



# Reaching Self-Actualization for College Students Using Maslow's Hierarchy of Needs

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How do we climb the mountain to self-actualization?



# Esteem Needs

- Include self-worth, accomplishment and respect.
- Maslow classified esteem needs into two categories: (i) esteem for oneself (dignity, achievement, mastery, independence) and (ii) the desire for reputation or respect from others (e.g., status, prestige).



# Esteem Needs

- <https://www.apsu.edu/writingcenter/index.php>
- <https://www.apsu.edu/lrc/>
- <https://www.apsu.edu/student-life/>



# The Learning Resource Center

- [Faculty The Learning Resource Center \(1\).pdf](#)

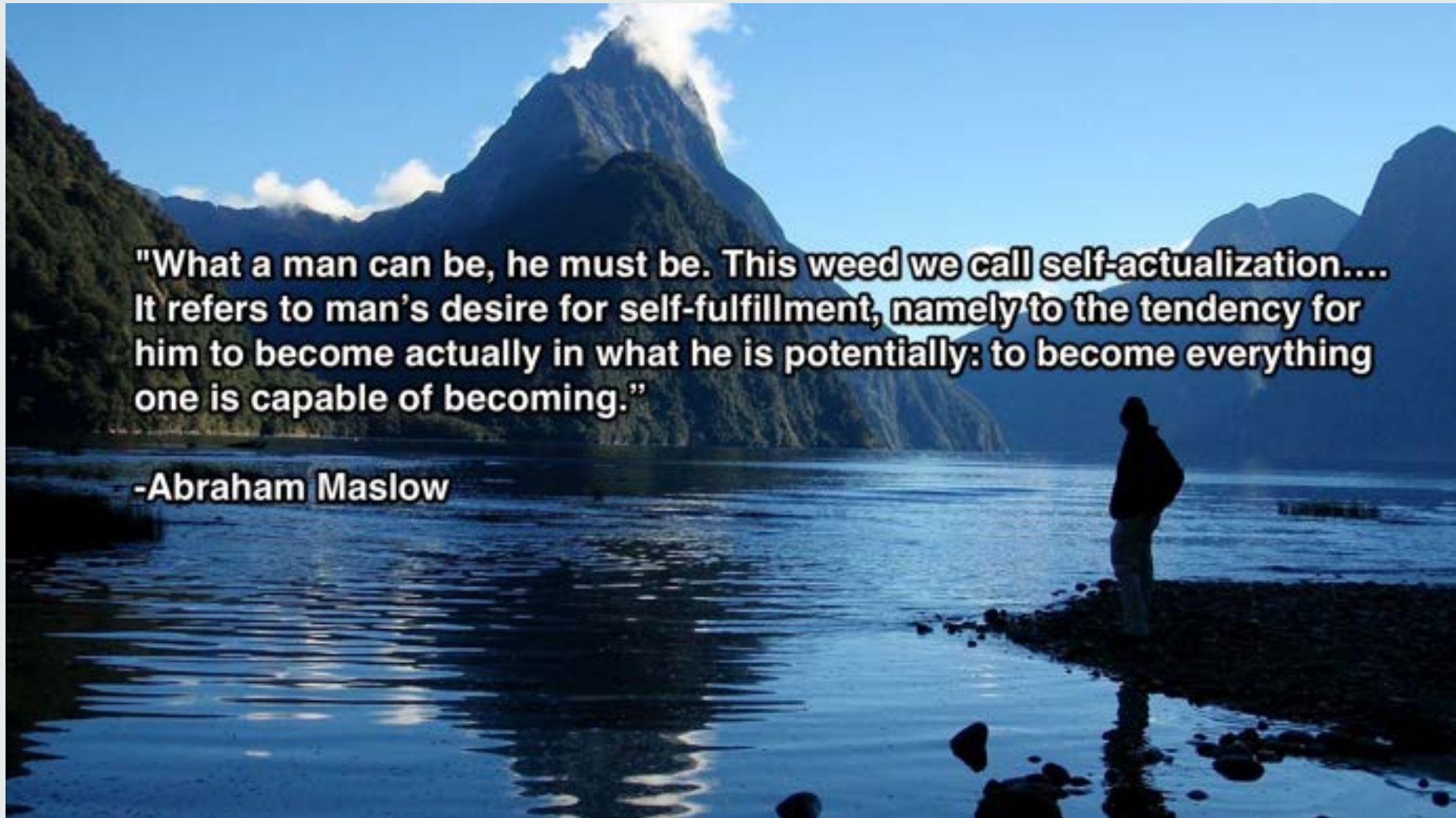
A rectangular metal sign with a dark, possibly bronze or steel, finish is mounted on a rustic, weathered wooden surface. The sign is secured by four screws, one in each corner. The sign has a white rectangular center where the text is printed. The text is in a bold, black, sans-serif font. The wooden background shows natural grain patterns and some cracking, adding to the rustic aesthetic.

**case studies**

# Question and Answer

- What questions are you left wondering about?





**"What a man can be, he must be. This weed we call self-actualization....  
It refers to man's desire for self-fulfillment, namely to the tendency for  
him to become actually in what he is potentially: to become everything  
one is capable of becoming."**

**-Abraham Maslow**

\*note he can/should be replaced by the pronoun of your choice as needed :)



# References

<https://www.simplypsychology.org/maslow.html>