A misty forest path with tall trees and lush greenery. The path is dirt and leads into the distance, surrounded by dense foliage and tall, thin trees. The scene is soft and atmospheric, with a light mist or fog hanging in the air.

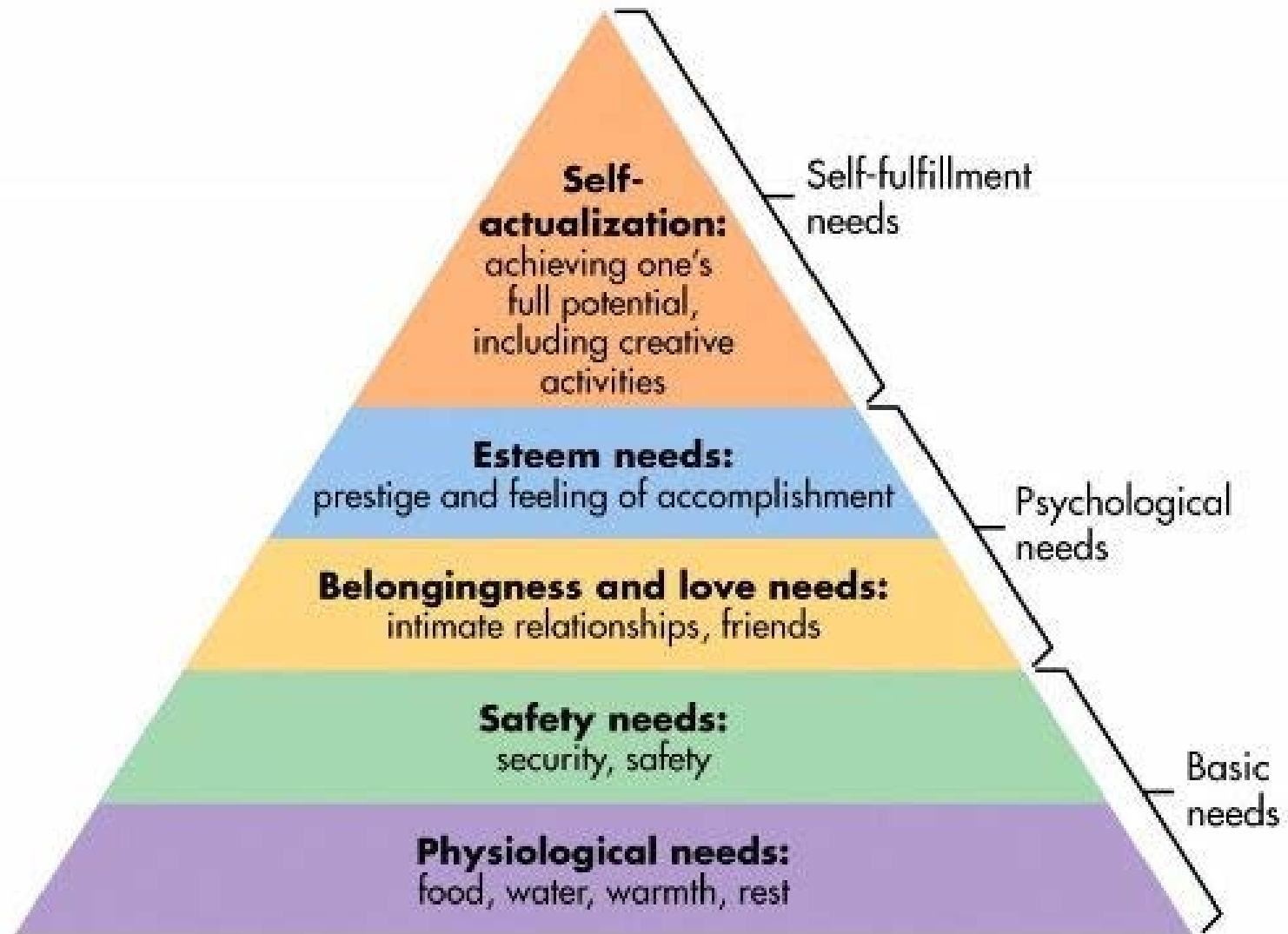
# The Path to Academic Success Leads through Self-Care

