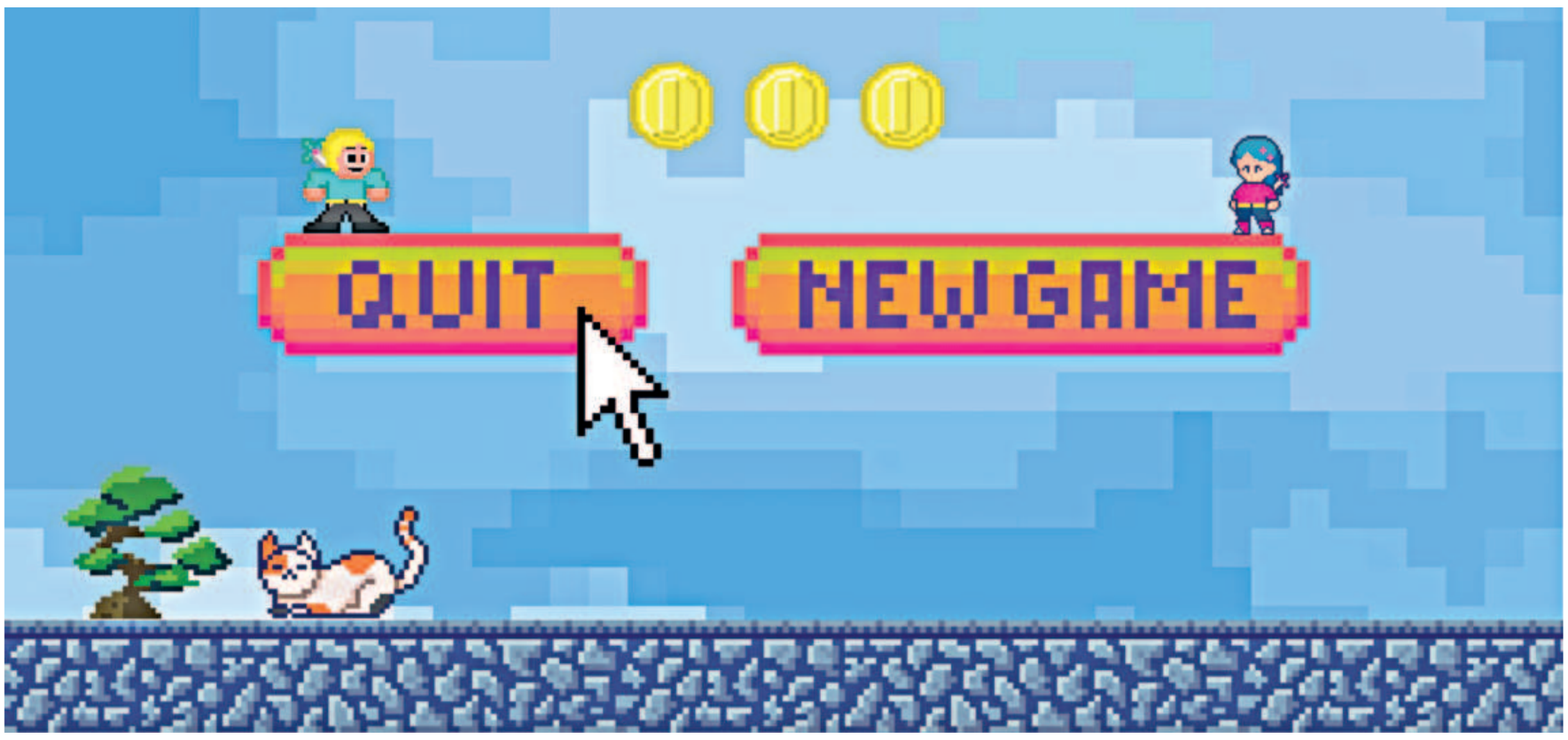

ILLUSTRATION: **ZARIF FAIAZ**

The art of STRATEGIC QUITTING

One common reason for quitting early is realising that the job you signed up for is not the one you were promised. This can happen when the role changes after you accept it, or when the culture turns out to be very different from what was described.

SHAMS RASHID TONMOY

Most of us grew up hearing the same bit of career wisdom: never leave a job before you have been there a full year, or employers will think you are unreliable. It is advice that made sense in a slower world where careers were built on long service and steady progression. But work has changed. Jobs move faster, industries transform in months, and the skills that matter today may not be the ones you need tomorrow. In this environment, sometimes the wisest move you can make is not to stay, but to leave early.

Quitting quickly is often confused with giving up. In reality, there is a difference between walking away out of frustration and leaving because the role is pulling you in the wrong direction. Strategic quitting is the art of stepping away with purpose, timing, and a plan. It is about recognising when the cost of staying outweighs the benefits, and making the decision before that cost becomes too high.

