



Thinking differently about challenges

Directorate for Counselling
and Career Development

What are the common challenges that Unisa students face?

- Where are you?
- What are the challenges related to your studies?

Case study

Take some time to reflect on this case scenario:

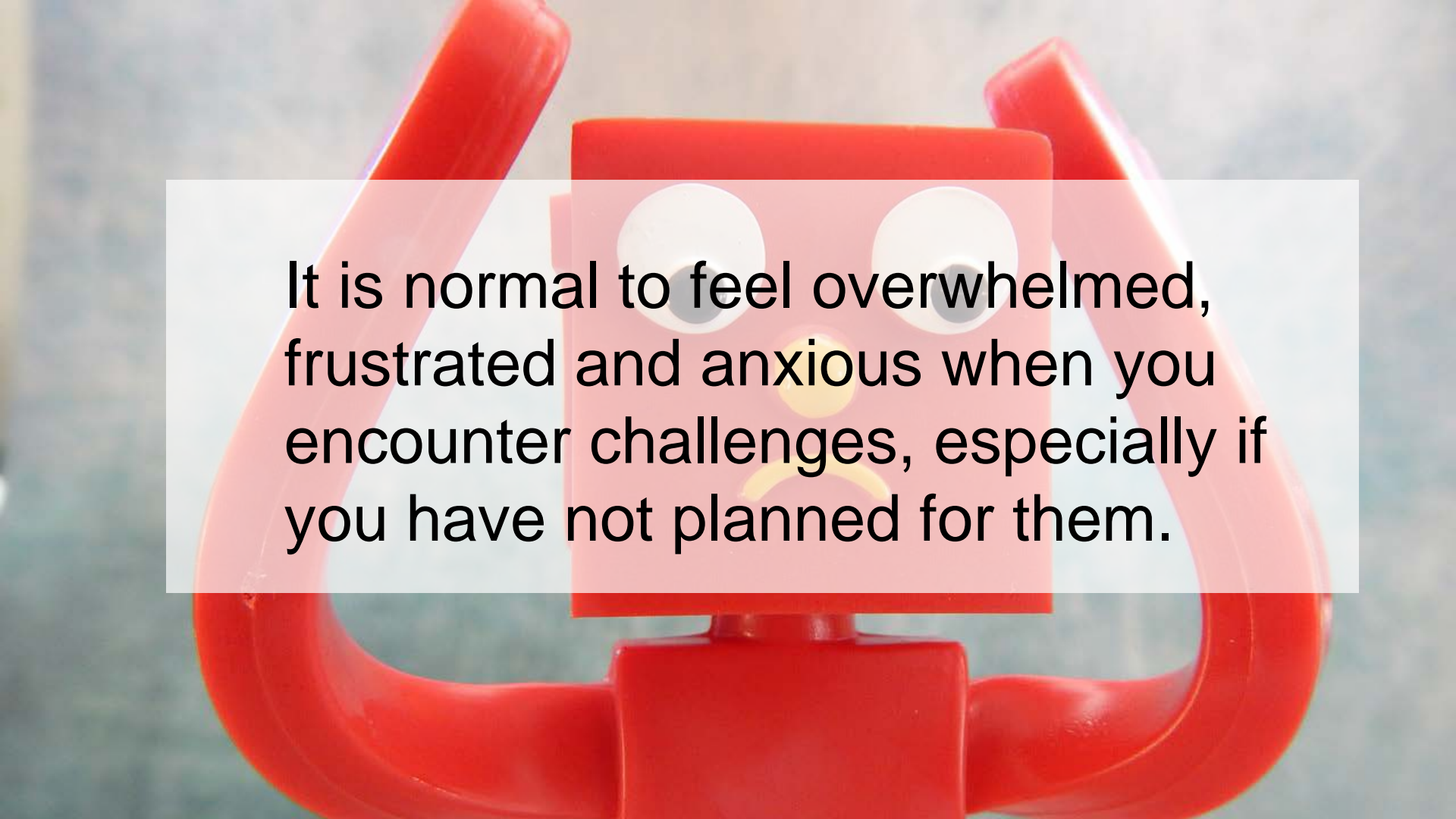
Sipho has been failing an Accounting module for several times and he is not sure whether to register in the next semester. He has been thinking about changing a qualification in order to avoid Accounting modules.

Your perception towards a challenge

- How you view a situation determines your actions and how you feel.
- People have a different ways of viewing situations. Two people might see one situation differently.

How do you think about your challenges?

- How do you normally react to changes?
- When do you perceive a situation as a challenge?

A red plastic toy figure with a square head and a sad face. The face has two large white circular eyes with grey pupils and a yellow mouth that is curved downwards. The figure has two long, curved arms. A semi-transparent white rectangular box is overlaid on the center of the figure, containing black text.

It is normal to feel overwhelmed, frustrated and anxious when you encounter challenges, especially if you have not planned for them.

When you encounter challenges...

Do you:

- withdraw from your goals?
- feel helpless and hopeless?
- become doubtful about your future?
- lack motivation?
- feel vulnerable?
- lack self-confidence?

Negative view of a challenge

- Take a challenge as punishment.
- Taking a challenge as downfall.
- Thinking that you are a failure.
- Blame others for your challenge.
- Making excuses.
- Anger towards yourself and others.
- View yourself as a victim of circumstances.

Taking risks

- When you decide not to take healthy risks because of the challenge, you are robbing yourself an opportunity to learn.
- Taking necessary risks could help you to test your perception about reality.

Effective way of viewing challenges

- Acknowledge that you have a challenge.
- Identify things you are in control of and things you can not change.
- Focus on what you can control.
- Identify relevant support.

Let's reflect

1. Write down your challenge on a piece of paper.
2. Think about one thing that you can manage and how it can impact on your challenge.

How will you manage your challenges?

List specific steps you will take to manage your challenges

Your steps need to be realistic and manageable.

A row of five stylized human figures, each holding the hand of the person next to it. The figures are light beige with a darker beige shadow underneath, set against a light gray rectangular background. The text is centered over the figures.

What support do you need
to manage your challenges?

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