

Supporting Students' Growth Needs Series:

Self-Actualization Needs

Faculty Department Meeting Brief

Self-Actualization Needs

- Refer to the realization of a person's potential, self-fulfillment, seeking personal growth and peak experiences. Maslow (1943) describes this level as the desire to accomplish everything that one can, to become the most that one can be.
- Individuals may perceive or focus on this need very specifically. For example, one individual may have a strong desire to become an ideal parent. In another, the desire may be expressed economically, academically or athletically. For others, it may be expressed creatively, in paintings, pictures, or inventions.

APSU Links to help students with Self-Actualization Needs

- <https://www.apsu.edu/careers/jobs4govs/index.php>
- <https://www.apsu.edu/grad-studies/index.php>

Career Services Information

- The Office of Career Services functions as a centralized unit providing career development, job search tools and opportunities to help support student success, as well as offer support to all academic departments and colleges at Austin Peay State University. Our programs and services are designed to complement and enhance the operations of the Division of Student Affairs and APSU.
- Our mission is to assist students in making a successful transition from academia to the world of work by equipping them with the tools to take ownership of their professional and personal development for lifelong career satisfaction.
- **Morgan University Center 210**
- Phone: [\(931\) 221-6544](tel:9312216544)
- Email: careerservices@apsu.edu

Services Offered

Job Search

Internship Search

Career and Major Exploration

Resume and Cover Letter Reviews

Career Fairs, Networking Events and Professional Development Workshops