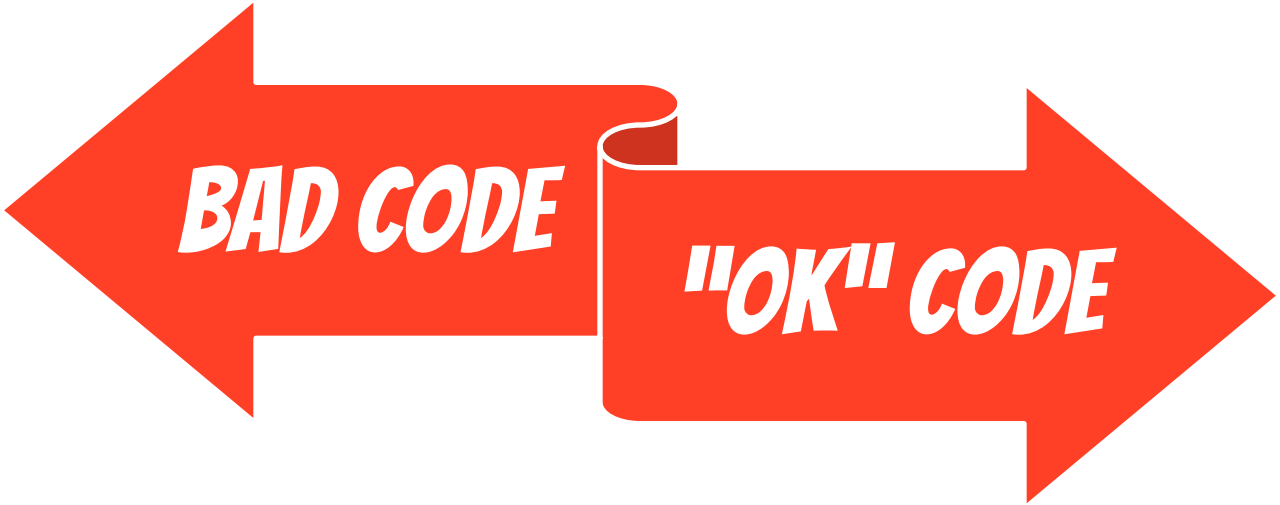
REAL-LIFE OUTCOME: YOU RUN ON SYSTEM ONE

SYSTEM ONE	x Fast x Intuitive x Automatic x Emotional x Cheap and Eager
SYSTEM TWO	x Slow x Analytical x Controlled x Logical x Expensive and Lazy

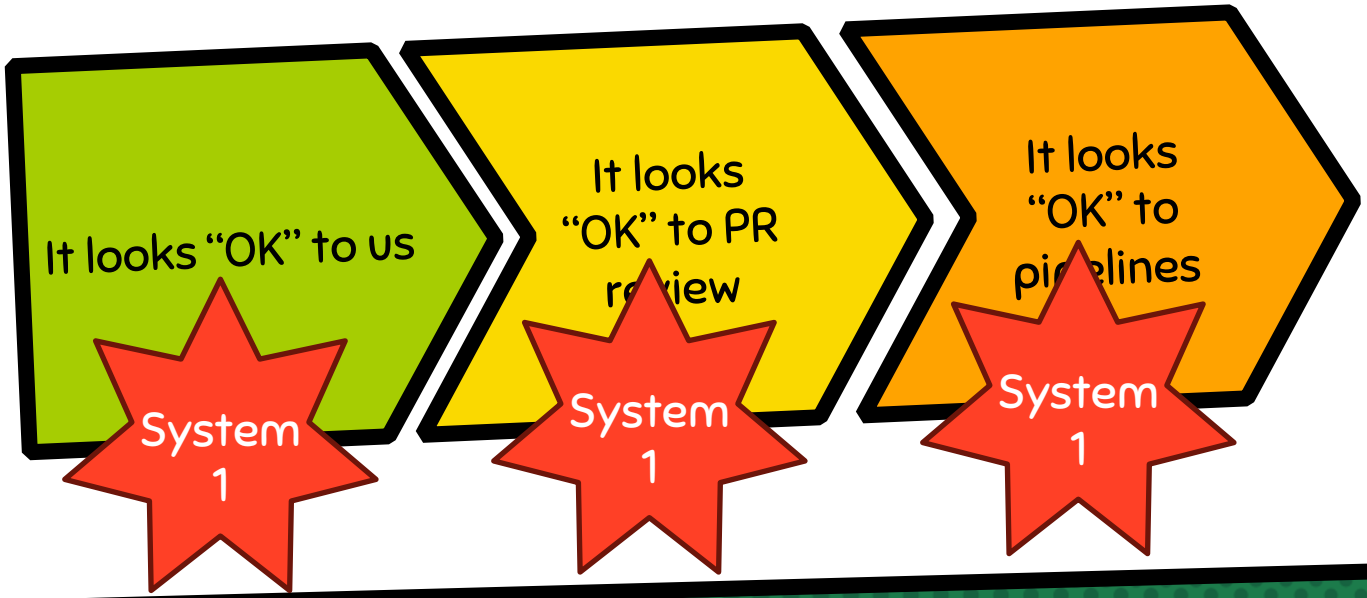
"OK CODE"

