

Supporting Students' Growth Needs Series:
The Invisible Struggle
Faculty Department Meeting Brief

The series will build through five workshops in helping our students' climb the mountain of self-actualization beginning with addressing Physiological Needs.

Physiological needs are biological requirements for human survival, e.g. air, food, drink, shelter, clothing, warmth, sex, sleep.

If these needs are not satisfied the human body cannot function optimally.

Some key APSU links to help support students in meeting these needs are below:

<https://www.apsu.edu/student-affairs/financial-resources.php>

<https://www.apsu.edu/ces/sos-food-pantry/>
<https://www.apsu.edu/ces/sos-food-pantry/sosfunds.php>

- APSU students reported a 10% increase over national averages for food insecurity according to a 2019 NCHA food security assessment.
- Last week at the SOS Food Pantry, we assisted 66 returner families and 10 new first time families, feeding 150 + people in 4 days.
- 8 students were identified as needing additional meal plan assistance, and 120 café visits were loaded onto student Id cards
- In the first month of the school year, \$1100 in emergency funds has already been allocated to students in emergency situations.

How to respond to students facing food insecurities:

1. Express empathy and gratitude
2. Ask questions
3. Inform them about resources available

What to say:

Where are you sleeping/ eating today/ tonight?

What/ who is your support system, do they know the extent of your situation

Do you feel safe in your living situation?

What NOT to say:

I have been in the same situation as you and here's how I *pulled myself up by my bootstraps*

"We can fix this"

Minimizing language "at least it's not XZV", "It could be worse", "God works in mysterious ways",

"I feel really sorry for you"

***More information and links are provided on the CAFÉ website.**