What is 10Q?

In collaboration with our partners at Reboot, this year, HIAS invites volunteers, advocates, activists, and leaders to use a special version of their 10Q program to reflect on your work with refugees and asylum seekers this past year and to think about your hopes for the year to come.

Take some time in a quiet place between September 18th, 2020 and September 27th, 2020 (or any time that works for you – time can be tricky these days!) to write your reflections on one question below each day. Next, store your answers in a safe place – maybe printed out and placed in a special box on your bookshelf or saved in a folder on your computer. Finally, next year at this time, come back to your answers to see how you have progressed in your efforts to create a more just and safe world for refugees and asylum seekers.

The Questions

**Question 1**
Describe a significant experience that has happened in the past year in your and/or your community’s efforts to support refugees and asylum seekers. Are you excited? Relieved? Overwhelmed? Inspired?

**Question 2**
Is there something that you wish you or your community had done differently this year in your efforts to support refugees and asylum seekers? Alternatively, is there something you’re especially proud of about this work from this past year?

**Question 3**
Think about a major achievement that happened with your refugee-focused efforts this past year. How has this affected you?

**Question 4**
Describe a story about refugees that you read about or experienced directly that has impacted you this year. How? Why?
Question 5
What challenges has the global COVID-19 pandemic brought to your work as an advocate for refugees and asylum seekers this past year? What opportunities has it uncovered? How have you addressed both in ways that you are proud of and what are places where you hope to lean in more in the year to come?

Question 6
Describe one thing you would like to achieve in your work to support refugees and asylum seekers by this time next year. Why is this important to you?

Question 7
How would you like to improve yourself as an activist and supporter of refugees and asylum seekers next year? Is there a piece of advice or counsel you received or lesson you learned in the past year that could guide you in these efforts?

Question 8
Is there something about the global refugee and asylum crisis that you want to investigate more fully in 2020-2021 (5781)?

Question 9
What is a fear that you have and how has it limited you in or impacted your work with refugees and asylum seekers? How do you plan on letting it go or overcoming it in the coming year?

Question 10
When September 2021 rolls around and you review your answers to your 10Q questions, how do you think you will feel? What do you think/hope might be different about your life and where you’re at as a result of thinking about and answering these questions?