



8. **Students' Needs & Behaviors:** Complete the chart below with possible behaviors that students might exhibit based on their needs.

Needs and Behaviors	
If a student has ____ need,	these are potential behaviors.
<p><b><u>Physiological</u></b></p> <p><b><u>Physiological: Lacking sleep - what it looks like:</u></b></p> <ul style="list-style-type: none"> <li>- lack of attention</li> <li>- inability to understand the school work</li> <li>- incoherent</li> <li>- lacking in energy</li> <li>- lacking in strength or motivation</li> </ul> <p>Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health. (Paruthi et al., 2016.)</p> <p><b>How could a teacher alleviate this sleep deprivation issue?</b></p> <ol style="list-style-type: none"> <li>1. Have a safe place/quiet corner for the student to relax.</li> <li>2. Pre-arrange with the health room or counselor to allow the student to go take a nap.</li> </ol> <hr/> <p><b><u>Homelessness or fear of losing home life stability</u></b></p>	<p>If a student has sleep and rest needs, potential behaviors a teacher may see in the classroom setting are inconsistent moods and emotions such as irritability, anger, withdrawing, self-harm (mood swings).</p> <p>A teacher needs to be able to identify this issue and pull in. Appropriate help if needed. It's also important for the teacher to understand what the root cause is for the lack of sleep. It could be caused by a number of things, such as a medical condition.</p> <p>Lack of sleep affects a student's ability to concentrate on the lessons (impaired cognitive functions) and ability to feel motivated or want to participate.</p> <p>Unfortunately, at the younger age groups that I teach, it becomes obvious how chronic lack of sleep negatively affects a child's brain development, eventually causing academic issues due to staying on grade level. As children develop sleep needs change but at any age, and even as adults, lack of sleep or lack of quality sleep can cause havoc on how a person functions both cognitively and physically.</p> <p>If lack of sleep persists for whatever the reason, the long term problems arising from this can affect health and long term academics.</p> <hr/> <p>If a student is experiencing, homelessness, rehousing, or fearing losing the stability of a home, this could manifest itself in many ways. Anxiousness and stress would be easily spotted.</p>

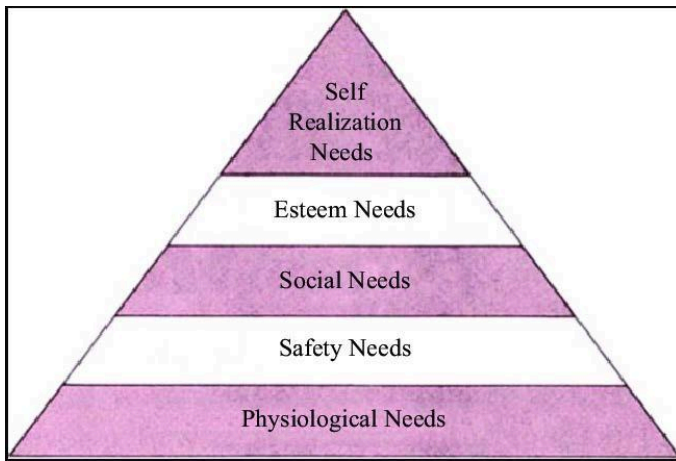
<p><b>How could a teacher alleviate a student's anxiousness over homelessness?</b></p> <ol style="list-style-type: none"> <li>1. Be sure the student is welcomed and feels safe.</li> <li>2. Have a change of clothing in the closet for the child, some hygiene products, snacks, and a toy or comfort object.</li> </ol>	<p>If a student looks dirty and smells, due to lack of access to cleaning facilities, these students may get targeted by peers and classmates.</p> <p><b>References:</b></p> <p>Owens J; (2014) Adolescent Sleep Working Group; Committee on Adolescence. Insufficient sleep in adolescents and young adults: an update on causes and consequences. <i>Pediatrics</i>.</p> <p>Paruthi S, Brooks LJ, D'Ambrosio C, et al. 2016) Consensus statement of the American Academy of Sleep Medicine on the recommended amount of sleep for healthy children: methodology and discussion. <i>J Clin SleepMed</i>.;12:1549–1561</p>
<p><b><u>Safety - What it looks like:</u></b></p> <ul style="list-style-type: none"> <li>- calm and relaxed</li> <li>- expresses feelings</li> <li>- confident enough to ask for help</li> <li>- Engages in positive interactions with classmates</li> <li>- Follows rules</li> <li>- acts predictably</li> <li>- Focused and actively participates</li> </ul> <p><b>What can a teacher do to make sure the student is feeling safe?</b></p> <ol style="list-style-type: none"> <li>1. If the safety issues are coming from within the school from other students, go out to recess, and monitor the playtime, or the lunch period. Make sure any other teachers, like specials, are made aware of the potential problem.</li> <li>2. Provide comfortable and well maintained furniture and acceptable and diverse classroom decor to make the student feel safe.</li> <li>3. Provide undisrupted routine or rhythm. (Maslow, 1943.)</li> </ol>	<p>If a student is not feeling safe then here are the behavioral issues that might present with nervousness, irritability, anxiousness, depression, and acting withdrawn.</p> <p>In Maslow's original paper he states, "He seems to want a predictable, orderly world. For instance, injustice, unfairness, or inconsistency in the parents seems to make a child feel anxious and unsafe." (Maslow, 1943.) If a student is feeling this at home, and then feels the same at school, this needs to be changed. A teacher would need to be able to recognize behaviors in the classroom to be able to remedy this situation.</p> <p>A student can not adequately be in the correct state of mind to start to learn.</p> <p>A teacher must make the student feel safe by emphasizing features in the classroom that make the student feel safe. If the student is not ready to accept the teacher then make sure there is some adult in the building that the student can go to feel safe. This needs to be a school-wide effort amongst the staff to make all students feel safe and have a plan of action in place for certain cases.</p> <p><b>References:</b></p> <p>Cohen, J., McCabe, E. M., Michelli, N. M., &amp; Pickeral, T. (2009). School Climate: Research, Policy, Practice, and Teacher Education. <i>Teachers College Record</i>, 111(1), 180-213.</p>
<p><b><u>Love and Belonging - What it looks like:</u></b></p> <ul style="list-style-type: none"> <li>- healthy psychological development</li> <li>- Positive feels of well-being</li> <li>- Good academic performance</li> </ul>	<p>If a student feels a sense of belonging and acceptance in his or her school and classroom environment, then this will go a long way to reducing anxiety and stress. Focus is always impacted negatively if a student does not feel at ease. As a teacher we want to remove this feeling.</p>

