

Freshman Orientation

Health, Well-Being & Safety

Michael H. Kantner

Assistant Vice President of Public Safety & Emergency Management

Scott Woodside

Director of Student Health Services

Kevin George

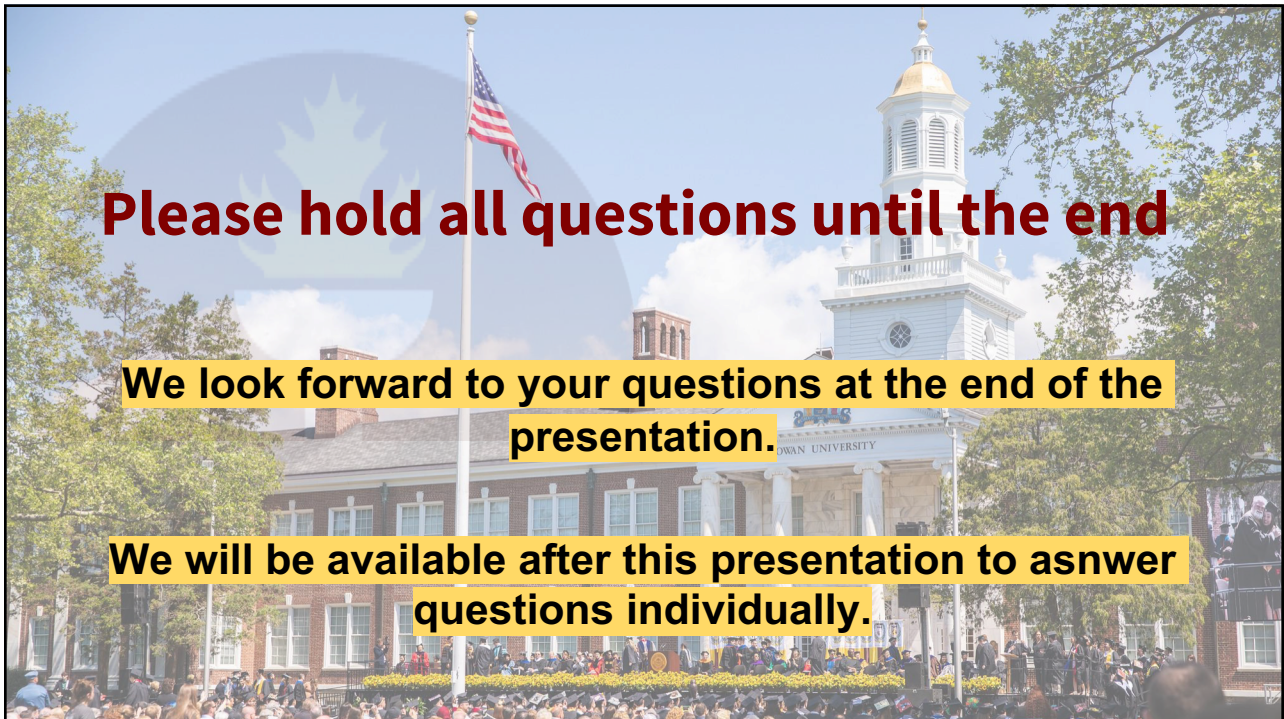
Director of Campus Recreation



Please hold all questions until the end

We look forward to your questions at the end of the presentation.

We will be available after this presentation to answer questions individually.



Dimensions of Well-Being



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ORIENTATION

3

Well-Being Goals

- Goal 1 **Improve the Student Experience & Outcomes**
- Goal 2 **Provide Quality Experience for Students**
- Goal 3 **Set Students Up to Thrive in Life**

Current Realities & Challenges

Gallup report - only 11% of grads believe they are thriving

College debt soaring & impacting lives post college

Depression, anxiety and interpersonal challenges are on the rise

Ensuring a safe and secure campus environment



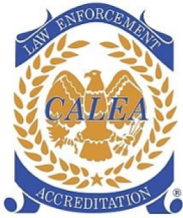
Rowan Public Safety



Michael Kantner

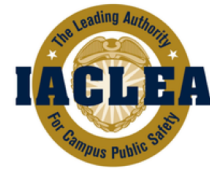
Assistant Vice President of Public Safety & Emergency Management





