



ASIAN SEED ACADEMY OF TECHNOLOGY

Information System Management

Achievers Core Training

Activity: "Obstacle to Opportunity"

Objective:

To help students develop problem-solving skills by identifying obstacles in their personal or academic life and reframing them as opportunities for growth.

Instructions:

1. Reflect on a Challenge:

Recently, I struggled to balance my full-time job with night school. I work from 8:00 AM to 5:00 PM, and then attend classes until 9:30 PM. This schedule left me physically exhausted and emotionally drained. I barely had time to review lessons, and it affected my performance in class. I started feeling anxious and doubting whether I could manage everything. It felt overwhelming, and I considered giving up either work or school.

2. Identify the Blocks:

Lack of time for rest and study, Physical and mental exhaustion, Self-doubt and anxiety

3. Reframe the Situation:

Lack of time → Opportunity to develop **time management** skills. Learning to prioritize tasks and create an efficient schedule can help me in any career I pursue.

Exhaustion → Chance to build **resilience** and improve my **self-care habits** like proper sleep, nutrition, and mindfulness to maintain energy levels.

Self-doubt → Opportunity to strengthen my **confidence** by reminding myself of the reasons I started this journey and celebrating small victories along the way.

4. Create an Action Plan:

Create a Weekly Planner: Allocate specific hours for work, school, study, and rest. Use a planner app to stay organized.

Set Micro Goals: Instead of trying to do everything at once, break tasks into smaller steps (e.g., study one subject per night).

Practice Self-Care: Ensure at least 6–7 hours of sleep daily, eat healthier meals, and take short breaks during work and class.

Seek Support: Talk to classmates, mentors, or friends when feeling overwhelmed. Sometimes sharing struggles can lead to practical advice or emotional relief.

Track Progress: At the end of each week, reflect on what worked and what didn't, and adjust the plan accordingly.