



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

- a) Andersen, Charlotte Hilton. “40 Things I Wish I Could Tell My Younger Self.” Web 10 Sept 2019, <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.purposefairy.com/90991/powerful-life-lessons-difficult-times/>
- c) Start School Now. “8 Life Lessons You Learn in College.” Reader’s Digest/LifeRich Publishing. Web 27 Nov 2017, <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, <https://addicted2success.com/life/4-lessons-you-learn-about-humility-while-ambitiously-chasing-success/>

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.