<ul style="list-style-type: none"> <li>- Continued positive behavioral development</li> <li>- Healthy social skills</li> <li>- Resilience towards conflict</li> </ul> <p><b>How can a teacher develop a place of love and belonging in the classroom?</b></p> <ol style="list-style-type: none"> <li>1. Build positive relationships by showing genuine interest in his or her students. Not just on a school level but interest in students and their home life.</li> <li>2. This also means the teacher should be approachable to all students.</li> </ol> <ul style="list-style-type: none"> <li>- The classroom should feel inviting and not alienate any child. The classroom should reflect diversity to include all students.</li> <li>- Allow students to have some input in the classroom decor. Make it their own.</li> </ul> <p>If a student is struggling to feel love and belonging, then the teacher should find another way to connect with the student. It's important not to overlook this student as being too hard to deal with or too time consuming to connect with.</p>	<p>A student that feels a sense of belonging develops healthy behaviors in the classroom, which will also affect academic performance, which receive support in the classroom by the teacher. This student will feel safe enough to make curious and intellectual attempts without fear of rebuke.</p>
<p><b><u>Esteem - What positive self esteem looks like:</u></b></p> <ul style="list-style-type: none"> <li>- Emotional stability</li> <li>- Sense of security</li> <li>- Motivated to do well</li> <li>- Good concentration levels</li> <li>- Empathy towards others</li> <li>- Good social skills</li> </ul>	<p>It's important for a teacher to create a welcoming environment for all his or students. All students should feel wanted and valued in the classroom. By feeling valued a student will perform much better. This will build a better self image and increase positive confidence.</p> <p>The student will exhibit good behavior in the classroom and even be able to empathize and help peers with their struggles. In fact, on a social level the student that has each the esteem level will reveal healthy friendships. They can help with conflict resolutions in their peer groups.</p>
<p><b><u>Self-Actualization - What it looks like:</u></b></p> <ul style="list-style-type: none"> <li>- intrinsically motivated</li> <li>- Creative and problem solver</li> <li>- Independency</li> <li>- Positive relationships</li> <li>- Honesty</li> <li>- Emotionally well</li> <li>- Good moral and ethical development</li> </ul>	<p>If a student has reached self-actualization then, according to Maslow's Hierarchy of Needs the behaviors that could be witnessed in the school setting could be as followed a student that is intrinsically motivated to achieve goals of learning because he or she finds it fulfilling and meaningful - not merely to gain the grade or for a nod of approval.</p> <p>Students will be able to handle more intense activities with more detail. Such projects or assignments will not derail this student.</p>

### How can a teacher support a self-actualised student?

1. Offer choices on projects
2. Give constructive feedback and help the student understand how to improve on the works
3. Provide work that pushes and challenges the student.
4. Implement inquiry based learning to get students to create their own questions and research.

Here is possibly the earliest rendition of Maslow's Pyramid. Maslow did create the pyramid or triangle that is extensively used. (Bridgman et al., 2019.)



### References:

Bridgman, Todd & Cummings, Stephen & Ballard, John. (2018). Who Built Maslow's Pyramid? A History of the Creation of Management Studies' Most Famous Symbol and Its Implications for Management Education. Academy of Management Learning and Education.

C. D. McDermid, 1960. "How money motivates men," Business Horizons.

Maslow, A.H. (1943). "A Theory of Human Motivation". In Psychological Review, 50 (4), 430-437.

McLeod, S. (2018). Maslow's Hierarchy of Needs. Simply Psychology.

However, the student will still need to have needs met even at this stage of the pyramid.