Rowan University

Department of Public Safety Office of Emergency Management



- Dually Accredited Agency (CALEA & IACLEA)
- University Police Services Section (Student Patrol)
- Campus Security Services Section
- Communications Center Services
- Parking Management Services



Rowan University

Office of Emergency Management

The Office of Emergency Management is committed to the health, safety and welfare of the Rowan community

- Support of health, safety and basic care services
- Protection of University assets/Cost Recovery
- Assessment of campus damage/Restoration of campus operations
- Strategic Partnerships
- Emergency Operations Plan www.rowan.edu/emergency



Clery Act Mandates

- Daily Crime Log records criminal incidents and alleged criminal incidents that are reported to the University's Department of Public Safety.
- Daily Fire Log records all reported fires in on-campus student housing facilities.
- Annual Security Report (ASR) contains campus safety and security related policy statements and crime statistics.

<http://sites.www.rowan.edu/publicsafety>



Clery Act Mandates

- Reporting of all incidents important
- Domestic Violence, Dating Violence, Sexual Assault and Stalking is considered prohibited conduct by the University and under NJ law.
- Definitions of these found in the Annual Security Report and Title IX webpage
- Definition of "consent" is covered
- How to report these incidents



Clery Act Mandates

- Domestic Violence, Dating Violence, Sexual Assault and Stalking resources and prevention information including safe and positive options for Bystander intervention and information on Risk Reduction
- Found in ASR
- Webpages: Title IX, Student Life, Public Safety



Rowan Alert

Rowan Alert



- Register for Rowan Alert
- Go to <http://www.rowan.edu/safety>
- Tab to Rowan Alert and follow the registration instructions
- Parents can receive text/email alerts if added by their student
- Guest/Parent text access- text ROWANALERT to 226787
- Gloucester and Camden County Alert System



Employ Common Sense

- Walk in groups when going to or from events
- Stay on sidewalks – avoid dark or isolated areas
- Use crosswalks - look both ways!
- Trust your instincts – if you feel something is wrong, act accordingly
- Protect your personal belongings – Theft of unattended property is the number one preventable criminal act on campus



Alcohol Awareness

- You can substantially decrease your chances of victimization by remaining sober – avoid being impaired
- If you plan on drinking designate someone in your group to stay sober
- Set up a signal with friends to alert them that you need assistance



Emergency Communications

- “**Call 24**” emergency telephones – 104 total
- 9-1-1 can be dialed directly from
- any campus phone
- Detailed maps added to county 9-1-1 system



Shuttle/Walking Escort Service

- The Glassboro campus shuttle service operates from 7am to 1am during the academic year
 - Shuttle Service has a designated route on campus and in Glassboro
 - Walking escorts can be provide upon your student’s request
- Dial **856-256-4922** for Walking Escort



Report Suspicious Activity

- Rowan University DPS **856-256-4922** or ext **64922**.
- Glassboro Police Department **856-881-1500**.

Emergency? Dial 9-1-1



It's in Your Interest

- Make it your responsibility to report unsafe conditions – examples: lights out, emergency phone malfunctions or exposed wires
- Don't assume someone else will report it
- Read all messages from Public Safety
- This is your campus – protect yourself and your fellow students



The Wellness Center

A Department of Rowan Medicine

Counseling and Psychological Services

Student Health Services

Healthy Campus Initiatives

Emergency Medical Services (EMS)



Counseling and Psychological Services

David Rubenstein

Vice President for Health and Wellness



Student Well-Being Data & Statistics



2018 Survey Results:

(In the last 12 months student nationwide:
173 colleges & over 104,000 responses)

- 13% seriously considered suicide
- 43% felt so depressed that it was difficult to function
- 55% felt things were hopeless
- 65% felt very lonely
- 63% felt overwhelming anxiety
- 87% felt overwhelmed with all they had to do

Depression, anxiety, substance abuse, eating disorders, insomnia and ADHD are common on college campuses



