# Reaching Self-Actualization for College Students Using Maslow's Hierarchy of Needs

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# How do we climb the mountain to self-actualization?

# 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.

# Self-Actualization Needs

- https://www.apsu.edu/careers/jobs4govs/index.php

- https://www.apsu.edu/grad-studies/index.php
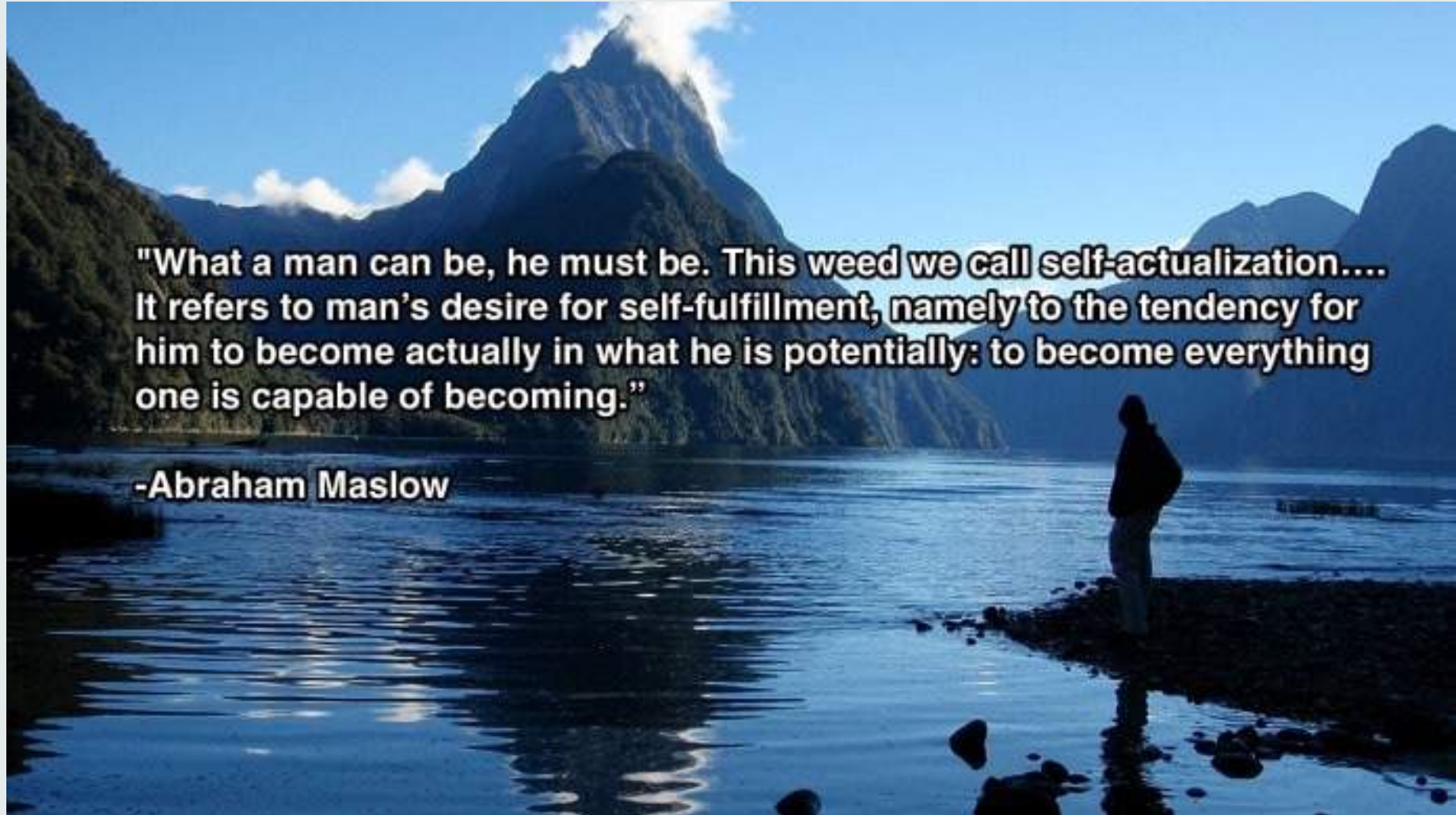
# Career Services

- 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

- Email: careerservices@apsu.edu

case studies

"What a man can be, he must be. This weed we call self-actualization.... It refers to man's desire for self-fulfillment, namely to the tendency for him to become actually in what he is potentially: to become everything one is capable of becoming."

-Abraham Maslow

*note he can/should be replaced by the pronoun of your choice as needed :)

# References

https://www.simplypsychology.org/maslow.html