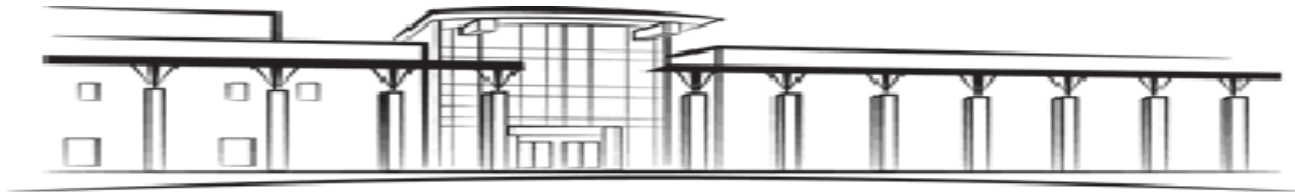


COPING WITH LIFE ON CAMPUS



CAMPUS CENTER

Dr. Guia Calicdan-Apostle
Assistant Professor of Social Work
Social and Behavioral Sciences
The Richard Stockton College of New Jersey

THE BIO-PSYCHOSOCIAL AND SPIRITUAL MODEL

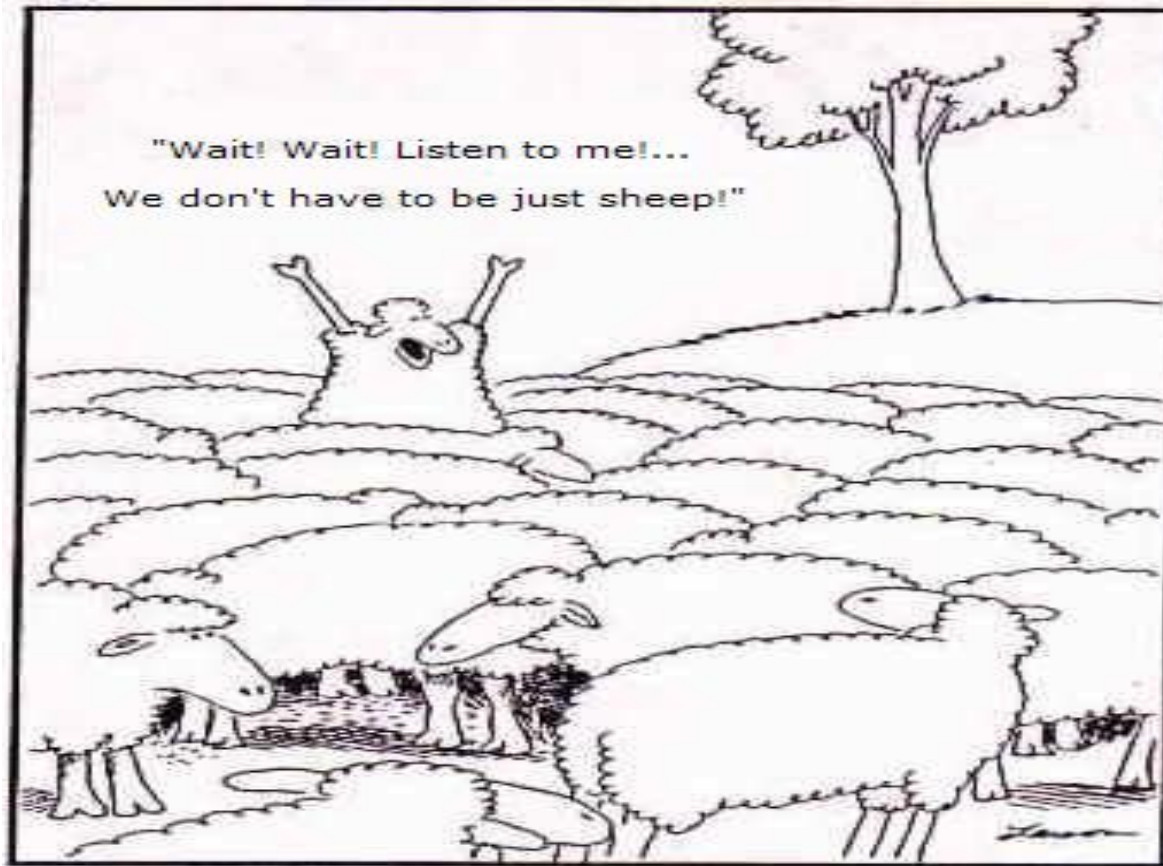
What or who defines you?



