

ATTITUDES, BELIEFS AND PERCEPTIONS (AFRICAN AMERICAN MEN)

JHBC OFFICE OF ACADEMIC EQUITY



The first episode in the series is entitled “The Voice - Attitudes, Beliefs and Perceptions” where a group of African American men from JHBC opened up through a discussion about their educational journey at The Jack H. Brown College of Business and Public Administration at California State University, San Bernardino.

They speak about food and housing insecurity and how each of these aspects affect the overall well-being and basic needs of students attending the college. They also explore ways to better their education by utilizing the resources provided at the college and how we can go about informing those students who may not know about the resources.

- **Well-being** is a critical aspect of every student’s life. The well-being of a student can determine major aspects of each student’s daily life. Well-being in short means that a person is living a happy, healthy, and comfortable life. These three (3) factors seem simple enough to obtain at first glance though when looking deeper into the claim, issues begin to arise in the most important aspects of life. Things like housing, food security, and mental health all play a major role in supporting a person's well-being. However, students attending college struggle with these simple needs each year and the number only seems to continue to rise.
- **Food Security** - In recent studies around the CSU campuses, when low income households are unable to meet their basic needs like housing, transportation, health, etc, food budgets are sacrificed first. Some students will go as far as to skip meals just to make ends meet. In fact, around 20% to 50% of students at an institution have experienced food insecurity. Food insecurity has been linked to impacting academic performance in a negative manner. Food insecurity not only leaves the students with little to no energy to perform their studies, but it increases the stress levels on top of what most students already face within the classroom. Food insecurity directly affects the physical and mental health which in turn affects the overall well-being of a student. It is important for students to have a stable source of food in order to succeed. For this reason, the CSU campuses offer resources on campus so that a student may maintain a happy, healthy and comfortable experience. CalFresh is a helpful and supporting resource that advocates for food security for those students who are not sure where their next meal will come from.
- **Mental Health** - We all experience problems in our lives. Sometimes those are situational and quickly resolved. Sometimes they can be more serious and difficult to handle. The mental health of a student is important for their success on campus, but can easily and unintentionally be overlooked. Studying, attending classes, and doing assignments are all very important in that success, however not at the risk of their mental health. Most students will not recognize the difference between health stress and harmful stress. And for those who do understand the difference, a large majority of them will succumb to the stress due to not understanding how to deal with it. Now, mental health is also impacted by housing and food insecurity as mentioned before, though other factors can come into play as well. It is important for students who feel that they are experiencing stress, much like the other issues covered previously, to seek help when needed. CSU campuses offer many resources to help with situations such as these in the form of counseling. Counseling Services helps students with a wide range of mental health concerns. If a student is stressed by life circumstances, experiencing mental health symptoms, or have any other major issues that they want to address, it is important to reach out to the counselors on campus.



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