

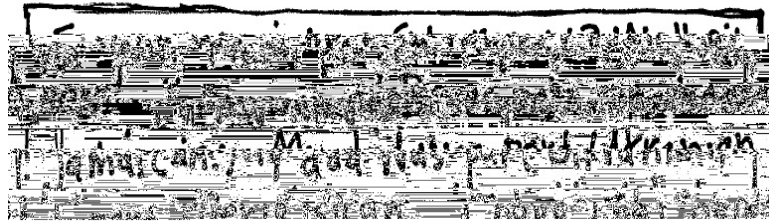
COPING WITH LIFE ON CAMPUS

THE BIOPSYCHOSOCIAL AND SPIRITUAL MODEL

What or who defines you?



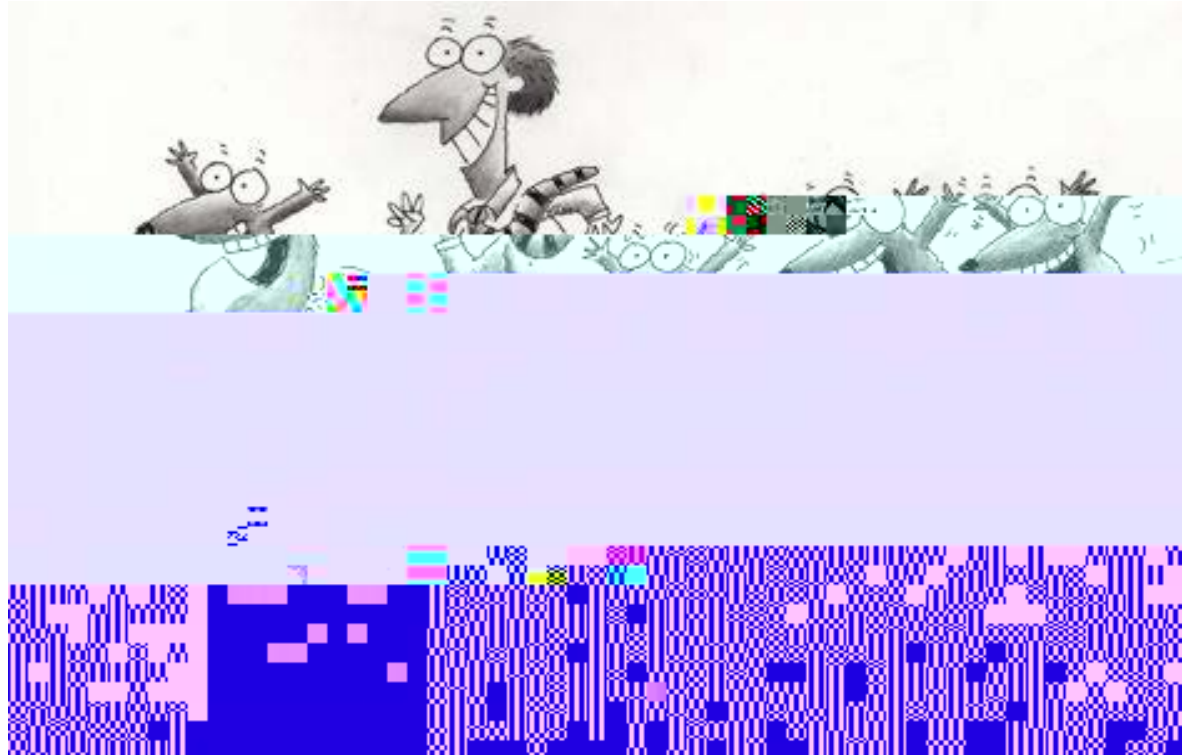
BACKGROUND/IDENTITY



SOCIAL VALUES



GROUPTHINK OR IS IT MAKING A STAND?



