Recognizing Life Lessons: During College, in Difficult Times and in the Pursuit of Success

1 Lessons/Topic Covered: The biggest lessons we learn in life aren’t in the classroom but they’re from your own personal obstacles and challenges. Every day is a life lesson and instead of trying too hard to pin the blame on yourself for mistakes, look at it as a part of your learning curve instead.

2 Mentee Objective covered:
   a) Discuss how life is not always fair and why it is important not to allow the things that happen to you in life discourage you.
   b) Discuss suggested ways to try to maintain an optimistic and positive outlook on life.
   c) Discuss why maintaining an optimistic and positive outlook on life will help to keep you going when challenging obstacles and lessons persist.
   d) Discuss how life lessons can help you to move forward during exceptionally difficult times.

3 Goals/Objectives of this Lesson:
   a) Discuss and compare what alumni/students have experienced and learned from life lessons:
      i) Growing years
         (1) Ask for guidance from family member(s)
         (2) Ask for guidance from school guidance counselor
         (3) Ask for guidance from professional affiliation(s)
      ii) College Academics
         (1) Discover or rediscover all the services offered at OSU
            (a) Counseling and Consultation Services https://ccs.osu.edu
         (2) Discover or rediscover all the services Career Success offers https://artsandsciences.osu.edu/career-success
            (a) Reach out to Randy Dineen, Assistant Director – Industry Connections
            (b) Your Career Coach
         (3) Reach out to College of Arts and Sciences Society Board Members https://artsandsciences.osu.edu/alumni/alumni-society
      iii) Social Environment
         (1) Look to trusted peers for guidance
         (2) Ask for guidance from social/professional affiliation(s)
iv) Professional Environment
   (1) Ask for guidance from trusted Mentor
   (2) Discover what employers benefit plans offer
   (3) Ask for guidance from professional affiliation(s)

b) Discuss whether the alumni/student was able to identify a “tipping point” before the lesson was fully revealed.

c) Discuss whether there were takeaways or lessons that others could learn from the alumni/student’s experience.

4 Sources
      https://www.rd.com/list/things-i-wish-i-could-tell-my-younger-self/
   b) Jain, Roli. “10 Powerful Life Lessons to Learn During Difficult Times.” Web View 2 Nov 2020, 
      https://www.startschoolnow.org/college-life-lessons/
   d) Turonova, Silvia. “4 Lessons You Learn About Humility While Ambitiously Chasing Success.” Addicted2Success. Web 6 Nov 2016, 

5 Read Ahead/Homework Assignment
   a) Utilize the sources above to increase topic conversation between mentor and mentee.

6 Lesson Notes
   a) Discussion regarding campus life
      i) Have you faced any life lessons since stepping on campus for the first time? If so, please share.
      ii) Has the life lesson changed your academic and/or personal goals in any way?
      iii) Are you still struggling with the same lesson?

b) Discussion regarding the Current Pandemic
   i) Have you faced any life lessons since the onset of the Pandemic? If so, please share.
   ii) Has the life lesson changed your academic and/or personal goals in any way?
   iii) Are you still struggling with the same lesson?

c) Discussion regarding both the alumni/student’s pursuit of success
i) Have you faced any life lessons while pursuing success? If so, please share.
ii) Are you still struggling with the same lesson?

d) None of us can achieve success without some help along the way. Is there a person to whom you are grateful who helped you to where you are?
i) Share a story about that.

7 Post Lesson Assignments
a) Based on the discussions, reflect on how your experience played out with engaging your mentor/mentee.
i) Was it successful?
ii) How could you have handled it differently?

b) Based on your reflecting, let’s pinpoint different podcasts, books or other resources that share life lesson experiences that offer inspiration and assistance.
i) Given the current situation—it would be beneficial to engage others in conversation—to discuss what they have encountered regarding life lessons.

8 Lesson(s) Learned Feedback
a) Include any lessons learned from this module.