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The Resources

Counseling and Psychological Services and Healthy Campus Initiatives

The Wellness Center, 201 Mullica Hill Rd., Glassboro

Mental Health

- Walk-In Triage and Emergency Evaluations
- Groups, Workshops, and Individual Mental Health Counseling
- (Limited and Session Limits Apply for Some Services), Case Management Referral Services
- Psychiatric Services for Students Enrolled in Counseling
- “Let’s Talk” - Brief Solution Focused Sessions
- Student Support Groups through Healthy Campus Initiatives
- Behavioral Health Consultations in Student Health Services

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The Resources

24 hour On-Call Counselor Available:

- Business Hours: Wellness Center
- Off-hours: Protocall (Phone 856-256-4911)



The Resources

Alcohol and Other Drug (AOD) Services

- Screening, Assessment, Brief Intervention, Counseling
- Alcohol and Other Drug Education Classes
- Recovery Housing
- Referral to Off-Campus AOD Services
- Alcohol-Wise & Consent and Respect Online Modules for new students



Required Immunizations

All Students

- Hepatitis B
- MMR

Residential and Athletes

- Meningitis (Menactra or Menveo)
 - *One dose on or after 16th birthday*
 - Available at local pharmacies, your healthcare provider, or today at the SHS
 - Meningitis B highly recommended, not required
- Tdap



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Wellness Center Requirements

Due July 15th

1

Online Health Forms: Complete all three of your online health forms through our Online Wellness Link (OWL).

2

Provider Packet: Print your packet and schedule an appointment to have your healthcare provider to complete it. Upload your completed packet into our Online Wellness Link (OWL).

3

Online Modules (Freshmen Only): Complete all Alcohol Wise and Consent & Respect Modules modules.

Health Insurance

- **Submit Health Insurance Information**
(Both Aetna Student Health and Wellness Center)
- **Student Health Insurance Plan**
- **Understand Your Health Insurance Coverage**
Laboratory Services, Pharmacy, Imaging



Local Healthcare Resources

Hospital: Jefferson Hospital (2.5 miles)

Urgent Care Center: Inspira (Rowan Blvd)

Pharmacy: Walgreens (0.25 miles)

GYN Care: FamCare (0.5 miles)

Primary Care Clinic: Complete Care (1 mile)

Dental Clinic: Complete Care (1 mile)

STI Clinic: County Health Department (2 miles)

EMS: On Campus

What's the Emergency?

- 🚑 Emergencies take many forms, being prepared is the key
- 🚑 Students requiring higher levels of care can activate EMS @ 856-256-4911
- 🚑 Rowan University Emergency Medical Services, RUEMS

Established in 1978, RUEMS is one of the longest serving collegiate EMS squads in the country.

2018 Gold Award Winner from National Collegiate Emergency Medical Services Foundation, only collegiate program recognized



What to Pack?

- **Pack a First-Aid Kit**
 - Band-aids & Ointment
 - Thermometer
 - Cold/Flu Medicine
 - Reusable Ice Pack
 - Hand Sanitizer
 - Whatever they use now!
- **Pack Cleaning Supplies**
- **Insurance/RX cards**
- **Get Your Flu Shot Annually**
 - Available Free, Fall thru Spring!
 - Be on the lookout for Flu-a-Poluz



DIY First Aid Kit for College Students

Partners in Health

Services Offered at SHS

- Free Illness Visits with Nurse Practitioner or Physician
- Nursing Triage and Consultations
- Nurse Health Line and Case Management
- Extensive Laboratory Testing on Site
- Student Athlete Evaluations
- Reproductive Health (FamCare)
- Immunizations and TB testing
- Nutrition Consultations
- Online Appointment Scheduling



We care about your students well-being!



Rowan University Student Health Services

Homework.....

1. Wellness Center Requirements
2. Health Insurance Review
3. Prepare Students to be their own
"Chief Wellness Officer"

Contact Us

wellnesscenter@rowan.edu
856-256-4333
rowan.edu/health



Campus Recreation

live.learn.PLAY!

Kevin George

Director



REC CTR: 856-256-4900

Facebook.com/RowanRecCenter
Twitter.com/RowanRecCenter
Instagram.com/rowanreccenter

Campus Recreation



DIVISION OF STUDENT AFFAIRS

FIT CTR: 856-256-5900

www.rowan.edu/rec
Rowanreccenter.blogspot.com
Pinterest.com/rowanreccenter
Email: reccenter@rowan.edu

The Value of Exercise & Recreation

“Leave all the afternoon for exercise and recreation, which are as necessary as reading.
I will rather say more necessary because health is worth more than learning.”

