

**Week 7**

# Upcoming events

- Campus Mental Health Fair, Monday October 16th, 12-2, Illini Union I-Rooms
- [Flu Shot Clinics](#) (various locations, also at McKinley)
- [Homecoming](#) Oct 15-21
- [Japan House Open House](#) Saturday Oct 14, 11-4-ish
  - Tickets required
- Taiwanese American Student Club's [Night Market](#)
  - Saturday Oct 7th, 6-9pm, Main Quad

## Upcoming events

Nebraska at Illinois today 7pm

Heather L Zike

Undergraduate Program Coordinator

Academic Advisor

1210 Siebel Center

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# CS 100

## Wellness & Safety

Disney · PIXAR

# INSIDE OUT



EVERY DAY  
IS FULL OF  
*Emotions*

*I'm So Glad You're Alive*

**-National Suicide Prevention  
Lifeline  
988**



# Counseling Center

<http://counselingcenter.illinois.edu/>

## ■ Not just about sadness

- Academic Difficulties, Adjustment to College Life, Alcohol/Drug Abuse and Addictions, Depression, Diversity and Cultural Difference, Eating and Body Image Concerns, Family Difficulties, Grief and Loss, LGBT Concerns, Recovering from Trauma, Relationship Problems, Self-Awareness/Self-Care, Stress and Anxiety and much more





# Student Assistance Center

Do you know the difference between Dean on Duty vs Emergency Dean?

300 Turner Student Services Building

- 217-333-0050

<http://odos.illinois.edu/community-of-care/student-assistance-center/>



# McKinley Health Center

<http://www.mckinley.illinois.edu/>

- Cold Care Pack
- Flu shots
- COVID booster
- Online scheduling
- Free meds or low-cost prescriptions
- and so much more

Educate yourself about your student insurance.

**They have a Wellness Guide (app)**

<http://mhcwellness.illinois.edu/>



# Illini-Alert

<https://techservices.illinois.edu/services/illini-alert>

**Did you know: Your parents can sign-up for this too!**

**Make sure your emergency contact is on record and up to date in self-service.**



# Safety

## SafeWalks

SafeWalks is a courtesy service provided to University of Illinois students, faculty, or staff, so that they do not have to walk alone within the campus area. People who are interested in a SafeWalk should contact the University of Illinois Police Student Patrol.

Operating hours:

Sunday-Wednesday: 9 pm-2:30 am

Thursday, Friday and Saturday: 9 pm-3 am

Please give at least 20 minutes notice for the SafeWalk.

Contact: Call (217) 333-1216 or press an emergency phone button and wait for the dispatcher.

<https://police.illinois.edu/services/safewalks/>

## SafeWalks

SafeRides is a limited MTD service that provides safe transportation for individuals who are generally traveling alone when no other means of safe transportation is available.

The purpose of SafeRides is to provide safe transportation to individuals who are generally traveling alone when no other means of safe transportation are available within the designated 335 SafeRides boundaries

There is no SafeRides service during summer session I and II and reduced during any break.

Contact: Call (217) 265-7433 or visit <https://mtd.org/riding/mtd-services/>

# Hotlines to Call for Help

Call the following numbers for health and safety information:

- Emergency 9-1-1
- Find Substance Abuse and Mental Health Treatment  
800-662-HELP (4357)
- National Domestic Violence Hotline  
800-799-SAFE (7233)
- National Suicide Prevention Lifeline  
~~800-273-TALK (8255)~~ NOW 988
- National Sexual Assault Hotline  
800-656-HOPE (4673)



# Steps you can take!

- Eat a balanced diet
- Get enough sleep
- Get regular physical activity
- Maintain your health with checkups and vaccinations
- If you decide to have sex, practice safe sex
- Make smart choices about alcohol and drugs
- Get help if you are stressed or depressed

**TALK TO SOMEONE #IAmStigmafree**

Learn your resources and know we are here for you!

# Additional Resources

**The JED Foundation**

<https://jedfoundation.org/>

**NAMI, National Alliance on Mental Illness**

<https://www.nami.org/>

**Rosecrance**

<http://www.rosecrance.org/>

**Mental Health is Health**

<https://www.mentalhealthishealth.us/>

**ULifeline**

<http://www.ulifeline.org/>



# College Offices

**Engineering: Grainger Library 4<sup>th</sup> Floor East Wing, walk-in advising 8:30-4:30**

<https://advising.grainger.illinois.edu/advising/meeting>

**LAS 2090 Lincoln Hall**

<https://las.illinois.edu/academics/advising>

**Media 18 Gregory Hall**

<https://media.illinois.edu/student-resources/academic-advising>

**FAA 608 E Lorado Taft Dr**

<https://faa.illinois.edu/current-students/academic-support-policies/meet-our-staff>