NOT GREAT, NOT TERRIBLE.

WHICH SUCKS LESS?



THE PROBLEM OF "OK CODE"



NEXT THING YOU KNOW:

YOU HAVE AN "OK" PRODUCT

INVEST IN FUEL SAVING TECHNIQUES

The goal: Running on System 2 all-day

Time Management Strategies

- Time Blocking
- Pomodoro Technique
- Task Batching

TIME BLOCKING

- Calendar everything
- Separate work and personal
- reclaim.ai

Mindfulness and Cognitive Practices

- Mindfulness and Meditation
- Reflective Practices
- Single-tasking

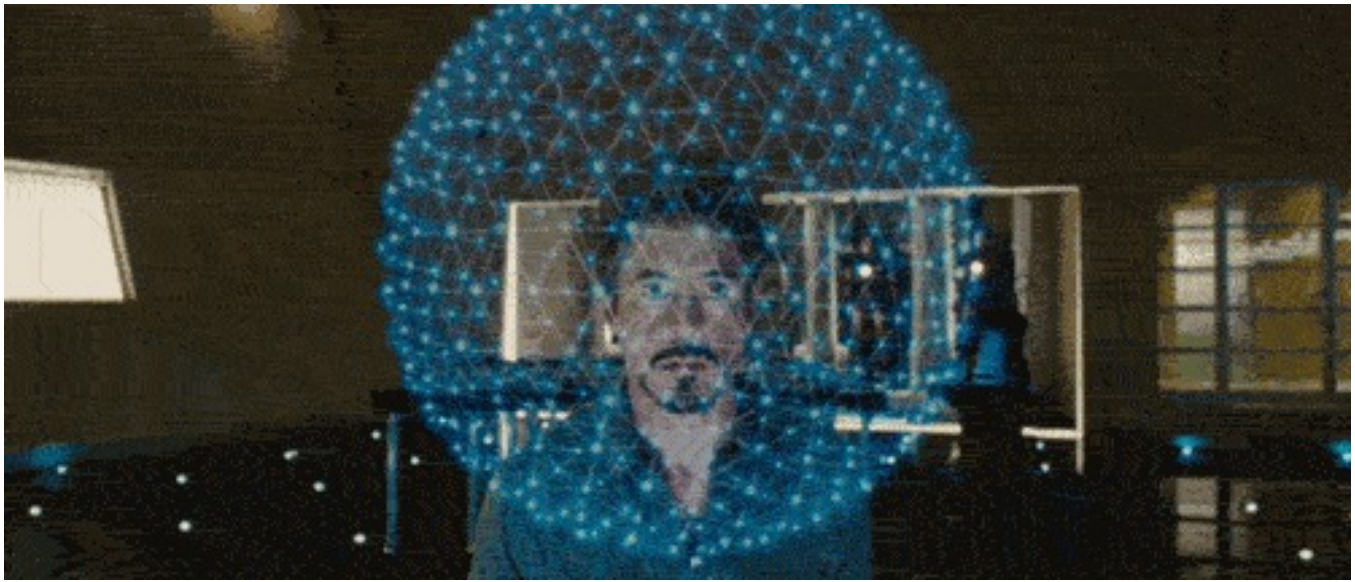
Workspace and Interruption Management

- Workspace Organization
- Notification Management