BIOLOGICAL ATTRIBUTES

HEALTH/PHYSICAL ATTRIBUTE



SEEKING THE SKILLED HEALTHCARE PROVIDER



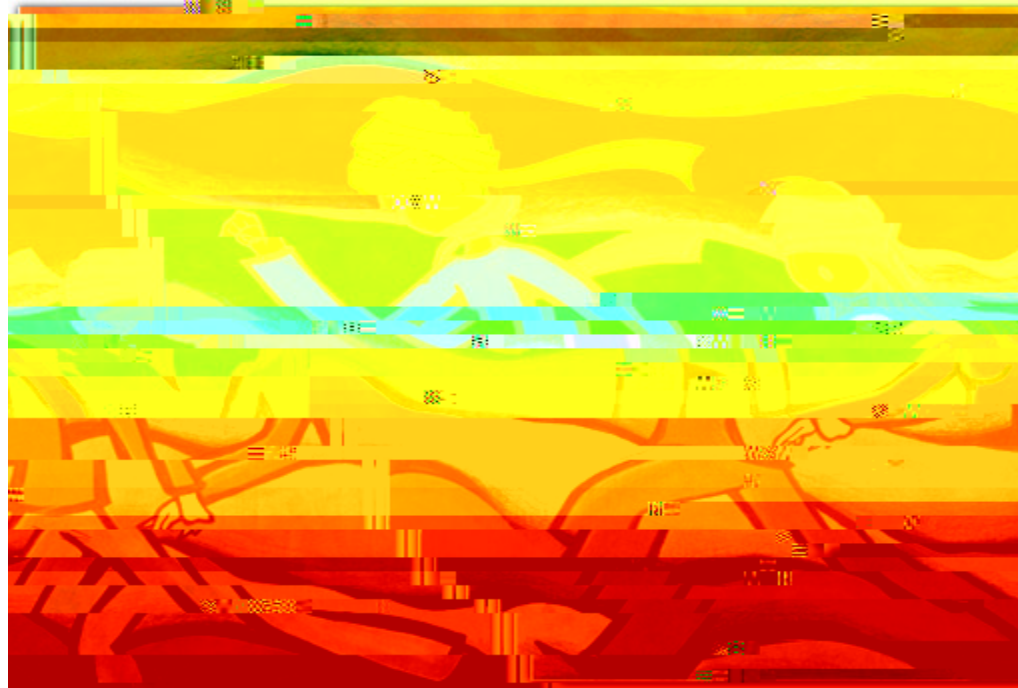
SUBJECTIVE WELLBEING

HAPPINESS SCALE



PSYCHOLOGICAL ATTITUDES

PSYCHOLOGICAL ATTITUDES



SOCIAL ATTRIBUTES



“IF THE DOOR CLOSES, FIND A
OPEN THE WINDOW”



RELATIONAL PERSPECTIVE



CHOICES AND ETHOS



CULTURAL VALUES AND ASSUMPT

- There are a total of eight stages of human development, namely:
- 1. , here he leaned more towards the idea of freedom.
- 2. , he felt that we were more rational than irrational.
- 3. , to which he favored Holism,
- 4. , Allport believed in a balance between the two.
- 5. , although this was nearly balanced, he favored subjectivity.
- 6. , he favored proactivity, in which he described as being the cement which holds a person's life together.
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EXPECTATIONS FROM SELF AND FAMILY



