**“Being a College Student Is a Delicate Balancing Act”**

*Originally presented by* [*INTuitN-STEM*](https://hope.temple.edu/national-science-foundation-s-stem-hub-project) *PIs at the SSTEM Scholars & PI Meeting on November 9, 2024*

**Session Outcomes:**

1. reflecting on recent data on students’ basic needs insecurity
2. engaging in meaning-making activities
3. co-creating a “What Mentors/PIs Need to Know About Our Lives Outside of School” document
4. learning tips for connecting to resources and advocating for support

**Facilitator Notes:**

* The accompanying slide deck includes the original presentation slides. Feel free to adjust as needed. For instance, it may feel more comfortable to shorten the section on The Basics of Basic Needs, or to insert other slides you’ve already created. Make this your own!
* There are various slides with yellow highlights—we suggest you edit them to tailor them to your institution and students.
* Timing notes are suggested below. It is a tight fit in 75 minutes, but doable, especially with so much interaction and activity.

**Session Agenda:**

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| 10 minutes | **Welcome & Introductions**   * Welcome, review agenda. Introduce speakers, introduce INTuitN * Turn to your neighbor – what brought you to this workshop today? * Does anyone want to share? | Slides 1-4  *Adjust slides as needed for your institution and context.* |
| 10 minutes | **The Basics of Basic Needs**   * Share data and student quotes from [The Hope Center Student Basic Needs Survey](https://hope.temple.edu/research/hope-center-basic-needs-survey). | Slides 5-18  *Interpretation and additional information are in the slide “notes” sections.* |
| 15 minutes | **Reflecting on Basic Needs**  We will invite participants to reflect on basic needs areas (i.e. food, housing, transportation, caregiving) and share ideas and impressions using sticky notes and chart paper.   * Food Security * Housing Security * Childcare & Caregiving * Transportation * Mental Health * Meeting Our Basic Needs Is... * Meeting Our Basic Needs Is Not...   *Label one piece of chart paper for each bullet point. Each table works in a group to add ideas, impressions, examples, etc.*  *The “meeting our basic needs is/is not” groups might need some support in getting started. We suggested that they provide examples of what it looks like when needs are met, and what types of activities might not land right.*  *Suggest providing two rotations – so students have the opportunity to engage with two areas during this portion.* | Slides 19-21 |
| 15 minutes | **Gallery Walk & Reflections**   * Walk around the room and interact with the posters and responses that you see. What resonates? What questions do you have? * Use sticky notes, markers, or stickers to annotate and respond. * Let’s do this silently.   **Group Reflection:**   * Invite anyone who would like to share to speak. | Slide 22  *Encourage silent reflection time.* |
| 10 minutes | **Small Group Activity: “What Mentors/PIs Need to Know About Our Lives Outside of School”**   * Using the provided chart paper, create a list of 3-5 things that mentors and PIs (or instructors, staff, others, as your case may be) need to know about your lives outside of school.   *Again, students sit at tables and generate ideas in their groups.* | Slides 23-24 |

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| 10 minutes | **Group Share Out & Facilitated Conversation**  *Ask groups to share what they came up with and facilitate a conversation.* |  |
| 5 minutes | **Taking Action**   * How to identify and connect to campus-based resources * How to advocate for basic needs support | Slides 25-27  *Update slide 27 with resources specific to your institution.* |
| 5 minutes | **Closing & Thank You**   * Contact info * Groups to join * Join INTuitN! | Slides 28-31  *Slides 28-29 are advocacy groups or funding opportunities. Slide 30 previews resources on the Hope Center website.* |

**Suggested Citation**

Davis, L. & Priniski, S. J. (2025). *INTuitN Focus Group Guide.* The Hope Center for Student Basic Needs at Temple University. https://hope.temple.edu/national-science-foundation-s-stem-hub-project/INTuitN-focus-group-guide

**About the INTuitN-STEM Hub**

With support from the [National Science Foundation](https://nsf.gov/awardsearch/showAward?AWD_ID=2137824&HistoricalAwards=false) (NSF), the INTuitN-STEM Hub (Investigating Non-Tuition Needs among community college STEM students)(a) conducts collaborative research with S-STEM programs to understand and address basic needs insecurity and student access to non-tuition supports and resources and (b) creates a broader community of institutions interested in building knowledge around supporting students’ basic needs. Join our community by emailing us at [hopestem@temple.edu](mailto:hopestem@temple.edu).

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