- Prioritization Techniques

Physical and Mental Well-Being

- Physical Exercise
- Breaks and Downtime

AND... DEVELOPER PRODUCTIVITY ENGINEERING!



DEVELOPER PRODUCTIVITY ENGINEERING

Foster Faster Feedback

Collaborate through Effective Tooling

Embrace Rigorous Observability for Proactive Improvement

Eliminate Toil for Developers

Prioritize Automation and Eliminate Bottlenecks

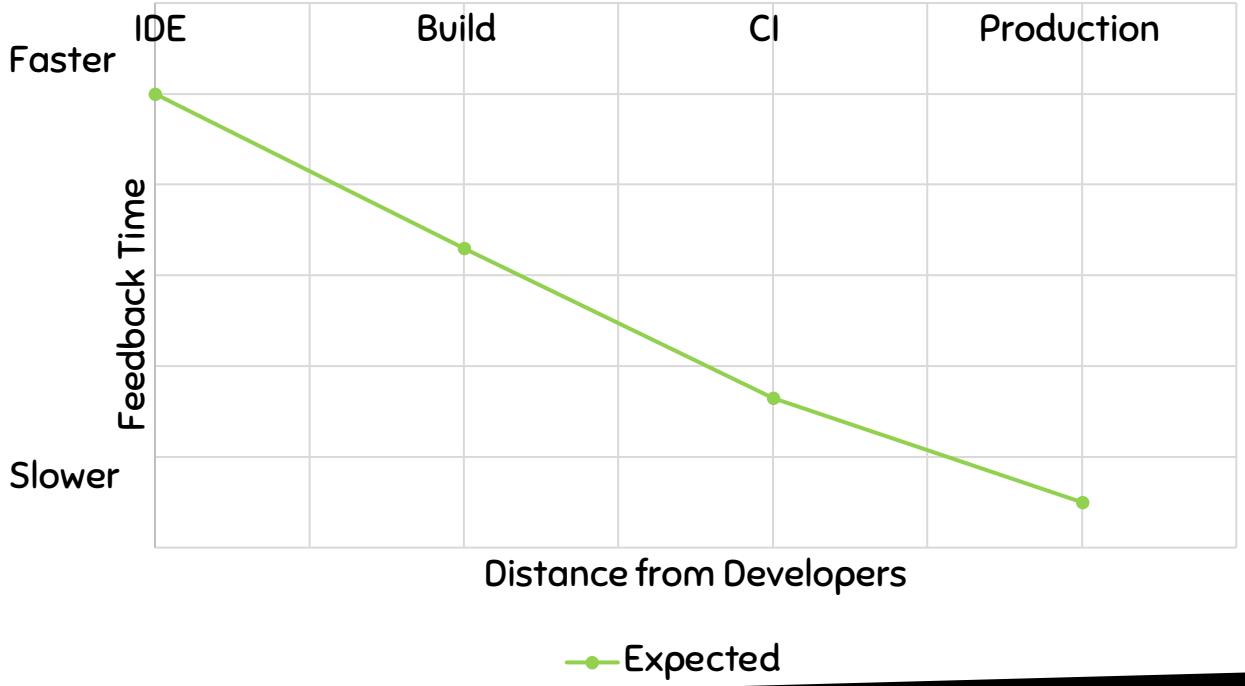
Dedicated Organizational Mindset

Outcomes Over Output

Feedback Efficiency

- IDE: Sub-seconds (I type, it marks it red)
- Build: Seconds
- CI: Minutes
- Production: Hours/Days

