



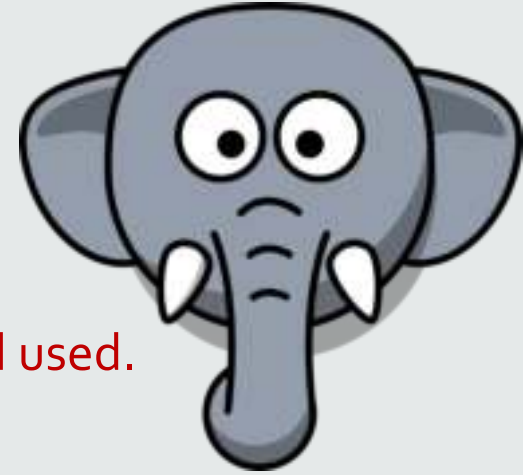
Supporting Students' Growth Needs Series: The Invisible Struggle

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How do we help student's climb the mountain to self-actualization?



Addressing the Elephant in the Psychological Room



The Needs do not have to be Hierarchical, nor do they often mimic the pyramid used.



Physiological Needs

- These 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. Maslow considered physiological needs the most important as all the other needs become secondary until these needs are met.



How to get Physiological Needs Met

- <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 Numbers

- 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.

Responding to food insecurity

1. Express Empathy & Gratitude
2. Ask Questions
3. Inform them about resources available

What to say

Guiding questions

- 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 its not XYZ", "It could be worse", "God works in mysterious ways", "I feel really sorry for you"

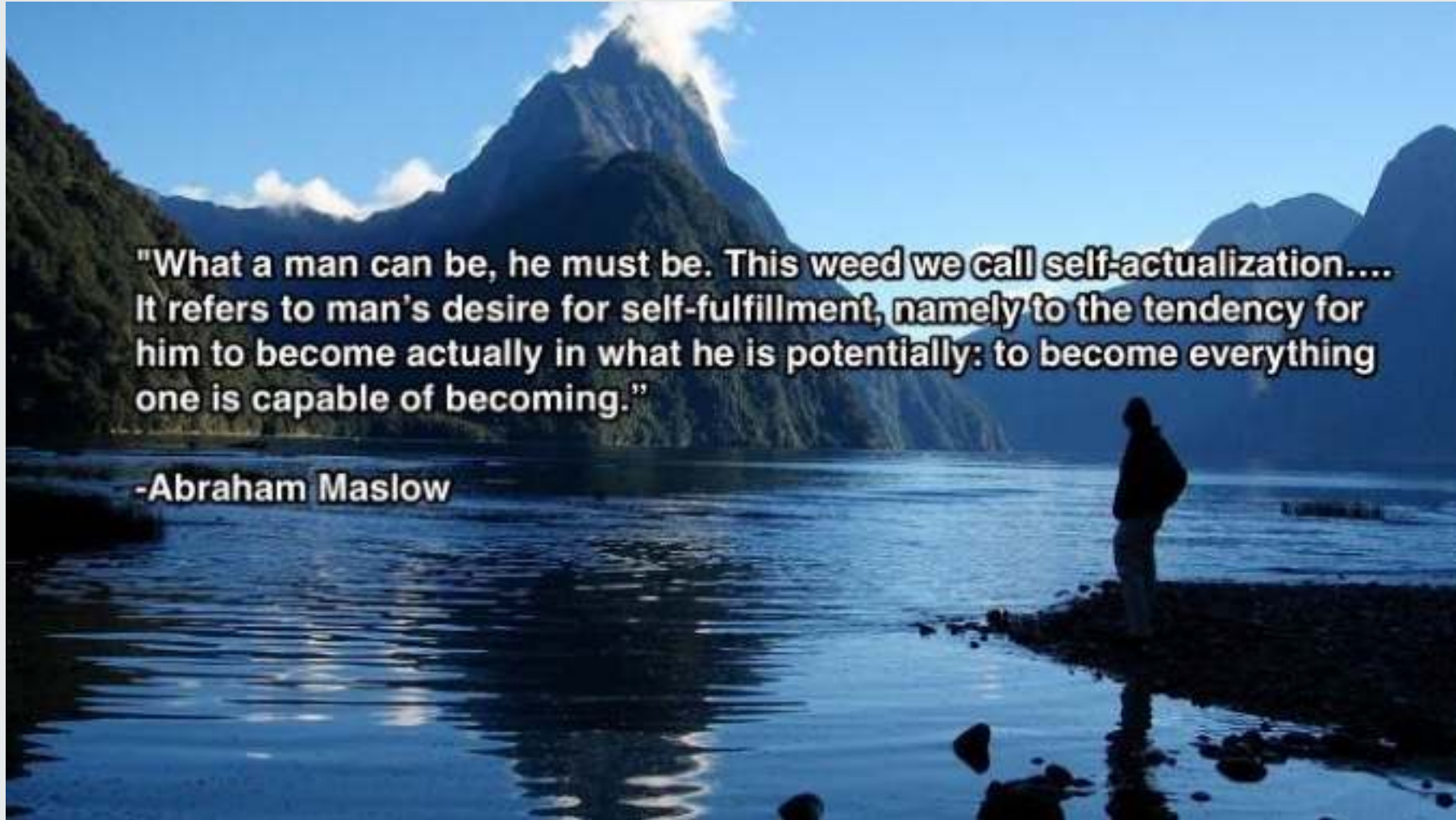
A rectangular metal sign with a brushed metal finish is mounted on a dark, textured wooden surface. The sign is secured by four screws, one in each corner. The text "case studies" is printed in a bold, black, sans-serif font on a white rectangular background in the center of the sign.

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

We will be addressing Safety Needs on November 7th and we hope you can join us.



References

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