



INTRODUCTIONS



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INTENTIONALITY & ASSUMING

Assumption One:

We do the best we can with what we know at a given time

Assumption Two:

When we know better we often do/chose better.

Combating Negative Assumptions About Students By Establishing Unconditional Positive Regard



UNCONDITIONAL POSITIVE RECOINED BY CARL ROGERS

"In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship in which this person may use for their own personal growth?"

-Carl Rogers, Father of Humanistic Psychotherapy

An attitude of complete acceptance towards another persones in their failings and faults.

This is not permissive, rather it stems from a belief in the person as a complete, whole and capablehuman being.



"You're not trying hard enough"

VS

"Iseeyour effortsWhat's working for youand how caweincrease youraccesto what'sworking"

BEYOND BASIC STUDENT WELLNESS ADVOCACY

- Beyond Basic is a four hour training that educates participants in specific campus resources that support students experiencing food and housing insecurity
- Beyond that, it allows students to strengthen and grow in their Eight Dimensions of Wellness: emotional, financial, environmental, intellectual, social, occupational, physical and spiritual.
- Going "Beyond Basic" is an approach that develops student wellness advocates with crucial knowledge, strategies, and tools that strengthen and deepen their day-to-day work with students.
- Implementation occurred through SB85 funding



BEYOND BASIC STUDENT WELLNESS ADVOCACY

Section 1: History, data, and framework

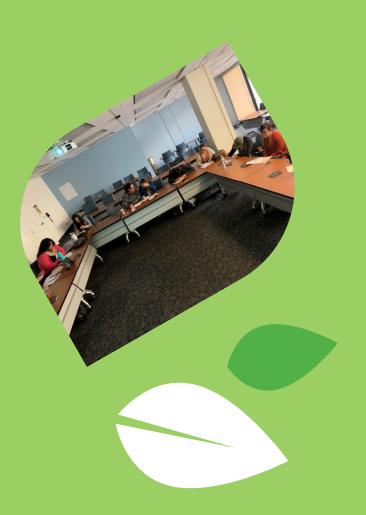
- Learn about student basic needs insecurities
- Learn about the 8 Dimensions of Wellness

Section 2: Cal State LA Wellness Resources

 Learn about the available Cal State LA resources that address basic needs and wellness

<u>Section 3: Student Wellness Advocacy</u>

- Learn about how to be a Student Wellness Advocate
- Learn about how to go Beyond Basic



PANTRY TO PLATE

LIVE COOKING DEMOS

- 45-60 min cooking workshops
- Teaches students basic cooking skills
- Easy, Affordable, & Healthy recipes with ingredients from the Cal State LA Food Pantry
- Budgeting Tips by students for Students
- Teaches them how to maximize their CalFresh dollars





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