REVERSE DEPENDENCY ON DISTANCE FROM DEVELOPERS



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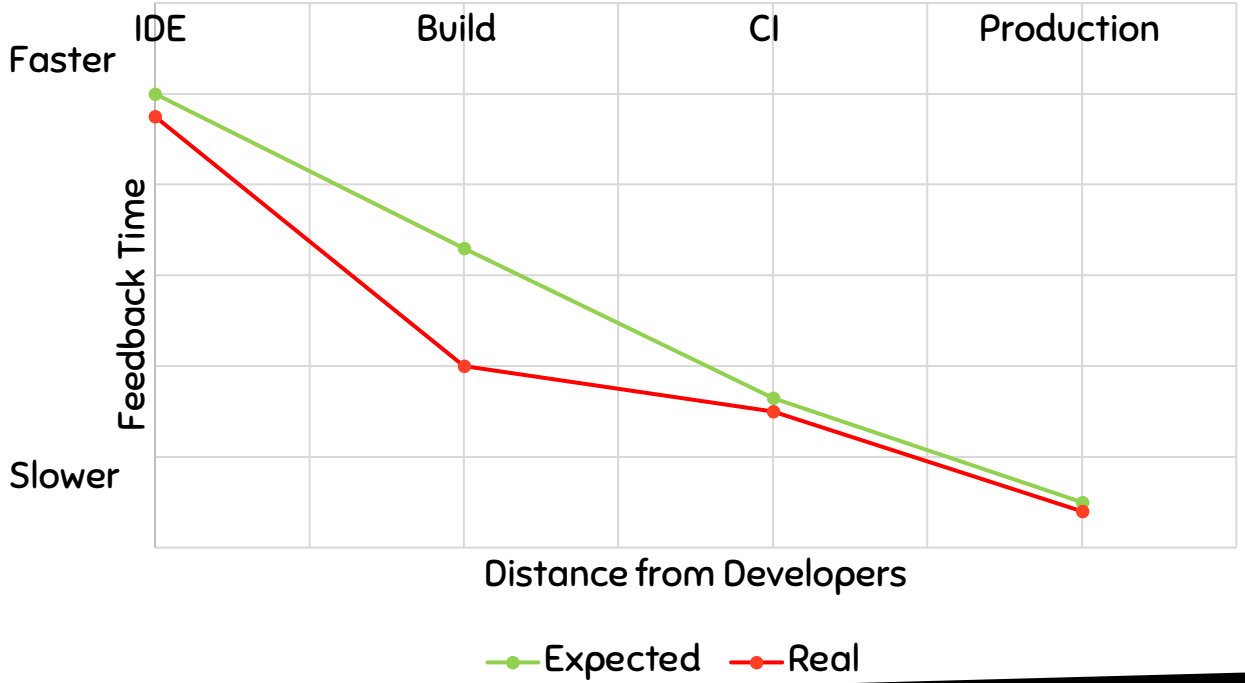
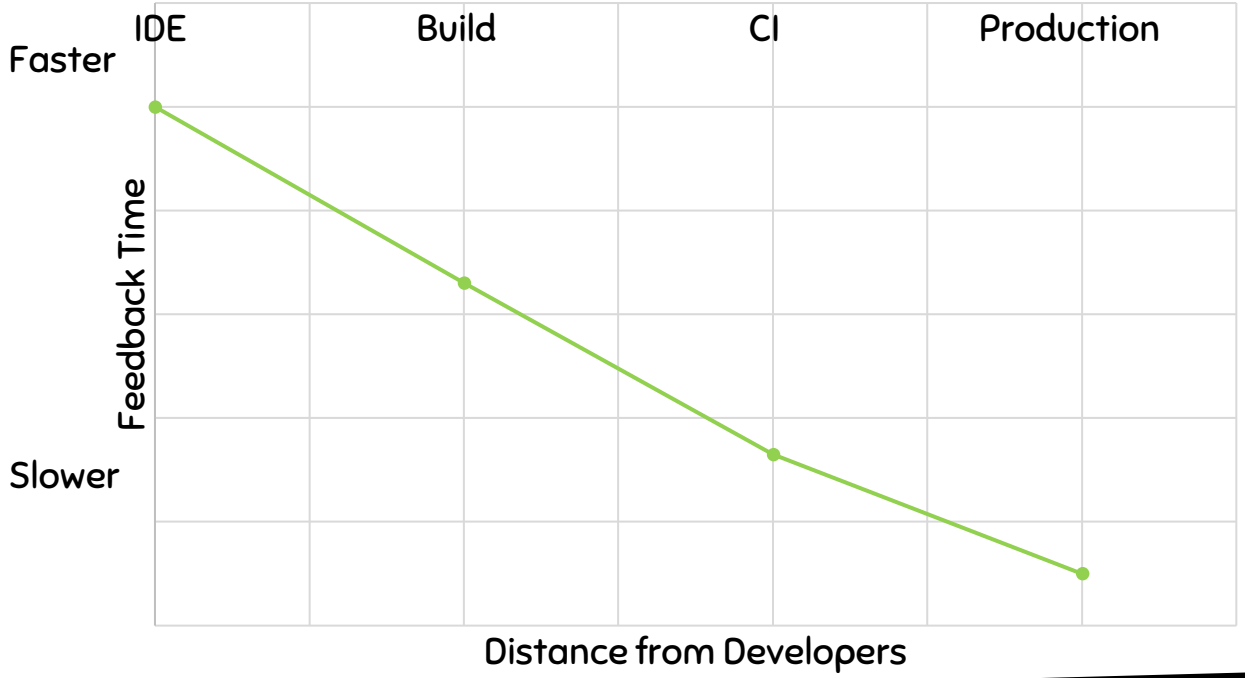