BACKGROUND/IDENTITY



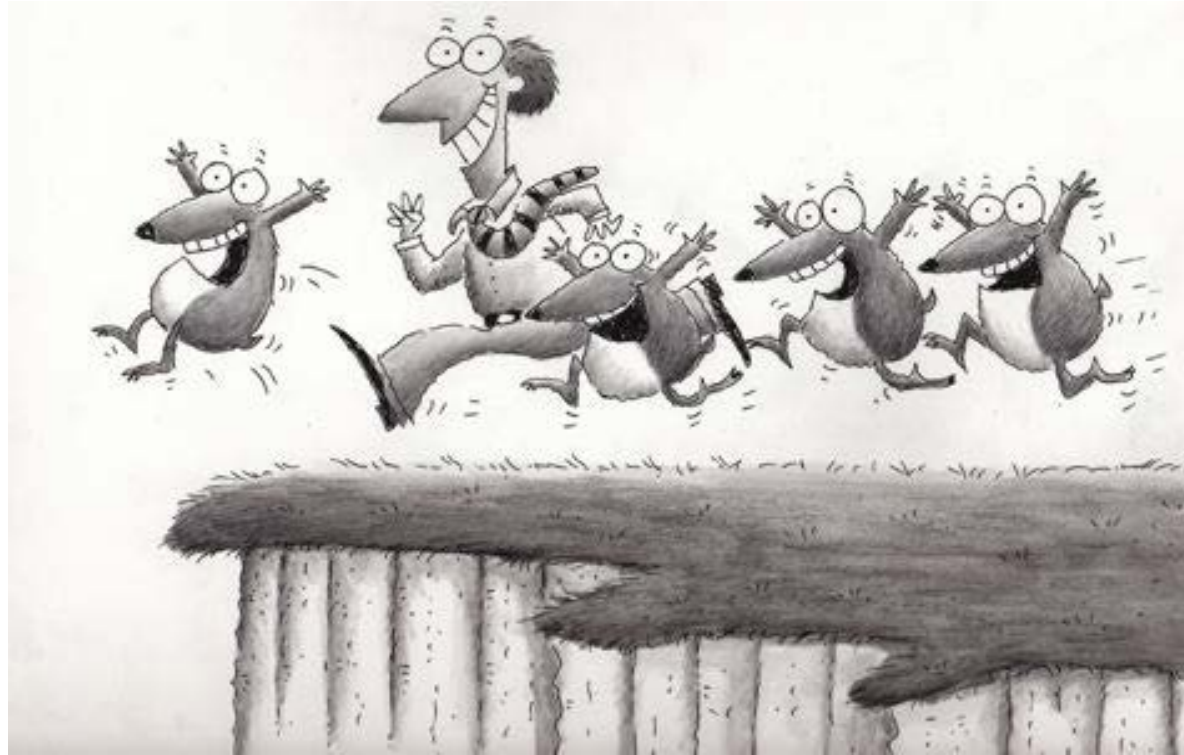
SOCIAL VALUES



EMOTIONAL RELATIONSHIP



GROUPTHINK OR IS IT MAKING A STAND?



BIOLOGICAL ATTRIBUTES

How does your physical appearance define your success and failure to thrive in a group e.g. campus life?

How to describe someone's hair

Listen to the words, repeat and memorize them.

1. LENGTH	2. STYLE	3. COLOUR
 short	 curly	 blond
 shoulder length	 wavy	 brown
 long	 straight	 red
		 grey
		 white
		 black

When you want to describe someone's hair, you start with the LENGTH of the hair, then the STYLE, and finally the COLOUR:

LENGTH + STYLE + COLOUR

EXAMPLES:

 He has got short, curly red hair. (SRR)
He has short, curly red hair. (SRR)

 She has got long, wavy brown hair. (LWR)
She has long, wavy brown hair. (LWR)

 She has got long, straight blond hair. (SLB)
She has long, straight blond hair. (SLB)

Picture 24

HEALTH/PHYSICAL ATTRIBUTES



SEEKING THE SKILLED HEALTHCARE PROVIDER



SUBJECTIVE WELL-BEING

HAPPINESS SCALE



PSYCHOLOGICAL ATTITUDES



Thoughts, beliefs, attitudes and expectations are the determinants of our emotions and behaviors

PSYCHOLOGICAL ATTITUDES



SOCIAL ATTRIBUTES



**“IF THE DOOR CLOSES, FIND AN
OPEN THE WINDOW”**



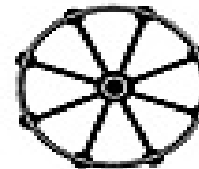
SPIRITUAL/RELIGIOUS ATTRIBUTES



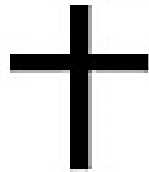
Bahai



Buddhist



Buddhist



Christian



Christian



Confucian



Confucian/Taoist



Hindu



Judaic



Judaic



Judaic



Islamic



Sikh



Shinto

RELATIONAL PERSPECTIVE



CHOICES AND ETHOS



CULTURAL VALUES AND ASSUMPTIONS

- There are a total of eight stages of human development, namely:
- 1. **Freedom-Determinism**, here he leaned more towards the idea of freedom.
- 2. **Rationality-Irrationality**, he felt that we were more rational than irrational.
- 3. **Holism-Elementalism**, to which he favored Holism,
- 4. **Constitutionalism-Environmentalism**, Allport believed in a balance between the two.
- 5. **Subjectivity-Objectivity**, although this was nearly balanced, he favored subjectivity.
- 6. **Proactivity-Reactivity**, he favored proactivity, in which he described as being the cement which holds a person's life together.
- 7. **Homeostasis-Heterostasis**, here he favored heterostasis, which he defined as a more humanistic approach, whereas homeostasis was more animalistic.
- 8. **Knowability-Unknownability**, Allport favored knowability because he believed that it is possible to study certain aspects of human behavior and functioning.
- Based on the works of Gordon Allport, in Hjelle and Ziegler (p. 193-197)