One common reason for quitting early is realising that the job you signed up for is not the one you were promised. This can happen when the role changes after you accept it, or when the culture turns out to be very different from what was described. Another is discovering that the workplace is toxic. Poor management, unfair treatment, or relentless overwork can wear you down more quickly than you expect. As Coursera noted in a 2025 article, "If you feel less motivated to go to work every day or be productive once you arrive, it could be time to move on." Sometimes you know within weeks that the situation will not improve, and staying will do more harm than good.

It is also possible to outgrow a role almost immediately. You might join with high expectations, only to find there is little to learn or no clear path forward. In other cases, the warning signs are about the company itself. If you see evidence of financial instability, confused leadership, or a lack of direction, staying too long could tie your name to a sinking ship. A 2025 article on job platform Indeed explains, "When you are passionate about your work, it creates a greater sense of purpose and fulfillment... Without this, work can feel monotonous and more like a job than a career." If your role does not excite or inspire you, moving on could be the healthier choice.

This raises the question: when is the ideal time to quit? If you can, reaching the one-year mark in a job still carries weight. It gives you enough time to learn the role, contribute meaningfully, and show future employers that you can commit. Too many short stints on a CV can make hiring managers wonder whether you will stay long enough to make your next role worth the investment. If you do need to leave sooner, you will have to explain it clearly and convincingly in interviews. Remember, the shorter your tenure, the stronger your reasons should be. And whenever you do decide to leave, the University of Southern California advises in a 2024 article that "at least two weeks' notice is ideal, giving time for you to transfer your knowledge and for your employer to find a replacement if needed."

With all that being said, leaving quickly is only part of the equation. The other part is how you explain it. Employers want to know why you left and what you did next. The best way to answer such questions is with clarity and confidence. Show that you have moved towards something, not simply away from a bad situation. Even a short stint can provide lessons or skills you can carry forward, and these should be part of your story. Avoid speaking bitterly about your old job. A calm, thoughtful explanation will serve you far better.

Strategic quitting does not mean avoiding hard work or running from every bad day. Every career involves challenges. The real skill lies in recognising when those challenges are helping you grow and when they are holding you back. Keep in mind that leaving early should never be an impulsive reaction. It should be a deliberate choice that moves you towards a better opportunity, a healthier environment, or a role that fits your ambitions.

Sometimes quitting is not the end of a chapter at all. Done well, it is the start of a far better one.

JOBS SPOTLIGHT

British High Commission
Head of IT & TWG, Technical Works Group
Deadline: August 28
Eligibility:
- Relevant or similar experience required, with proven experience in managing large teams.

Minimum experience: 5 years

Norwegian Refugee Council (NRC)
Education Project Manager
Deadline: September 1
Eligibility:
- Master of Education (M.Ed.), Master of Philosophy in Education (M.Phil.), Master's in Education and Research (IER), or a Master's degree in Social Science, Disaster Management, or another relevant field.

Minimum experience: 4 years

Danish Refugee Council (DRC)
Protection Coordinator
Deadline: August 30
Eligibility:
- University or graduate degree in Social Sciences, Development Studies, International Relations, Psychology, Social Work, or other relevant fields.

Minimum experience: 5 years

Wildlife Conservation Society (WCS) Bangladesh
Coordinator, Grant Management
Deadline: August 31
Eligibility:
- Master's degree in Accounting/Finance, administrative, or relevant fields.

Minimum experience: 5 years

FOR MORE DETAILS AND THE APPLICATION LINKS, SCAN THE QR CODE BELOW.

US adults fear AI could steal jobs, Reuters poll shows

NEXT STEP DESK

US adults see AI as more of a threat than a promise, with fears ranging from losing jobs to political turmoil, according to a new poll by Reuters and global market research firm Ipsos.

The survey, conducted over six days, found that 71% of respondents believe AI could permanently wipe out too many jobs. The concern lingers even as the US unemployment rate holds steady at 4.2% in July, states a Reuters report on the findings.

AI's growing presence in daily life adds to the unease. As per Reuters, critics point to bots giving false medical advice, chatting romantically with children, or promoting racist ideas. Two-thirds of those surveyed feared people might even swap human relationships for AI companions.

Opinions on education were more mixed: 36% said AI could improve learning, 40% disagreed, and the rest were undecided. The poll gathered responses from 4,446 US adults and has a margin of error of about 2% points, states the Reuters report on the poll results.

"Wall Street is the only place that people ride to in a Rolls Royce to get advice from those who take the subway."

WARREN BUFFETT

Coinbase CEO fires engineers who resisted AI tools

NEXT STEP DESK

Brian Armstrong, CEO of US-based cryptocurrency exchange Coinbase, recently revealed that he fired software engineers who refused to adopt AI tools following a company-wide mandate.

Speaking on a podcast this week, Armstrong said he had ordered all engineers to begin using AI coding platforms such as Cursor and Copilot by the end of the workweek earlier this year. Employees who did not meet the deadline were told to attend a Saturday meeting with him to explain why.

