



# Rowan University

## CENTER FOR WELL-BEING

## The Center for Well-Being

The Center for Well-Being serves as a comprehensive, inclusive, and inviting resource center on campus, dedicated to fostering the holistic growth of all students, staff, and faculty. It integrates the six dimensions of Rowan Thrive, which encompass physical, social, purpose, community, emotional, and financial well-being. By collaborating with various divisions and departments, the Center for Well-Being strives to empower individuals on campus. The Center offers a range of programming, including workshops, presentations, and awareness campaigns, aimed at educating staff, students, and faculty. It employs evidence-based practices to shape its initiatives and actively collaborates with both internal and external scholars and researchers to enhance its understanding of well-being science.

### Rowan Thrive



Rowan Thrive is our community's commitment to help each person cultivate well-being throughout life's journey of highs and lows. Rowan Thrive is a toolkit for developing a mindset, actions, and behaviors that will help you build a life of purpose, resilience, and engagement. Rowan Thrive is designed to help you live according to your values, maximize your potential, and find your best self.

### ProfPals



ProfPals is a program designed to help all students at Rowan feel a sense of connection and belonging. Students looking for a friend or to attend events together can join the GroupMe chat.

To start connecting with ProfPals and fellow peers in the GroupMe chat, visit:

[go.rowan.edu/ProfPalConnect](https://go.rowan.edu/ProfPalConnect)

For more information about ProfPals, visit:

[go.rowan.edu/ProfPals](https://go.rowan.edu/ProfPals)

### Rowan Cares



Rowan Cares is a student support program at Rowan University that provides resources and assistance to students facing personal or academic challenges. The initiative offers confidential help, connecting students with counseling, wellness services, and referrals to ensure their success and well-being.

For more information about Rowan Cares, visit:

[go.rowan.edu/RowanCaresTeam](https://go.rowan.edu/RowanCaresTeam)

Concerned about yourself or another student? Submit a Care Referral by visiting: [go.rowan.edu/CaresReferral](https://go.rowan.edu/CaresReferral)

### Signature Semesterly Events:

- Ask Me Expo
- Profsppectives
- ProfPals Weekly Drop-ins
- Recharge and Connect Retreat
- State of Mind Well-Being Event
- Well-being Workshops/Programs

[go.rowan.edu/CenterforWellBeing](https://go.rowan.edu/CenterforWellBeing)



@Rowan\_Cares



@RowanThrive