



Belongingness  
Uncertainty  
by  
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# Cia Verschelden examined two theories, Erik Erickson's Theory of Trust vs Mistrust and Abraham Maslow's Theory of Motivation to Explain Belongingness Uncertainty

- **Belongingness Uncertainty**
- Erik Erickson, a psychologist proposed a psychosocial development theory. According to this theory, social interaction and relationships played an important role in the development and intellectual progress of individuals.
- Abraham Maslow, a motivational theorist, proposed that individuals are motivated by hierarchy of needs. If basic physiological needs are not met, individuals lack the motivation to climb the ladder of success to become a self-actualized person.



# Erik Erikson's Stages of Psychological Development



- According to Erik Erickson's Theory of Identity vs Role Confusion, if students fail to deal effectively with their problems, they will not be able to develop the skills needed to socially and culturally connect with others. They lack strong sense of self. It can be a serious challenge which can drain mental resources. First-generation and nonmajority students lacks Social and cultural connections (Verschelden 47).

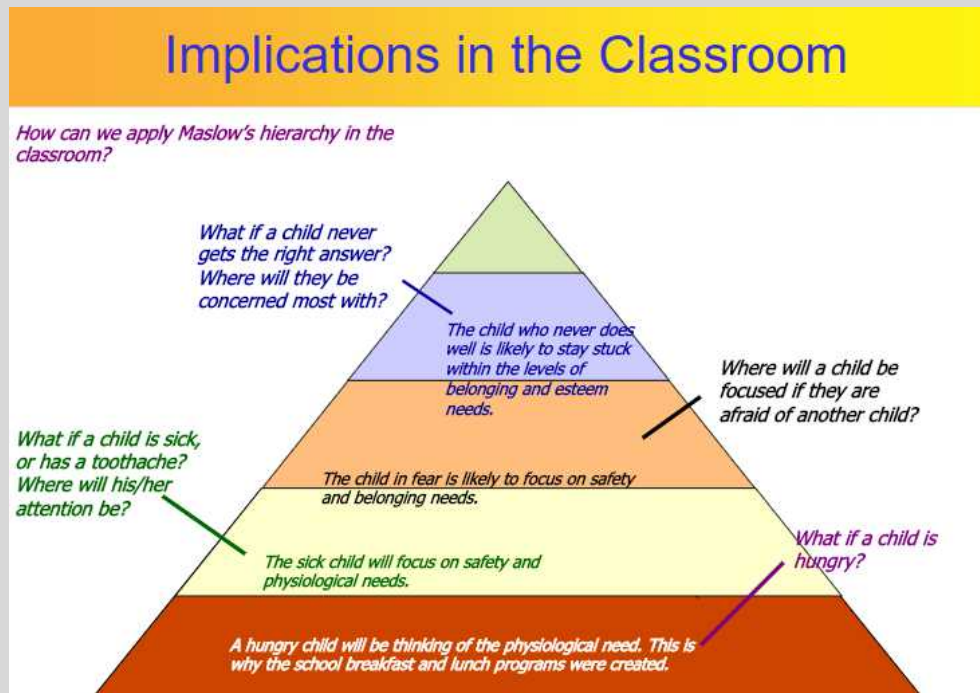
**Maslow's theory is centered around five levels of basic needs for people to survive and thrive in the society.**

**It is hierarchical levels, and the basic needs must be satisfied before an individual can reach the higher levels.**

- **1. Food and Clothing - Food, Water, Clothing - Basic Needs**
- **2. Safety – Security- Basic Needs**
- **3. Love and Belonging - Friends and Family- Psychological Needs**
- **4. Self-Esteem - Awards - Psychological Needs**
- **5. Self- Actualization – Achieving One's Full Potential - Self-Fulfillment Needs**



# Sense of Belongingness – Theory of Motivation by Abraham Maslow



- An individual cannot reach the highest level of Self-Actualization if the lower levels needs are not met or satisfied.
- If an individual is suffering lack of love and respect in a college community, then that individual will suffer and will not be able to thrive on campus.

T.M Freeman, Anderman, and Jensen in 2007 found that a sense of belonging was positively associated with academic success and motivation(as qt in Cia Verschelden).

It is consistently being highlighted through research that a sense of belonging is a critical factor in college success(49).

