

Hungry, Tired, Stressed Affecting Your Grades?

*Your Physical Wellbeing
Affects Your Learning*



PRESENTED BY

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Overview:

Learn how your physical needs affect learning, why it is important to meet your basic needs, and take care of your health so you can succeed in your learning goals. Receive referrals and resources for addressing barriers to taking care of your physical needs.

Learning Outcomes:

Participants will be able to:

- Recognize the impact of a lack of basic needs on students
- Define Food and Housing Insecurity
- Explain why a lack of basic needs impacts student grades
- Identify on- and off-campus support resources for students lacking basic needs
- Identify academic resources offered by most college campuses to help students succeed in class

Did You Know?

Of the community college students who responded to the Real College Survey: (Hope Center, The, 2019)

- 50% of respondents were food insecure in the prior 30 days
- 60% of respondents were housing insecure in the previous year
- 19% of respondents were homeless in the previous year
- Food-insecure students report grades of C or below at higher rates
- One in five housing-insecure earn grades of C or below

What is “Food Insecurity” and “Housing Insecurity”?

When students need to worry about whether they have enough food to eat and/or where they will live, that is called experiencing ‘Food Insecurity’ and/or ‘Housing Insecurity.’ (Hope Center, The, 2019)

Food Insecurity:

“Food insecurity is the limited or uncertain availability of nutritionally adequate and safe food, or the ability to acquire such food in a socially acceptable manner.”

Housing Insecurity:

“Housing insecurity includes a broad set of challenges such as the inability to pay rent or utilities, or the need to move frequently.”

How Basic/Physical Needs Affect Learning

Not being able to meet our basic/physical needs has a negative effect on our learning and ability to focus on our studies. There are a few theories that can help to understand how meeting basic

Hungry, Tired Stressed Affecting Your Grades?

needs affect a student's ability to learn: Brain-based Learning, Bloom's Taxonomy, Maslow's Hierarchy of Needs, and Stress.

- **Brain-based Learning:** Not being able to meet our basic needs affects our brain's ability to process information mentally. This theory states that effective learning requires three parts of the brain to work simultaneously: Reptilian (instinctual/physical), Limbic (emotional), and Neocortex (thinking). Therefore, if a person is cold, sick, tired, or hungry, their brain will not be able to process abstract thinking activities as easily. So, in order to receive, understand, apply, and internalize higher-order critical thinking, a person needs to have their physical needs met, and to be able to integrate their emotions with what they are trying to learn. (Zadina, 2008)



- **Bloom's Taxonomy:** This theory states that there are different levels of critical thinking (**Remember, Understand, Apply, Analyze, Evaluate and Create**) and that the higher the level of thinking, the harder the activity is to do. In other words, it is much harder to write a critical analysis essay than it is to simply memorize a bunch of facts. In addition, according to these other theories, trying to write that critical analysis essay is hard enough, but it is even harder to do when you are hungry, sick, tired, and/or stressed about your basic-needs insecurity. (Anderson and Krathwohl, 2001)

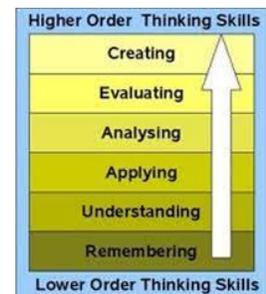


Figure 1: Bloom's Taxonomy

- **Maslow's Hierarchy of Needs:** This theory reveals that humans have different kinds of needs that must be met in order (Maslow, 1954)
 - 1) **Physiological** (*Air, water, food, clothing, shelter, rest, and health*)
 - 2) **Safety** (*Protection against danger, loss of life, property, and freedom*)
 - 3) **Social** (*Acceptance by others, belonging to groups, friendship and love*)
 - 4) **Ego** (*Self-esteem, self-confidence, and respect of others*)
 - 5) **Self Actualization** (*Achieving meaning and purpose for your life*)

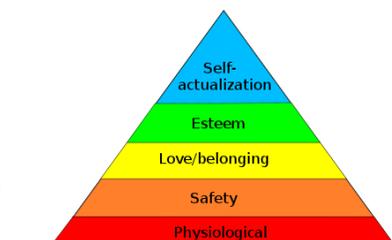


Figure 2: Maslow's Hierarchy of Needs

According to this theory, not having your basic needs meet, makes it difficult to focus on long-term aspirations such as education and satisfactory career options.

