Quality of Life Issues in Student Family Housing

Student Family Housing Redevelopment Committee
Fall 2014

UCDAVIS
Quality of Life Issues in Student Family Housing

Can look at the issues from multiple perspectives:

- **Psychology**
  - Maslow’s Hierarchy of Needs

- **Health**
  - Eight Dimensions of Wellness

- **Institutional Mission**
  - Defining Effective Educational Practices Research Project
  - Principles of Community from the Carnegie Foundation for the Advancement of Teaching

- **Professional Best Practices**
  - Council for the Advancement of Standards in Higher Education
Maslow’s Hierarchy of Needs

Adapted 7 level Hierarchy of Needs diagram based on Maslow’s theory

- **Self-actualization**
  - personal growth and fulfilment

- **Aesthetic needs**
  - beauty, balance, form, etc.

- **Cognitive needs**
  - knowledge, meaning, self-awareness

- **Esteem needs**
  - achievement, status, responsibility, reputation

- **Belongingness and Love needs**
  - family, affection, relationships, work group, etc.

- **Safety needs**
  - protection, security, order, law, limits, stability, etc.

- **Biological and Physiological needs**
  - basic life needs - air, food, drink, shelter, warmth, sex, sleep, etc.
Eight Dimensions of Wellness

Wellness is not the absence of disease, illness or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

- **Emotional**: Coping effectively with life and creating satisfying relationships
- **Environmental**: Good health by occupying pleasant, stimulating environments that support well-being
- **Financial**: Satisfaction with current and future financial situations
- **Intellectual**: Recognizing creative abilities and finding ways to expand knowledge and skills
- **Occupational**: Personal satisfaction and enrichment from one’s work
- **Physical**: Recognizing the need for physical activity, healthy foods and sleep
- **Social**: Developing a sense of connection, belonging, and a well-developed support system
- **Spiritual**: Expanding our sense of purpose and meaning in life

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Best Practices as determined by the Defining Effective Educational Practices Research Project

time and energy devoted to educationally purposeful activities

best predictor of learning and personal development

ENGAGEMENT

Best Practices as determined by the Defining Effective Educational Practices Research Project

Effective educational practices of institutions that perform well on student engagement and graduation rates:

1. High academic challenge
2. Active and collaborative learning
3. Interaction with faculty
4. Enriching educational experiences – internships, service, study abroad, co-curricular activities, culminating senior experience
5. Supportive campus environment:
   a. help students succeed academically, cope with nonacademic responsibilities, thrive socially
   b. promote good relations between students and peers, staff and faculty

Principles of Community

In 1990, The Carnegie Foundation for the Advancement of Teaching initiated a study of community, entitled *Campus Life: In Search of Community*. Ernest Boyer developed six principles that defined the kind of community every college and university should strive to be.

**Purposeful**  Faculty and students share academic goals and work together to strengthen teaching and learning.

**Open**  Freedom of expression is uncompromisingly protected and civility is powerfully affirmed.

**Just**  The sacredness of the person is honored and diversity is aggressively pursued.

**Disciplined**  Individuals accept their obligations to the group and well-defined governance procedures guide behavior for the common good.

**Caring**  The well-being of each member is sensitively supported and service to others is encouraged.

**Celebrative**  The heritage of the institution is remembered and rituals affirming both tradition and change are widely shared.
Council for the Advancement of Standards in Higher Education

CAS is a consortium of professional associations that develops and promulgates standards and guidelines.

• 44 sets of functional area standards for higher education programs and services
• standards provide a means for assessing program and service effectiveness

• Graduate and Professional Student Programs and Services
• Housing and Residential Life Programs
• International Student Programs and Services
• Parent and Family Programs

http://www.cas.edu
Examples of CAS Standards for Housing and Residential Life Programs

- create an environment that encourages safety, community engagement, academic achievement and personal development
- nurture environments that are welcoming to and bring together persons of diverse backgrounds
- involve students in programming, policy development, and self-governance
- initiate collaborative interactions with stakeholders who have legitimate concerns and interests
- address characteristics and needs of diverse populations when establishing and implementing policies and procedures
- apply effective practices to educational and administrative processes
- be responsive to needs of individuals, diverse and special populations
- instill strong norms of acceptable behavior regarding respecting others' rights - security, quiet, etc.
- conduct regular evaluations of resident satisfaction with programs and services, resident relations and sense of community, safety and security, ability to study in apartment, interactions with staff, responsiveness of administration to resident suggestions and concerns
Community

A group of people

sharing a common purpose,

are interdependent for the fulfillment of certain needs,

live in close proximity,

interact on a regular basis,

share in defining expectations for all members of the group

assume responsibility for meeting these expectations, and

are respectful and considerate of the individuality of others.

Community Development

The process of shaping the environment,

or building on the experiences and needs of members, both individually and collectively,

of creating the attitudes and developing the skills necessary to

progress toward the realization of those conditions which make up the community.

Sense of Community

That “feeling” of cooperation and commitment to the group welfare, of a willingness to communicate openly, and of responsibility to and for others as well as one’s self.¹

Not just a place where interaction occurs, but a spirit of connection and commitment that sustains relationships and purpose.²

Developing a List of Quality of Life Issues in Student Family Housing

By combining the concepts from the various sources, we can determine categories for quality of life issues and begin to develop a list of these issues. We will go back to our notes from open forums as well as discussions with residents and other constituents to continue adding to this list.

Environmental
- temperature control, ventilation
- natural light
- privacy
- aesthetically pleasing landscaping & buildings

Family & Functional Needs
- adequate closet & storage space
- kitchen facilities
- laundry
- parking spaces & policies (including distance to apt)
- bathroom facilities (e.g., bathtub)
- ability to use patios & balconies to suit family needs
- mail
- plenty of outlets
- a variety of apartment options (studios, 1 & 2 bed, 3 bed?)
- 1st & 2nd floors for residents with children
- access for community members with disabilities
Developing a List of Quality of Life Issues in Student Family Housing

Safety & Security

- secure locks
- ability to lock windows open a few inches
- relatively safe for children to play outside

Financial

- assistance in accessing financial support programs (certified enrollment counselors – CalFresh, WIC, Medi-Cal, Covered California, Housing Choice Vouchers / Section 8)
- spousal employment
- UC Davis childcare reimbursement funds
- affordable rent

Coping with Nonacademic Issues

- child care, school, after-school activities, elder care
- information on community support programs

Academic Success

- sufficiently quiet (e.g., insulation between walls)
- study space
- wi-fi
Developing a List of Quality of Life Issues in Student Family Housing

Social Relationships & Community Development
- community space with a kitchen and play area
- outdoor recreational space
- residents involved in development of policies & procedures
- apartments laid out to increase interaction
- community events to develop relationships & enjoy others
- behavioral norms well-defined and effective response protocols for noncompliance
- social media & email lists (e.g., babysitting & child care)
- orientation & welcome for new residents
- structure in place to appreciate staff & community members

Diversity
- eligibility policies (definition of family, gender-neutral, etc.)
- policies and procedures impact on international students/families
- community programming that affirms a diversity of cultures and traditions

Administration
- responsive to residents’ needs (satisfaction surveys, follow-up on concerns)
- structure in place to solicit feedback & follow-up on issues
- maintenance protocols
- positive relationships with most residents