

The Rational Software Engineer

Strategies for a Fulfilling Career in Tech

This book will serve as a framework for you as a software engineer seeking a fulfilling career and wishing to stay passionate and maintain a healthy mental state. It is filled with protocols to achieve effective life-long learning, navigate career development, adapt to changes, maintain work-life balance, and have a healthy lifestyle.

As a successful software engineer you tend to focus on improving your technical skills: learning a new programming language, mastering another tool, or using a library. But you also need to build a solid mental framework that will help you navigate your professional development. You need to develop the skills that will help you be a happy software engineer.

This book will help you if you feel frustrated, unmotivated, or unhappy; lost in your career path; or uncertain if you want to be a software engineer. It can help you deal with burnout, high levels of stress, or depression; or if you struggle to be productive while working from home.

What You Will Learn

- Efficiently organize your work day
- Know when and how to seek a new project, company, or career
- Take care of your body and mind in a software engineering context
- Understand what contributes to job satisfaction and how to integrate it into your career
- Use non-coding activities for your and your company's benefit
- Build healthy relationships with managers and colleagues

Who This Book Is For

The typical reader of this book is a software engineer who is highly skilled in technical areas but may feel frustrated, unmotivated, or unhappy in their current position and looking for a way to navigate their professional development and find a healthy work-life balance.

The book also will appeal to audiences of other IT or tech professionals, such as project managers, product owners, or designers, who work closely with software engineers and want to understand the challenges they face in their roles. Additionally, individuals who are considering a career in software engineering or development may benefit from the book by gaining insight into the profession and understanding the skills and mindset required to be successful.

This book will serve as a framework for you as a software engineer seeking a fulfilling career and wishing to stay passionate and maintain a healthy mental state. It is filled with protocols to achieve effective life-long learning, navigate career development, adapt to changes, maintain work-life balance, and have a healthy lifestyle. As a successful software engineer you tend to focus on improving your technical skills: learning a new programming language, mastering another tool, or using a library. But you also need to build a solid mental framework that will help you navigate your professional development. You need to develop the skills that will help you be a happy software engineer. This book will help you if you feel frustrated, unmotivated, or unhappy; lost in your career path; or uncertain if you want to be a software engineer. It can help you deal with burnout, high levels of stress, or depression; or if you struggle to be productive while working from home. What You Will Learn Efficiently organize your work day Know when and how to seek a new project, company, or career Take care of your body and mind in a software engineering context Understand what contributes to job satisfaction and how to integrate it



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