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Graphic: In the age of smartphone calculators and voice assistants, multiplying large numbers by hand can seem like a fancy and totally unnecessary skill. However, you never know when you need to do fast math, and a Japanese multiplication method (also called multiply by line) can help you figure out the answer simply by counting votes. All you need is a piece of paper and a pen. (It may help to have three different colors of ink, but it doesn't matter.) Here's how the trick works. First, choose the multiplication problem. YouTuber MindYourDecisions has an excellent explanatory video, so follow their example we'll go with  $12 \times 13$ . Then draw your lines. You'll need one line to represent each dozen of the place and a parallel set of individual lines to represent the numbers in one place. This will give you a box shape formed by one line, one line and two lines and three lines. Dozens are always left, and the box rotates 45 degrees. Screenshot: Emily Long (If, for a easier understanding, you want to color-code your lines, this is where your multicolored handles come in handy. Screenshot: Emily LongV right corner boxes for  $12 \times 13$ , you have six points (crossing two lines representing black 2 and three lines representing blue 3). This gives you six for your one seat in your final room. In the bottom corner, you have two dots representing the intersection of 10 to 13 and black 2. In the top corner, you have three points representing the intersection of 10 to 12 and the blue 3. Add them together, and the resulting 5 (representing 50 actual intersections) gives you your dozens of places in the final room. Finally, the left corner is one point (1), but it represents 10 times 10, or 100. This one gives you your hundreds of places in the final room. Screenshot: Emily LongIt may be useful to draw curved vertical lines to separate each location numbers, but from here it's as simple as dropping each number to the right place: 12 x 13 and 156. Of course, this trick also works for large numbers with lots of numbers. Here's a handy sketch of how to solve  $213 \times 13$ . This is the first job of this IT pilot fish out of college, and the company in which the works has just hired a new vice president of sales and marketing from a major computer supplier. To motivate us and make a big splash, he T-shirts made that said: 5200'1 at the front, and Go Extra Mile! On the back, says the fish. We all got one at an all-hands meeting. There, in front of 130 of my peers and managers, I pointed out, '5200 is a number of feet per mile, so actually, this shirt Extra leg! Dead silence from my peers, after a collective sigh at my courage to point out the obvious. The new vice president laughed: 'I'm from marketing! We can't do math! Fortunately, everyone else laughed with him. Do the math with Sharky. Send me your true history of IT life in sharky@computerworld.com. One story equals one posh shark shirt if I use it. Comment on today's tale in Google's Sharky community, and read thousands of great old tales in Sharkives. Get your daily dose of out-takes from the IT theater Absurd delivered directly to your inbox. Sign up now for the shark's daily newsletter. © 2017 IDG Communications, Inc. posted on October 16, 2020 Sunday. For most of us, Sunday is a day of rest - an opportunity to relax, spend time with family and friends and move away from work. However, for many people, Sunday can be a day of gloom. The thought of having to go back to work the next day and get back into the hustle and bustle of everyday working life creates a dark cloud during the day, which should be a joy. With the right approach, however, Sunday can be a days of rejuvenation-chance to recharge our batteries, and set yourself up for a fantastic week. It's just a matter of how you look at Sundays. Sunday give me a chance to take stock of how my week has gone and decide what I want to achieve next week. Every Sunday allows me to move away from the daily grind and measure my progress against the plan I have for the week and reset that plan to make next week even better. Here are 13 ways to turn Sunday into a surprisingly productive day. Wake up in your usual time I grew up thinking Sunday was a great day to catch up on my dream. The problem here is excessive sleep on a Sunday, you often find it difficult to fall asleep on a Sunday night and that starts a cycle of sleep debt you want to avoid. Waking up at normal times supports regular sleep patterns, and it helps to make sure that your sleep schedule is consistent throughout the week. When you are in perpetual sleep duty all week, your performance will sink. Providing a good night's sleep every night keeps you in a very productive state. Start the day with Me-TimeMe-time is the time you give yourself. This is the time you can spend doing whatever you love to do without fear of being interrupted. It can be exercise, reading, walking or meditation. In front of Google and smartphones, people in the UK to wake up on Sunday morning, take a short walk to a local newsagent to buy Sunday newspapers. Sunday newspapers were all sorts of additives to books, lifestyle, gardening and fashion. You'd go home, settle in your favorite chair and spend an hour or two reading through these supplements. For me, I would like to put on some relaxing music and just relax to relax a cup of tea. It was a great way to spend a Sunday morning. No stress, no pressure, just me and the Sunday papers. Decide what you want to do with your Sunday morning, make sure it's geared towards you and start this week. You'll thank yourself for that.3 Do some ExerciseNow, that doesn't mean you go out and do a 10-mile run or spend one or two hours at the gym. It means going outside and moving. Our way of life today take away a lot of natural movement. This has become particularly noticeable this year with many of us having to work from home. These walks to the bus stop, the train station and the office are gone. Now get up, move from one room to another, sit down and get started. Sunday gives you a chance to move. It's a possibility. Get out for an hour or two. Enjoy nature. Go with family or friends and just relax an hour or two outdoors. This is perhaps one of the best ways to reduce