**Rowan Strive to Thrive Classroom Program Faculty Guide**

Thank you for engaging your students in the Rowan Strive to Thrive Classroom Program. Below you can find information about:

* Program Goals and Structure
* Instructor's responsibilities
* Instructor Resources
* Grading
* Finding campus events
* Program feedback

**Program Goals and Structure**

The Rowan Strive to Thrive Classroom Program is designed to:

* Introduce students to Rowan Thrive;
* Help students begin to think about and cultivate their own well-being;
* Connect and engage students with the many resources, events, and services the university offers to help students develop and sustain well-being.

Through this program students will learn about the six dimensions of well-being, identify and engage in programs or events over the course of the semester for each dimension, and reflect upon their efforts to cultivate their own well-being and resiliency.

The Rowan Strive to Thrive Program can be completed using the following steps:

1. Visit the Rowan Thrive homepage and watch the video to learn more about the initiative. [www.rowan.edu/thrive](http://www.rowan.edu/thrive)

2. Explore each of the 6 dimensions of well-being (physical, social, emotional, community, purpose, and financial) and consider how each relates to your personal life.

3. Participate in an event, program, or activity of your choosing identified for each of the six-dimensions of well-being. A complete overview and list of on-campus and local resources can be found on the Rowan Thrive webpage: [www.rowan.edu/thrive](http://www.rowan.edu/thrive). Cultivating well-being is a process that takes time and cannot be rushed, so be sure to participate in programs throughout the semester and not all at once, or at the very end. A good rule of thumb is to attend two events in the first month, two events in the second month, and two events in the third month of the semester.

4. Record your participation in the log below. List the name of the program, event, or activity and the date that you participated. Briefly explain how this event relates to your well-being for that dimension.

5. Reflect upon your efforts to think about and cultivate your own well-being and resiliency. Write a one-page final reflection.

**Implementation**

The Rowan Strive to Thrive Classroom Program should be completed over the course of the semester. Students should record their entries and reflections directly on the Rowan Strive to Thrive Classroom Program document, which includes a log for each dimension and space to write the final reflection. Students should submit the log to their professor on the following due dates:

 Week 4: Completed log for two dimensions

 Week 8: Completed log for two dimensions

 Week 12: Completed log for two dimensions and final reflection

Entries should be graded based on completion and not content. The Strive to Thrive Classroom Program is designed to be implemented as is, however your professor may make changes to the requirements and timeline, so always check in with your professor if you have questions.

**Instructor Responsibilities:**

* Include the Rowan Strive to Thrive Classroom Program in your course and have it as a graded component. Provide students with the Rowan Strive to Thrive Program worksheet.
* Take time to introduce the program and the importance of well-being. Here is a presentation that explains the overall Rowan Thrive initiative.
* Touch base with students on a regular basis about their progress in the program, the well-being events they are choosing to participate in and what they are learning.
* Explain to students that cultivating well-being is a process that takes time and cannot be rushed, so be sure to participate in programs throughout the semester and not all at once, or at the very end. A good rule of thumb is to attend two events in the first month, two events in the second month, and two events in the third month of the semester.
* Remind students to log their activity and collect the log in weeks 4, 8, and 12.
* Connect students with Rowan Resources if they need additional support. Encourage students to contact or visit the Wellness Center (856-256-4333) for support.

**Finding Events**:

A complete overview and list of on-campus and local resources are organized by each of the 6 dimensions and can be found on the Rowan Thrive webpage: [www.rowan.edu/thrive](http://www.rowan.edu/thrive) which is updated on a regular basis.

You may also want to integrate an activity or event into your class by either having someone come to speak, or by attending an event as a class. Look for creative ways to make links between the dimension of well-being and our disciplines.

**Grading:**

We encourage you to formally integrate this program into your course and include the program as a small part of the overall course grade. For example, the Rowan Strive to Thrive Classroom Program is worth 10% of the final grade for Rowan 101. However, It is ultimately up to you how much you make this assignment worth in your course.

**Program feedback:**

Please contact Dr. Danielle Gougon (gougon@rowan.edu) should you have a question, concern, or suggestion for improvement.