EXPECTATIONS FROM SELF AND FAMILY



COMMUNITY AND SOCIETAL EXPECTATIONS



INTRINSIC/EXTRINSIC MOTIVATION



EXTRINSIC MOTIVATION



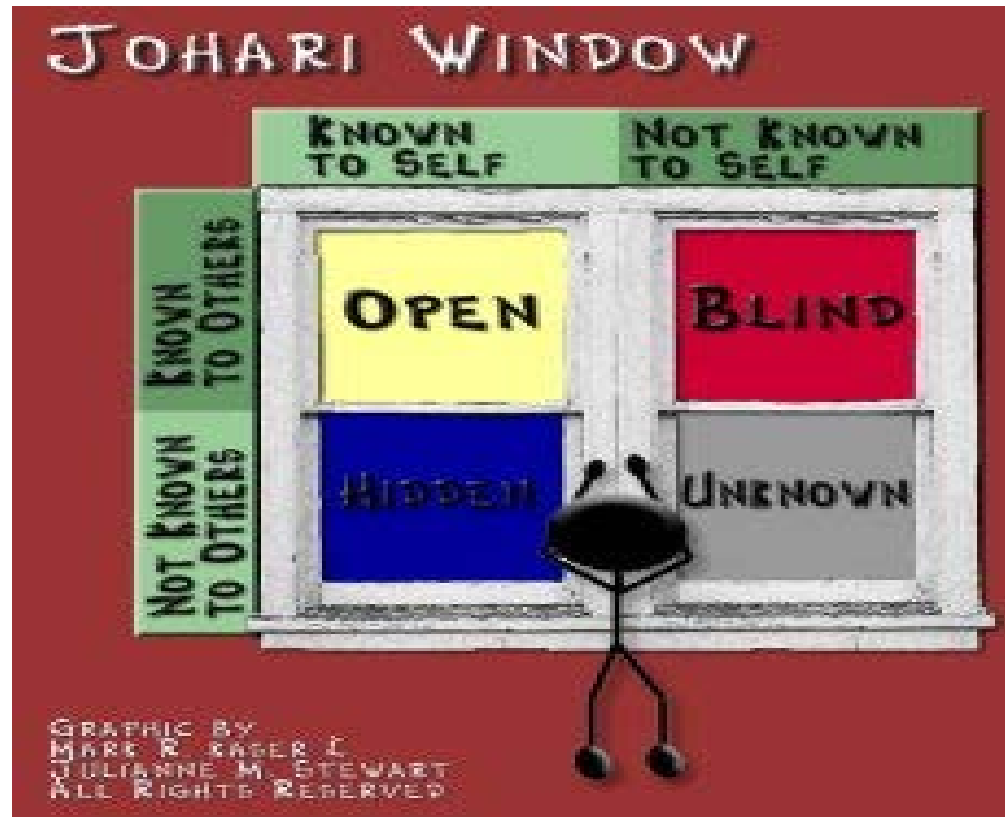
OUTSIDE SYMBOLS VIS A VIS INTERNAL SELF

- DEMANDS OF ACADEMIC COURSES
- DEMANDS FROM SELF
- SENSE OF ENTITLEMENT

WHAT'S IN IT FOR ME?

- **A maturing experience**
- **Access to mentors**
- **Experiential learning on campus prepares one in the world of work**
- **Networking**
- *Jeffrey Selingo is editor at large at The Chronicle of Higher Education and author of the forthcoming book, [College \(Un\)Bound: The Future of Higher Education and What It Means for Students](#), scheduled for release on May 7.*

“PUTTING IT ALL TOGETHER IN A WINDOW”



THIS:
“WALK THE SPIRITUAL PATH WITH
PRACTICAL FEET” Abdul Baha



NOT THIS:THE SCREAM

If you want to conquer fear, don't sit home and think about it; go out and get busy (Dale Carnegie)



SUMMARY

- KNOW WHO YOU ARE
- FINISH WHAT YOU START
- KNOW YOUR INTRINSIC AND EXTRINSIC MOTIVATION
- IDENTIFY YOUR ALLIES
- STUDY YOUR ENVIRONMENT
- CONQUER FEAR, WALK THE SPIRITUAL PATH WITH PRACTICAL FEET

Questions and Thank You