stress, get some healthy exercise and set yourself up for a wonderful week. A Day Plan Not having a plan for the day will leave you at the mercy of external events. Instead, decide on Saturday night what you will do the next day. Make sure you wake up at normal times, enjoy your favorite morning drink and start your day. Not having a plan for the day will most likely cause you to wake up late, making it hard to get a good night's sleep the next evening and you'll be wasting the opportunity to make the day count. Your plan should not be too detailed. Something similar to: Wake up and make a coffee Put on some great music Sit down and enjoy a coffee Take a 2-hour walk Read for an hour or two Spend some time with the kids Just make sure you have a rough plan for the day, but keep things as flexible as possible.5 Watch a sports game Is a great way to get yourself away thinking about work and your troubles. I'm a big fan of rugby and motorsport, and even in these difficult times, there are a lot of sporting events that I can watch on YouTube. Whatever sports you enjoy, take some time on Sunday to watch the game. Just getting into the game while enjoying the skills on the show and marveling at the professionalism that removes you from your everyday world for a while. It's a great way to give your brain much needed relaxation and provides a wonderful distraction from your daily normal life. Make sure you do something different doing the same things day in and day out to eventually turn every day into a grind. You want to look forward to your Sunday. Plan to go for a walk in the countryside, or walk in an unfamiliar park, or go to the movies or an external concert. Do anything that breaks your routine. How to watch game, it is mutilating from the normal daily life you lead, and gives you something refreshingly different to enjoy and experience.7. Cleaning UpI know most people Doing household chores, but having a clean, ordered home does wonders for your overall mental well-being. I love finishing Sunday with a beautifully clean house, knowing that everything is in its place, the floors are clean and my whole laundry is cleaned and ready for next week. It can be hard to find time to stay on top of all the cleaning for a week, so putting off some time each Sunday to do the cleanup leaves you feeling refreshed, energized and ready for what next week will throw at you.8 Prepare you Clothes for next weekIt may seem a little excessive, but it saves so much time and cognitive overload. All it takes is one bad night's sleep and you wake up and find yourself rushing around trying to get yourself ready for your first meeting. In this state, trying to decide what clothes to wear in another solution you just don't need. It's much better to make a rough plan on a Sunday that you'll wear to work and all those clothes are ready, washed and ironed. It also prevents the opening of the shirt you want to wear for the early morning meeting to still be in the laundry basket when you need it. Plan ahead. It saves so much time and stress. Do weekly planning SessionI've experimented to do a weekly planning session on different days, but by far, the best day to plan Sunday, I believe that Sunday evenings are the best time to open your calendar and to-do list, and plan for the week ahead. It sets me up for the week ahead. It also helps me sleep better on a Sunday night, knowing exactly what I need to perform next week. I can start on Monday morning without wasting time trying to figure out where things stayed last Friday. What I'm looking for is where all my meetings are, what days I can focus on my deep and design work and make sure I'm all processed from week to week. Clear your emailWhat? Keeping an email on Sunday? Yes. Why? Because the worst thing you can do is start a new week with a mailbox full of unrepented emails last week. For most of us, Monday morning will probably be one day a week we don't have a lot of email in our inboxes, so we can start the day on our most important design work. If you spend an hour or two cleaning your email from last week, you'll miss a huge opportunity to start from scratch. We don't get much email on Sunday, so you can process your inbox and action folder to make sure when the new week starts, you have not only a set of results that you want to achieve this week, but also start a new week without a hangover from the week before. 11. Some work on your side of ProjectNow, doesn't mean work. This means your personal projects. It can be a DIY project, doing something in your garden, restoring an old car or writing a book. Sunday will give you incredible opportunities to do those are the things you dream of doing but never seem to find the time to do them. Just getting and doing these side projects removes you from your daily work, and allows you a few hours to do what you love to do. Read BookDuring Week, it can be hard to read a good book. We get up, rush out the door to get to work (or go to our home work station and start a computer). When we finish the day, we're exhausted and just want to vegetation in front of the TV. Don't waste Sunday. They give you a great opportunity to spend time with the books you want to read.13 Get ready for next week's mealIt's great for those of you who follow a healthy diet and exercise plan. Preparing food for next week not only saves a lot of time, but also encourages you to eat healthy on those grueling days when all you want to do is eat pizza and flop down on the couch. Having a set of pre-prepared meals reduces temptation during the week when your willpower is at its lowest level. It's fast, cool and easy to do. It is to make sure that you are sticking to your diet plan. Bottom line I'm not suggesting you try and fit all these things on a Sunday. Just select a few that resonate with you. Do the ones that will give you the greatest benefit and the most joy. Sunday needs to be calm, relaxing and give you the opportunity to do those things that you usually don't have time to do. It's an incredible day, so don't waste it lying in bed watching endless episodes of your favorite TV series. More on what you can do during the WeekendFeatured photo credit: Priscilla Du Preez through unsplash.com unsplash.com

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