BASIC NEEDS LANGUAGE FOR CANVAS & SYLLABI

BENEFITS OF INCLUDING BASIC NEEDS LANGUAGE:

- It destigmatizes basic needs concerns to promote student self-advocacy.
- It promotes better relationships between faculty and students.
- More students become aware and utilize support services that are offered.
- Students experience greater success when they have access to more information on educational and personal resources.

EXAMPLES

Option A:

As a student, there may be times when personal stressors interfere with your academic performance and/or negatively impact your daily life. If you or someone you know is having difficulty meeting basic needs such as food, housing, or transportation, or experiencing other personal and academic challenges, MiraCosta's CARE Team is here to provide support and/ or help you get connected to appropriate resources. Check out their Basic Needs Resource Guide for available on and off campus resources.

You may fill out a CARE referral form to request basic needs assistance or to schedule free mental health counseling sessions at Health Services or by calling 760-795-6675. For after hours crisis management, you may call 1-888-724-7240. As a faculty member, I also may refer students about whom I am concerned to the CARE Team. This is part of who we are as a caring, proactive community where we all look out for one another.

Option B:

If you or someone you know is experiencing difficulty meeting basic needs such as food, housing, transportation, mental health, or other personal and academic challenges; our Campus Assessment, Resources, and Education (CARE) program is here to support you with finding resources on- and off- campus to meet those basic needs. Please visit www.miracosta.edu/CARE or contact care@miracosta.edu for further support, resources, or information. For additional available resources, please review the CARE Resource Guide for Basic Needs linked on their website.

Option C:

It can be difficult to be present and maintain focus if you have challenges meeting basic needs such as a place to live, access to food, consistent transportation, and more. These challenges may impact your personal and academic success and we are here to help. Our Campus Assessment, Resources, and Education (CARE) program provides assistance with locating resources on- and off-campus to meet those basic needs. I urge you to speak with me so that I may submit a CARE referral on your behalf. You may also visit www.miracosta.edu/CARE or contact care@miracosta.edu for further support, resources, or information. For additional available resources, please review the CARE Resource Guide for Basic Needs linked on their website.

Feel free to adapt these options to fit the style of your syllabus or canvas post. Be sure to include information and helpful links found on our website such as referral forms, resource guides, food distribution schedules, and other useful resources.