


 **Recognizing Life Lessons** Written and reviewed by Seasoned Match Mentors

The most significant lessons in life often come from personal obstacles and challenges, not just from the classroom. Every day offers a life lesson, and instead of being overwhelmed by these obstacles, view them as part of a lifelong learning journey.

Mentee Objectives

- **Understand Life's Unpredictability:** Discuss the importance of not letting negative experiences discourage you, using examples from your own life
- **Maintain Positivity:** Explore strategies for staying optimistic and discuss how you've applied them to your situation
- **Leverage Life Lessons:** Reflect on how life lessons can help you progress during tough times and whether you face similar challenges regularly

Goals / Objectives of this Module

- Discuss and analyze alumni/students' experience to learn valuable life lessons

LESSON / MODULE TOPICS

1. **Formative years**
 - **Family Guidance:** Seek advice from family members
 - **School Guidance Counselor:** Utilize the support of school counselors
 - **Professional Affiliations:** Engage with professional organizations for guidance
2. **College Academics**
 - **University Services:** Explore the services offered at The Ohio State University
 - **Counseling and Consultation Services:** <https://ccs.osu.edu>
 - **Career Success:** <https://artsandsciences.osu.edu/career-success>
 - **Career Coach:** Connect with a career coach for guidance
3. **Social Environment**
 - **Trusted Peers:** Seek guidance from friends and peers
 - **Social/Professional Affiliations:** Engage with social/professional groups for support
4. **Professional Environment**
 - **Mentorship:** Seek advice from a trusted mentor
 - **Employer Benefits:** Explore the benefits offered by your employer
 - **Professional Affiliations:** Continue engaging with professional organizations
5. **Post-Challenge Reflection**
 - **Identify Tipping Points:** Discuss whether you identified a critical moment before a lesson was fully realized
 - **Share Takeaways:** Reflect on lessons learned and how to share your experiences with others

Lesson Notes

Each month, discussions should focus on your progress since the last conversation, your current state, and future goals. Use the provided resources to break down these discussions into smaller manageable topics.



Post-Lesson and Pre-Lesson Assignments

- Evaluate Strategies: Continue with effective strategies and evaluate if new ones might work better. Determine how to incorporate these solutions into your life

SOURCES

1. Patil, R. "What We Learn from Difficult Times. LinkedIn. Web 16 Mar 2015, <https://linkedin.com/pulse/what-we-learn-from-difficult-times-rajendra-patil>
2. 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/>
3. 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/>