**ACES 227 Mumford Hall**

<https://aces.illinois.edu/academics/contact-office-academic-programs>

**Education 1310 S 6<sup>th</sup> St**

<https://education.illinois.edu/programs/undergrad>



**Stop by**

**CS Undergraduate Advising Office  
1210 Siebel Center 8-11:45 & 1-4:45 M-F**



**CS CARES**

**<https://cs.illinois.edu/about/cs-cares/contact>**

**Embedded Counselors**

**<https://counselingcenter.illinois.edu/about-us/embedded-counselors>**

# Greg Baugues Video

Here's a few things about Greg:

- Greg and Rachel have two young daughters, [Emma](#) & Julia.
- They recently [moved to New York City](#) (more like 6 years ago) after [eleven years in Chicago](#).
- He did served on the [developer evangelism team at Twilio](#) for 9 years.
- He has [bipolar disorder](#) and [speaks](#) quite a bit about developers and depression. Here are some of his greatest hits: <https://www.baugues.com/talks/>
- Today Greg recommends reading: <https://zachholman.com/posts/the-depression-thing>

Zach Holman, formally of Github, published this article.

<https://www.youtube.com/watch?v=vVhwy0qZ8kA>



# Sujay Khandekar

Founding Engineer at Orb



  
 **I'm Sujay**

CS - BS/MS 2018

Founding engineer at Orb in San Francisco

Depressingly watching our football team every year





# It's been 10 years....

Since I started freshman year at Illinois

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## Coming to U of I

- Came from the SF Bay Area.
- Knew I roughly liked CS, but didn't exactly know what.
- Super determined to graduate as soon as possible.



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# Tackling CS

- This is a tough degree
- There's a lot of different paths to take (I chose Human Computer Interaction)
- Worked at eBay, Facebook, and Qualtrics

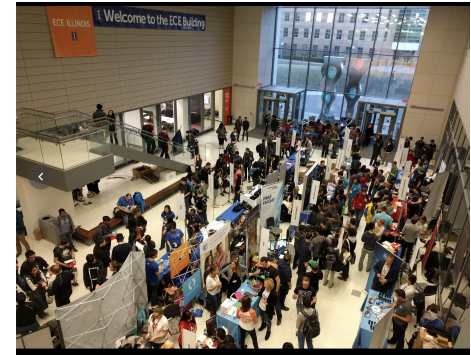




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# Joining CS Clubs

- Got involved with the very first iteration of HackIllinois
- ACM Chair 2015-16
- Reflections Projections Chair 2016



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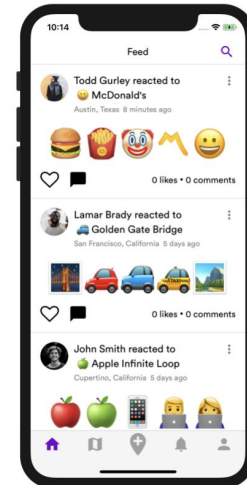
## The T&M Minor

- Gave me a diverse new set of classes to take
- Gained a great community and network of folks outside of engineering
- Ended with a great capstone with BP



# Getting involved with research & doing the masters

- Worked with Professor Ranjitha Kumar and the Data Driven Design research group
- Worked with graduate students on a variety of projects
- Wrote a master's thesis about emojis (really.)



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## My first job out of college

- Joined Samsara in the fall of 2018 (Series D)
- Learned a ton about the world of IoT
- Learned way too much about truck drivers and the laws they have to follow



samsara



# Why leave?

- Hitting a learning and growth cap
- Not finding fulfillment in the team and the work I was doing
- Wanting something a smaller company where I had more opportunities

# Joining Orb

- Joined as the first hire
- We tackle usage-based billing (exciting)
- Massive amounts of growth & learning



[FEATURES](#) [DOCS](#) [RESOURCES](#) [CONTACT US](#) [LOGIN](#)

## Product usage meets billing

The modern pricing platform to bill for seats,  
consumption, and everything in between

[EXPLORE SANDBOX](#)

[TALK TO ORB](#)

TRUSTED BY



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# Top 10 Hot Tips (you won't believe #7!!!)

**Soft skills are underrated and often not explicitly taught in school.**

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**Be approximately correct**

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**(eventually) Taking a job is  
about finding a fit for both  
people.**



# Motion over emotion

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**Don't do an internship at the  
same place twice**



**Confidence and how you  
present yourself will get you  
jobs.**



**Time is precious.**



**If you need help, ask.**



**When you graduate, come  
back to campus and visit  
Heather.**







# Thanks for listening.

I-L-L

👋 Say hi: <https://www.linkedin.com/in/sujaykhandekar/>