



# DISCUSS OVERCOMING CHALLENGES

IN LIFE WE ALL FACE MANY CHALLENGES THAT WE MUST OVERCOME. WE ARE OFTEN UNPREPARED FOR THESE CHALLENGES, BUT HAVING SOMEONE TO LEAN ON TO DISCUSS THEM AND COME UP WITH REALISTIC SOLUTIONS TOGETHER CAN BE EXTREMELY HELPFUL. SOMETIMES A DIFFERENT PERSPECTIVE CAN OPEN UP A WHOLE NEW WAY OF LOOKING AT THINGS THAT YOU MAY NOT HAVE COME UP WITH ON YOUR OWN.

THE **OVERCOMING CHALLENGES EXERCISE** GIVES MENTORS AND MENTEES THE OPPORTUNITY TO LOOK FORWARD WHILE APPRECIATING AND LEARNING FROM PAST CHALLENGES. BY RECOGNIZING THE BARRIERS WE HAVE FACED AND HOW WE OVERCAME THEM, WE BEGIN TO SEE OUR CHALLENGES AS ACCOMPLISHMENTS THAT WE CAN FEEL GOOD ABOUT.

PLEASE REACH OUT TO [MENTORING@QCC.MASS.EDU](mailto:MENTORING@QCC.MASS.EDU)  
OR CALL (508) 854-4573 WITH ANY QUESTIONS.

# OVERCOMING CHALLENGES EXERCISE

Mentor and Mentee can take time to fill out the chart below.

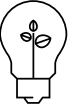
Work individually and share your responses, or complete the chart together.

This exercise should help us to reflect on the difficulties we have all faced while building encouragement for the future.

Past  
Challenges



Strategies  
Used to  
Overcome Them



Accomplishments  
Made



What We  
Learned  
for the Future