-Thomas Jefferson

“We do not stop exercising because we grow old - we grow old because we stop exercising.”

-Kenneth Cooper



Well-Being of your student is the foundation for life-long success

Instead of surviving college, thrive!
Enhances Personal Development &
Growth
Social Interactions
Involvement on Campus
Physical Health & Wellness

Promotes Psychological Well-Being
Reduces Stress
Increases Life Satisfaction
Self Esteem & Self Reliance
Creativity & Sense of
Accomplishment



TAKING CHARGE
of your
HEALTH & WELLBEING

Well-being
is a personal sense
of control and a
feeling that you can
handle the future.

Mission Statement

Campus Recreation is committed to providing exceptional programs, services, & facilities that promote & encourage a balanced, healthy lifestyle. We are dedicated to creating a safe, welcoming, & inclusive environment that enhances student learning & skill development, fosters enjoyment & appreciation for recreational activities, & enriches the quality of life for the Rowan Community.

Service

We are committed to making customer satisfaction our #1 priority; & as such, will focus on creating a positive experience for each & every person who walks through our doors. Our friendly & knowledgeable staff will work diligently to meet &/or exceed your expectations. Most importantly, we will strive to maintain clean, safe & attractive equipment and facilities.

Student Development

Making a positive difference in the lives of students is at the core of what we do. We facilitate numerous opportunities for students to grow & develop in a fun, learning-centered environment.

Quality

We are committed to providing the highest quality programs, services & facilities on campus. Our focus will be centered on attention to detail and continuous improvement in all that we do.

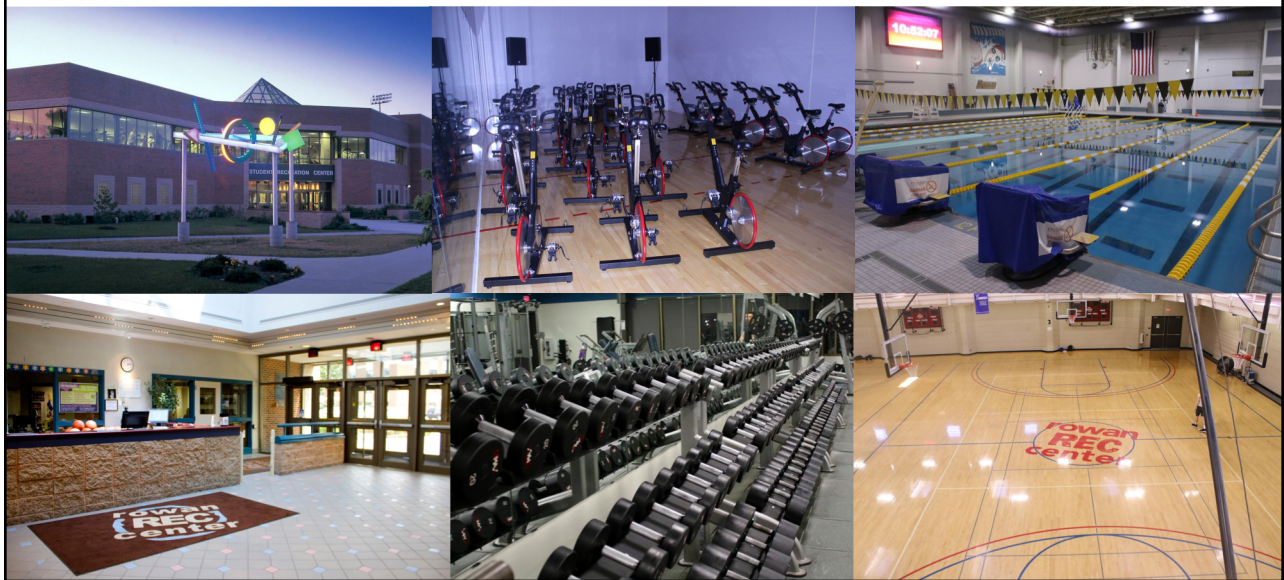
Relationships

We strive to foster a supportive, caring and inclusive environment in which all members of our community feel valued, respected and welcomed. It is our desire to provide an atmosphere conducive to developing meaningful interactions; and that which is characterized by teamwork and collaboration.