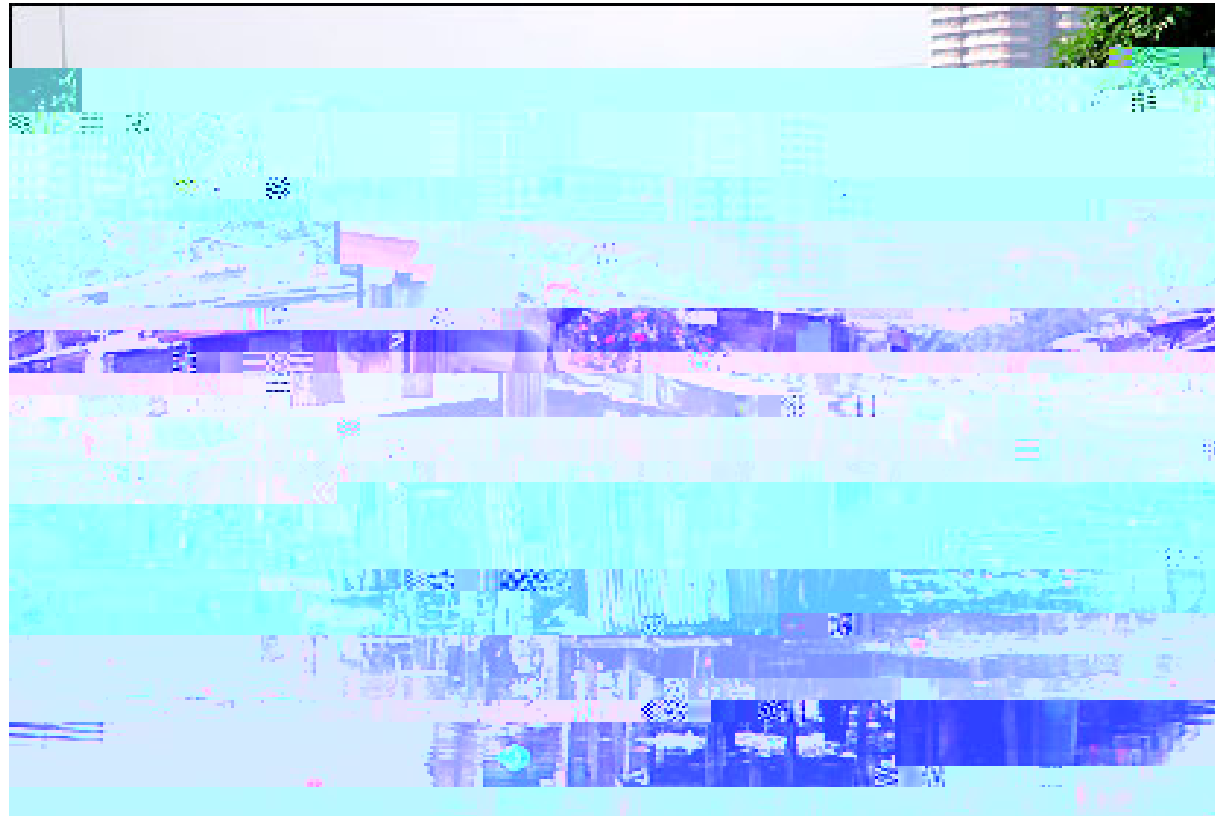
COMMUNITY AND SOCIETAL EXPECTATIONS



INTRINSIC/EXTRINSIC MOTIVAT



EXTRINSIC MOTIVATION



WHAT'S IN IT FOR ME?

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-
-

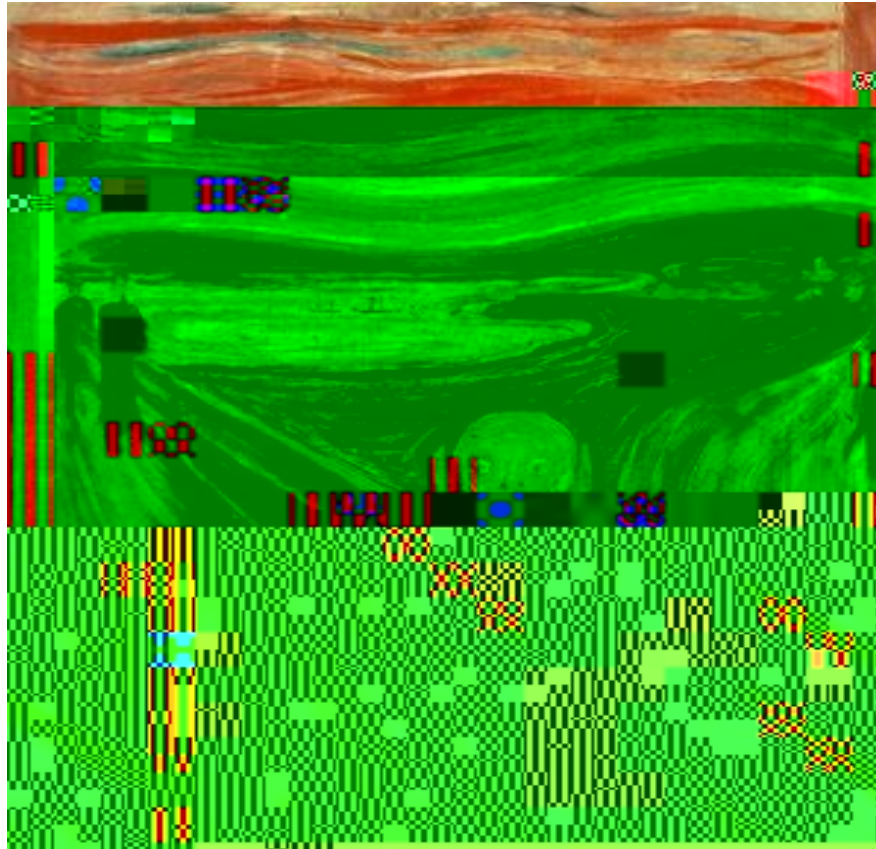
“PUTTING IT ALL TOGETHER IN A WINDOW”



THIS:
“WALK THE SPIRITUAL PATH WITH
PRACTICAL FEET” Al Baha



NOT THIS:THE SCREAM



SUMMARY

- KNOW WHO YOU ARE
- FINISH WHAT YOU START
- KNOW YOUR INTRINSIC AND EXTRINSIC MOTIVATION
- IDENTIFY YOUR ALLIES
- STUDY YOUR ENVIRONMENT
- CONQUER FEAR, WALK THE SPIRITUAL PATH WITH PRACTICAL FEET

Questions and Thank You