Students need constant support and Mental health Resources to thrive in college

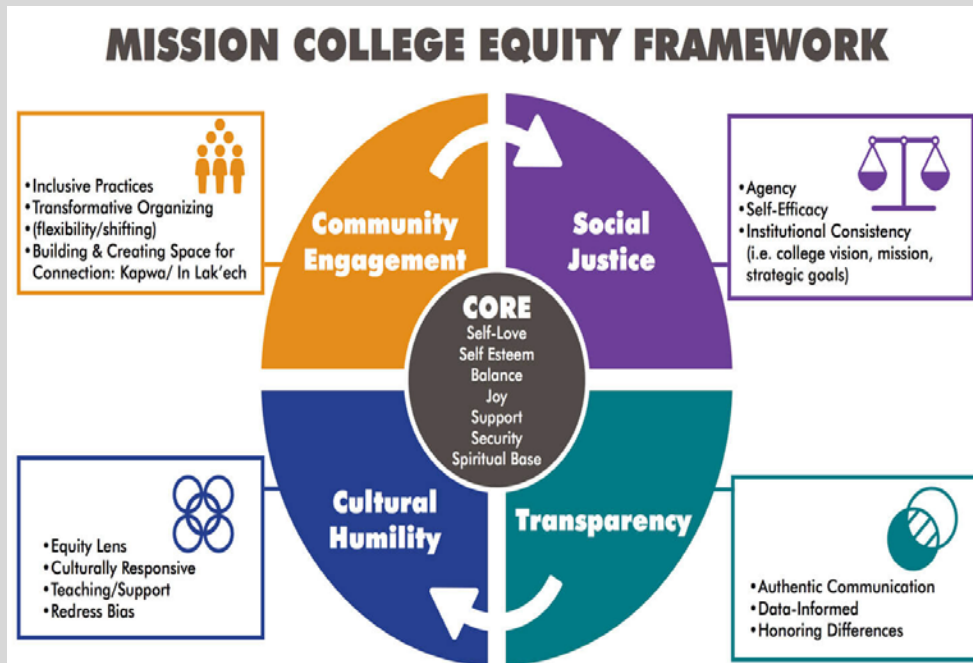
To promote a Sense of belongingness, Students should be given ample of opportunities to build social connections on campus.



# Faculty should align their teaching pedagogies with College mission, vision, and values to help students recover their cognitive resources lost due to Poverty, Racism, and Social Marginalization

College Values: Excellence, Integrity, Unity, Purpose, Compassion, and Inclusion. We should help students regain mental bandwidth through multiple sources.

Faculty should aim to provide equitable high-quality education and cultural enrichment within classroom situations.



To promote a sense of belongingness among my students in Eng 100 class- I want to implement two strategies. It can help them make social connections and develop networks.

**1. Collaborating with Peers**

**2. Investigate and report on a College campus service organization.**



## Investigate and Write a Report: Campus Service Organization - Two Paragraphs

- Choose an organization on CLC Campus- Academic, Minority, Cultural, or Community Organization.
- Visit the office on campus and Interview an office bearing person.
- Research about the organization and gather information from other students who are current members.
- Check the flyers, brochures, and infographics to collect more information.
- Interview students who are happy and unhappy about this organization.
- Write a report about this organization by answering relevant who, what, when, why, and how questions about this organization (Reid 160).
- Submit your report in discussion post in Canvas.
- *All students will be able to read about different organizations and I will encourage them to join the service depending upon their interest.*

# Collaborating with Peers: In-class Activity

- Interview a classmate for a 200-250-word personal profile.
- Describe this person and one major trait.
- First, in your notes, prepare an interview guide questions (travel, music, food, career, sports, films) .
- Then, conduct an interview for 20 minutes and take notes.
- After the interview, compile your notes.
- Write the profile of a person in three paragraphs.
- Submit it in discussion post in Canvas and I am using the discussion posts as place to share journal entries in online Live Zoom classes (Reid 155).

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# Works Cited

- Reid, Stephen and DelliCarpini, Dominic. "The Prentice Hall Guide for College Writers". Pearson Education Inc. 2018. Eleventh Edition.
- Verschelden, Cia. "Bandwidth Recovery: Helping Students Reclaim Cognitive Resources Lost to Poverty, Racism, and Social Marginalization." Stylus Publishing, LLC. 2017.