

(January 5th, 2015)

If you know someone who you think would benefit from being an Insider, feel free to forward this PDF to them so they can sign up [here](#).



Quick Tips for our Insider friends!

Hey Insiders,

Happy New Year!

This newsletter is coming to you from Redmond, where we had a great time over the holidays chilling out, cooking like crazy, and relaxing around the house – I hope you did too.

I published my traditional end-of-year blog posts for 2014; consider doing something similar just so that you have a record of your year. It's great fun to do: :

- [2014: the year in books](#)
- [2014 review: the year by the numbers](#)

We've got a lot of new content, Pluralsight courses, and projects planned for 2015 so we're looking forward to 2015 being an exciting year! I wish you the best of luck in achieving your new goals.

The most recent book I've read is David Treanor's [Mission Mongolia: Two Men, One Van, No Turning Back](#). This is a delightful book about two British blokes in their 50s who decide to drive from Oxford in England to Ulaanbaatar in Mongolia across Europe and Asia. They did the 8,000 mile drive to raise money for children's charities as something to do when they both accept early voluntary redundancy from the BBC in 2008. It's a great travelogue, easy to read, and describes a road trip that we'd love to do someday. Recommended. Along similar lines is Ewan McGregor's excellent television series [The Long Way Round](#), about going the same route, and then further across Siberia and the USA, by motorbike.

Please [let us know](#) if you liked what you read/saw here and/or have any suggestions for future Quick Tips.

Note: you can get all the prior Insider newsletters [here](#).

Paul's Ponderings

At the start of every New Year it's tempting to come up with a series of resolutions about things you're going to start doing, and it's tempting for me to write an editorial about planning to do new things. It's really easy to come up with ideas for cool things to start doing, which is why it's the easy route to take come New Year.

But before you go too crazy with new ideas, consider a post mortem of your goals from 2014. Look back at the year and see what didn't go well, and then figure out how to improve on those things. In my opinion, that's going to have a more positive effect on your life than continuing to do poorly on those things, and also try to add new things as well.

And I'm not just talking about things in your personal life; I'm also talking about things in your work life. Here are some examples of things that may not have gone too well at work in 2014, just to get you thinking:

- Your work/life balance
- The support your immediate manager gave you
- Your interactions with some of your colleagues
- Your interest in some aspects of your job
- Your career/skills development
- Keeping on top of performance fires
- Finding time for disaster recovery planning/testing
- Finding time for all the little things that it's easy to procrastinate about (as I described in the [December 8th newsletter](#))

All of these can cause significant amounts of stress, so fixing them should be the first priority.

For me, looking back over the 2014 I found that we didn't produce as many new Pluralsight courses as I'd planned. The reason for that is that we were really busy during the year with consulting and the consulting load didn't slack off over the summer as it usually does. Additionally, consulting continued to increase through the rest of the year. To fix this, we've hired another team member ([Tim Radney](#)), so we'll have more even balance of work and be able to produce more courses in this year.

On the personal side, I found that the time I had at home to do my favorite home-hobby (electronics) was severely limited. Analyzing why, I figured out that I spent a lot of free time catching up with a backlog of monthly magazines of all kinds, many of which I'd subscribed to at the start of 2014 in an effort to broaden my political and foreign affairs knowledge. It turned out that I had a huge overlap of topics between them so now I've cut way back on subscriptions and my New Year's resolution is to spend dedicated time on my electronics, and not to try starting anything else.

Call to action: Before you set cool, new goals for 2015 (whether at work or at home), fix the stuff from 2014 that was broken or didn't go so well. Not only will it feel good but it'll also reduce stress.

I'm curious to hear your thoughts on New Year goal setting, so please feel free to [drop me a line](#), always treated confidentially, of course.

Video Demo

In this Insider Video, Glenn demonstrates a simple query that can be used to measure the actual sequential throughput of your I/O subsystem using SQL Server, which is handy for showing the real-life performance of your system, especially if you're trying to prove an I/O performance problem to a Storage Admin.

The video is just over 5 minutes long and you can get it:

- In WMV format [here](#)
- In MOV format [here](#)

And you can get the demo code [here](#).

Enjoy!

SQLskills Offerings

We've released most of our classes for 2015. We might add one more domestic delivery of IEPTO1 in the 2nd half of the year and possibly IEPTO2 / IEBI but these will be partially based on instructor and conference schedules; it's important to note that 2nd half courses will be very limited.

Finally, to help your boss understand the importance of focused, technical training, we've added a few new items to help you justify spending your training dollars with us:

- [Letter to your boss explaining why SQLskills training is worthwhile](#)
- [Community blog posts about our classes](#)
- [Immersion Event FAQ](#)

Upcoming Immersion Events

Sydney, NSW, Australia

- February 23-27, 2015: **IEPTO2**: Immersion Event on Performance Tuning and Optimization – Part 2 (formerly IE2)

Chicago, IL

- April 27-29, 2015: **IE0**: Immersion Event for the Accidental/Junior DBA
- April 27-May 1, 2015: **IEPTO1**: Immersion Event on Performance Tuning and Optimization – Part 1 (formerly IE1)
- May 4-8, 2015: **IEPTO2**: Immersion Event on Performance Tuning and Optimization – Part 2 (formerly IE2)
- May 4-8, 2015: **IEBI**: Immersion Event on Business Intelligence

- May 11-15, 2015: **IEHADR**: Immersion Event on High Availability and Disaster Recovery (formerly IE3)

Bellevue, WA

- June 8-12, 2015: **IEPTO1**: Immersion Event on Performance Tuning and Optimization – Part 1 (formerly IE1)
- June 15-19, 2015: **IEPTO2**: Immersion Event on Performance Tuning and Optimization – Part 2 (formerly IE2)

London, UK

- August 24-28, 2015: **IEPTO1**: Immersion Event on Performance Tuning and Optimization – Part 1 (formerly IE1)

Dublin, Ireland

- October 12-16, 2015: **IEPTO2**: Immersion Event on Performance Tuning and Optimization – Part 2 (formerly IE2)

See [here](#) for the main Immersion Event Calendar page that allows you to drill through to each class for more details and registration links.

Summary

We hope you've enjoyed this issue - we really enjoy putting these together.

If there is anything else you're interested in, we'd love to hear from you - [drop us a line](#).

Thanks,
Paul and Kimberly

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