Two Types of Feedback

Asynchronous	x e.g., CI/CD x we never wait for it x results are distracting
Synchronous	x e.g., build x we'll wait for it in the flow x we'll be pissed off when it's slow

REVERSE DEPENDENCY ON DISTANCE FROM DEVELOPERS



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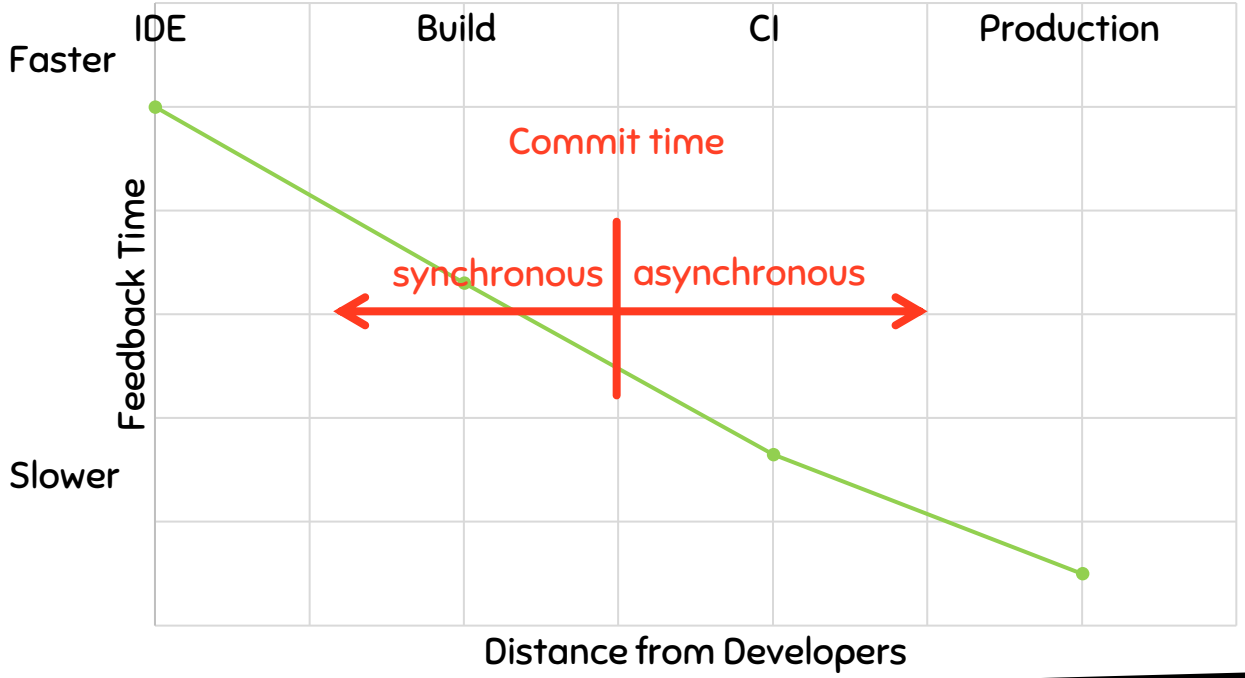
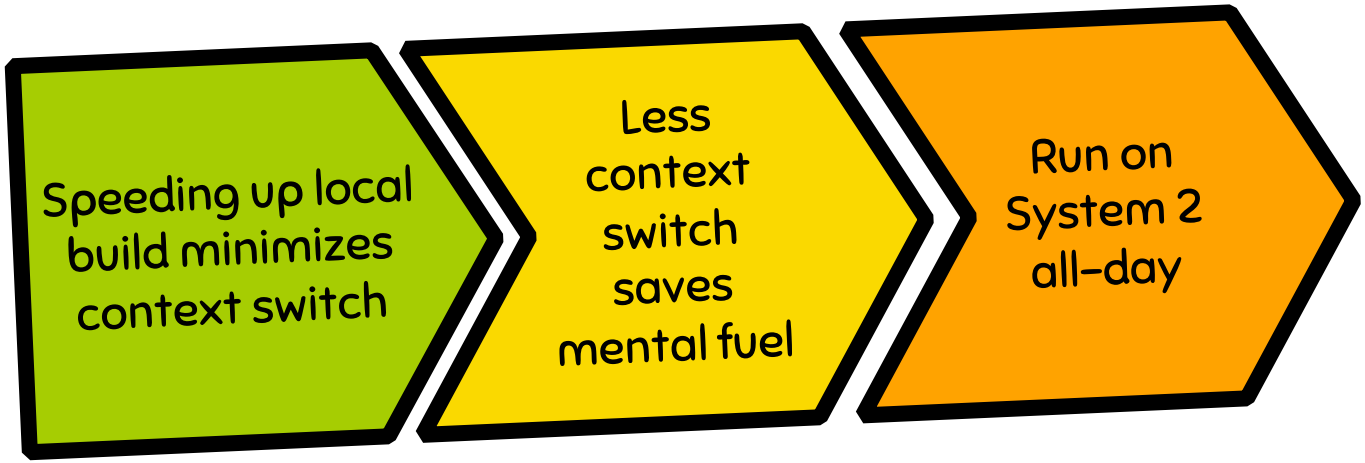


"Faster foster feedback" saves mental fuel



How can we engineer less context switches?

- Measure local build times!
- Avoid building and testing what didn't change
- Speed up what can't be avoided
- Fight evil flaky tests!
- Watch your build like a hawk for degradations

What you can do today (for free)

- Parallel local
- Local caching
- Remote caching*
- Build Scans
- Win Prizes (a.k.a. speed challenge)

What your company should pay for

- All the books (see shownotes)
- Top development hardware
- Develocity (or similar)

LEARN MORE AND TRY IT TODAY!

- Take the Gradle/Maven Speed Challenge
- Be DPE Agent of Change!
- Read the DPE Handbook
- Watch the DPE Summit videos

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