Gordon Shippey, MA, LPC

Licensed Professional Counselor

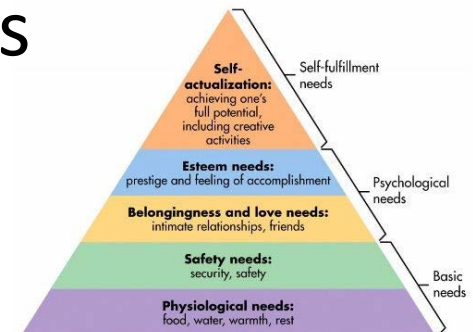
[gshippey@gmail.com](mailto:gshippey@gmail.com)

# Maslow's Hierarchy



# Physiological Needs

- Adequate Sleep: 8-10 hours / night
  - Essential for memory consolidation
- Exercise: one hour per day, *minimum*
  - Associated with improved academic performance, attention, and classroom behavior
- Food: Foods you would recognize in nature, eliminate or minimize sweet drinks



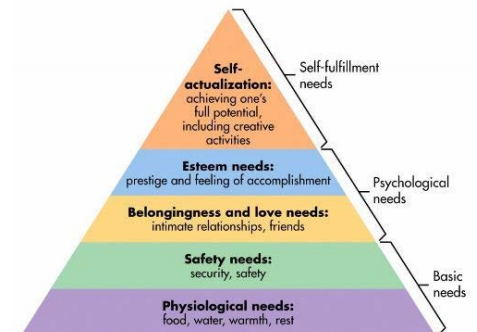
# But Where to Find Time!?

- Higher needs depend on lower needs being met (Grades are an Esteem Need)
- Learning requires adequate sleep, nutrition, exercise
- Beyond a certain point, more study is counterproductive



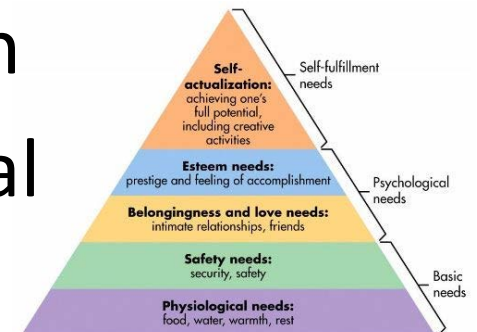
# Safety Needs

- Make home a safe space, isolated from the stress of work and school
- Allow kids to withdraw temporarily when overwhelmed
- Manage our own anxiety about our kids' future
- “Time box” study so that kids know that there is a finish line every day
- Unstructured time a necessity



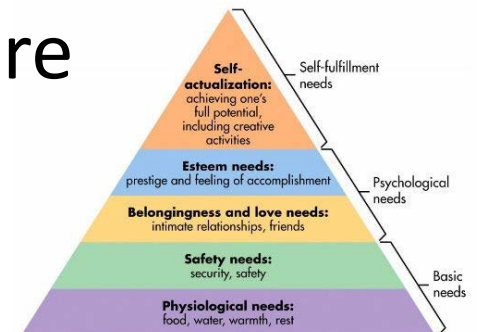
# Belongingness and Love Needs

- Our kids need to know our love and support is not contingent on academic achievement
- Kids need a place and a time to connect
  - With family
  - With peers
  - With faculty / staff
- Social media is part of the solution
- Face-to-face interaction is essential



# Esteem Needs

- Value and praise process over results; habits and skills have lasting value
- I'd rather see a good student than a good grade with bad study process
- Grades are often volatile, and can seem capricious
- Find arenas outside of school where kids can experience success



# Self-actualization Needs

- Remember why we're doing this: to help our kids become great people and do great things.
- The strongest motivation comes from students discovering their own purpose and passion
- Work from the top (self-actualized purpose) down to daily actions.

