

My Challenges

Challenges are things that make it difficult for you to work or study. Challenges make it difficult for you to complete your goals.

What are your challenges?

family	time	money	transportation
childcare	embarrassment	fear	_____

Speaking Practice

Studying as an adult can be very difficult. It is helpful to talk about challenges and find **support**. Talk to a classmate or tutor about challenges.

Ask: What challenges make it difficult for adults to study?

Writing Practice

Write about your challenges and possible **solutions**. **Solutions** are ideas to fix problems or **overcome** challenges.

Challenge

Transportation

Solutions (What can you do?)

I can learn the bus schedule.

