THRIVE: Intentional programs that lead to academic success

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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 person **despite** their failings and faults.

This is not permissive, rather it stems from a belief in the person as a complete, whole and **capable** human being.
"You're not trying hard enough"

VS

"I see your efforts. What's working for you and how can we increase your access to what's working"
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.
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

Section 3: Student Wellness Advocacy
● 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
Contact Us

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