IMAGE: **REUTERS**

The directive is part of Coinbase's wider push to integrate AI across its operations. Armstrong said 33% of the company's new code is currently generated with AI, with a target of 50% by the end of September. He acknowledged limits to AI use in sensitive areas such as financial systems, but described his approach as "heavy-handed" but necessary to make clear the company's priorities.

Coinbase, currently valued at around $77 billion, employs around 4,200 people according to its official website. However, following the recent announcement, the company has not disclosed exactly how many employees were dismissed.

Gen Z's guide to planning: five apps that actually work

MAISHA ISLAM MONAMEE

Staying organised in today's fast-paced world is less about having the perfect memory and more about using the right tools. Effective planning is not about squeezing more into your day but making your day work for you. Whether you are a student juggling classes and part-time jobs, or a young professional navigating hybrid workdays, effective planning tools can make all the difference. So, here are five apps that can help you plan, prioritise, and stay on top of your day.

Google Calendar

Google Calendar remains one of the most widely used scheduling tools and for good reason. It offers seamless integration with Gmail, Google Meet, and other productivity apps, making it an ideal choice for students and professionals alike. You can easily schedule events, set reminders, and create multiple calendars for different aspects of your life, such as work, academics, or personal time. The color-coding feature helps visually distinguish between various commitments, while the 'Day' and 'Week' views provide a clear snapshot of your time. You can also invite others to events or meetings, making collaboration straightforward. For those managing hybrid schedules or trying to balance classes and internships, Google Calendar offers real-time syncing across devices. It may not be flashy, but it is reliable, accessible, and efficient.

Notion

Notion is less of a planning tool and more like a customisable digital workspace. For Gen-Z users who want flexibility without switching between multiple platforms, it brings everything under one roof. You can create to-do lists, manage projects with boards, track daily habits, and even take class notes – all in one interface. Its templates are particularly useful for planning your

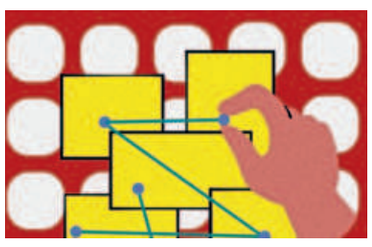

ILLUSTRATION: **ZARIF FAIAZ**

week, organising a syllabus, or even designing a job application tracker. The drag-and-drop system is intuitive, and the minimalist layout reduces clutter while keeping everything accessible. While Notion does have a learning curve, once you set up your system, it can become your digital brain and a central place to store plans, goals, and notes. However, it is specifically helpful for those who like blending structure with creativity in how they manage their time.

Todoist

If your main concern is organising daily tasks without distractions, Todoist is a standout choice. It offers a streamlined interface that lets you focus on what needs to get done, when. Tasks can be organised by priority, deadline, or project, and you can assign recurring tasks, like study blocks or gym sessions. One of the platform's strengths is its natural language processing. You can type "submit report by Friday at 3 pm" and Todoist will automatically schedule it correctly. Its productivity score and streaks feature can also be a subtle motivator to stay on track. With integration options across platforms like Google Calendar, Slack, and Outlook, Todoist plays well with other tools. So, whether you are managing personal goals or academic deadlines, Todoist helps you track progress while keeping the interface clean and focused.

Trello

Trello is ideal for visual thinkers who prefer to plan through drag-and-drop boards. Based on the kanban system, it uses columns and cards to break down tasks and ideas. Whether you are planning a group project, launching a small business, or simply structuring your week, Trello gives you a bird's eye view of everything in motion. Each card can contain checklists, due dates, attachments, and comments, making it easy to manage even complex tasks with several moving parts. Trello also allows collaboration, so team planning or shared goals are easy to manage. Its visual design appeals to those who want a clear sense of progress without relying solely on lists. You can also integrate external tools to extend functionality. Hence, if you need a tool that balances structure and flexibility, this is worth exploring.

Apple Reminders/ Google Tasks

Sometimes simplicity is key. For those who do not want to manage another app but still need a reliable tool to remember their daily commitments, the default reminder apps are often underrated. These tools allow you to create quick to-do lists, set reminders with time and location, and integrate tasks with your existing calendars. The clean interface minimises distractions. Apple Reminders now supports subtasks and tags, making it more versatile than before, while Google Tasks automatically syncs with Gmail and Google Calendar. If you just need a simple, effective way to keep track of groceries, assignments, or calls to make, without spending time customising, these apps offer functionality with zero learning curve. They are especially useful for light task tracking, and you are already one tap away from using them.

Ultimately, the right app depends on your habits, workload, and the kind of structure you prefer. Whether you like visual boards, detailed lists, or all-in-one dashboards, these tools can help you stay organised, consistent, and clear-headed. Start with one platform that feels intuitive and commit to using it for a few weeks. With time, planning will feel less like a chore and more like a habit that gives you control over your time.