The movie, "In Pursuit of Happiness" is a true story about Chris Gardner, a man who took an unpaid internship to learn how to become a stock broker. During those months of working for free, he eventually found himself homeless while caring for his young son. He slept in homeless shelters and public restrooms to survive. However, by staying focused on his goals, despite his challenges, he finished his internship, excelled in his career, and

Hungry, Tired Stressed Affecting Your Grades?

eventually became a millionaire: (Chris Gardner, 2019)

<https://www.youtube.com/watch?v=kerV6fijhNI>

- **Stress:** Having to worry about knowing how you will have enough to eat or where you will live is usually very stressful for most people. Stress limits your brain's ability to process 'higher order' critical thinking skills (analysis, evaluation, creating, etc.). The following video discusses how long-term stress affect the brain:

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Are Your Basic/Physical Needs Being Met?

Many colleges recognize that not being able to meet your basic needs affects your success as a student. They want you to succeed and thus have many resources to help you in many ways.

Where You Can Go For Help?

As mentioned above, those colleges wants you to succeed in school, so they often have a lot of resources on and off campus to help. To keep the information simple, some common resources are listed below as either "academic help" which includes resources to help you pass your classes, or "non-academic help", which includes resources to help you deal with your life outside of school.

Academic Help

Tutoring: Most colleges offer free tutoring in most subjects taught in class. Tutors for math and English are available during most hours. Tutoring for other subjects may be limited to specific hours based on tutor availability and appointments are recommended.

Book Borrowing: Can't afford to buy a class textbook or other support materials such as answer guides or solutions manuals? You can check out, and use in the lab, available text books for free.

Workshops: Lab instructors or staff may offer brief workshops on student success topics such as math, English, student success, writing, study skills, etc. Workshops are offered throughout the week.

Lab Instructors: Lab instructors are always in the center during normal operational hours and are available for one-on-one support. If you need help knowing how to do an assignment, you can talk to the instructor on duty. If you don't know where to find information or resources on campus, including resources for dealing with food or housing insecurity issues, the instructor can help you locate resources that can help.

Computer Lab: If you need access to a computer, software programs, printing, or technical help getting your assignments done, our computer lab is open to all students with a valid student id.

Hungry, Tired Stressed Affecting Your Grades?

Stress Management Resources: can be found in several areas on campuses, including the student health center, counseling/academic advising, and tutoring centers. These resources may include text books, handouts, and other resources to help students develop stress management strategies. If you would like help with stress management, see the lab instructor for resources.

- **Books for Classes**

There are a few ways to access your class text books that are not as expensive as buying them. You can borrow or rent text books.

Borrowing: You can check out, for two hours, class textbooks from the library during normal operating hours:

Renting: If you want to have your own text book for the semester, but don't want to buy it at full price and keep it after the semester is over, you can rent your textbooks from the bookstore for much less than the cost of buying them.

- **Academic & Personal Counseling**

Most students think the campus counselors are just there to help them pick out classes. Yes, they do, but that is not all that they do. Our counselors are also trained to help you identify what is interfering with your success and to offer appropriate resources for dealing with those challenges. So, if you don't know why you are struggling, or where to go for help, a good place to start would be to talk to a counselor.

Non-Academic Help

- **Basic Resources:**

Many campuses are realizing that it is important to support the needs of students who face housing, food, and other basic resource insecurities. They provide information and resources to support the efforts of students in-need to achieve their educational goals. Students

- **Food Pantry:**

Many colleges offer free food distribution for students on a regular basis. Students who are concerned about meeting their basic needs are encouraged to take advantage of this resource.

- **Mental-Health Counseling**

If you need personal counseling to help you deal with life's challenges or referrals to off-campus resources to help with those challenges, short-term mental health/personal counseling is available for currently-enrolled students in credit classes. Counseling can typically be accessed through the student health center.

Summary

Housing and food insecurity are big challenges on most college campuses. They want their students to succeed in school and recognize that when students are not able to provide for their

Hungry, Tired Stressed Affecting Your Grades?

basic needs, they are more likely to not succeed in their academic goals. Therefore, many colleges have several academic and non-academic resources to help students succeed, including offering tutoring, book borrowing, student success workshops, lab instructor support, computer lab, and stress management resources, and

Reflection

What did you learn from this workshop?

How can you use this information this week?

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