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The REC Center.....



Recreation Center Information

- Semester Hours of Operation
 - Monday – Thursday 6am – midnight
 - Friday 6am – 10pm, Saturdays
 - 8am – 8pm, Sundays 9am – 11pm
- 92,000 square foot facility
- Three-court gymnasium
- Full locker/shower facilities
- Two ping pong tables
- Fitness & free weight room areas
- 8 lane 25-yard pool
- Four racquetball courts
- Cycling studio
- Group Fitness studio
- Indoor track
- Outdoor Recreational Field

..... SHAKE'D UP

Finishing up a work out or just passing by and want something refreshing?
Check out our new Satellite for all your favorite smoothies!

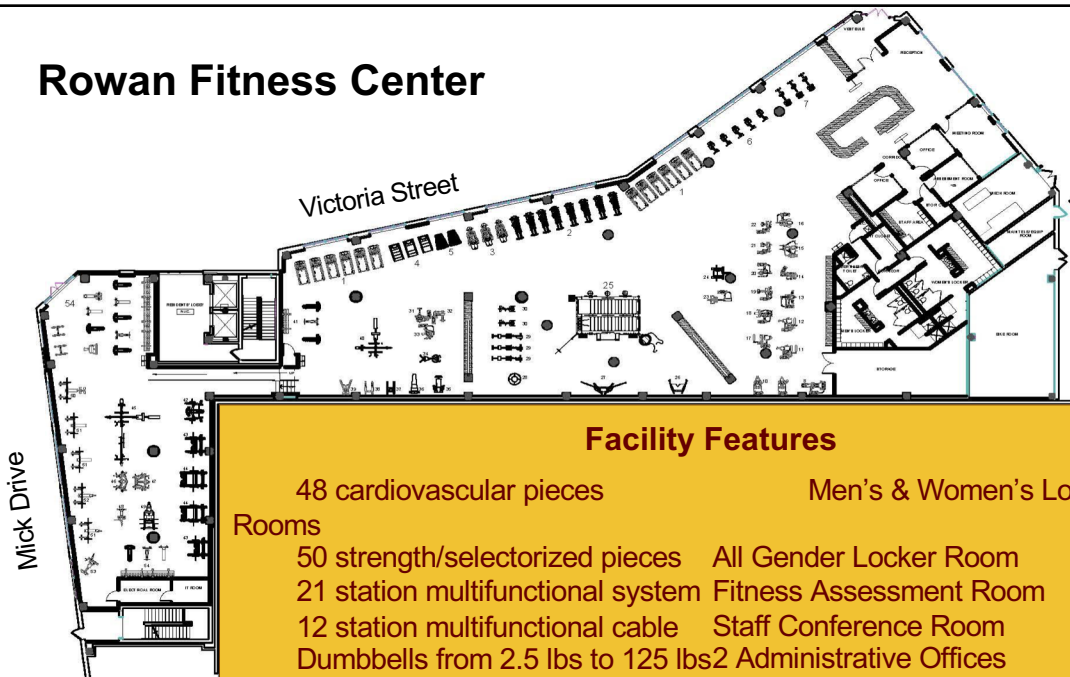
Hours of Operation

Monday through Thursday 11AM-8PM; Friday 11AM-3PM
Lobby of REC Center
Assistant Director of Dining – Alex Tramo



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Rowan Fitness Center



Facility Features

- | | |
|-----------------------------------|--------------------------------|
| 48 cardiovascular pieces | Men's & Women's Locker Rooms |
| 50 strength/selectorized pieces | All Gender Locker Room |
| 21 station multifunctional system | Fitness Assessment Room |
| 12 station multifunctional cable | Staff Conference Room |
| Dumbbells from 2.5 lbs to 125 lbs | 2 Administrative Offices |
| 17,577 square feet | Small Group Training available |

Fitness Center Information

- Hours of Operation:
 - Monday - Thursday: 7am - 11pm
 - Friday: 7am - 9pm, Saturday: 9am - 7pm
 - Sunday: 10am - 10pm
 - **Reduced hours during breaks (spring, summer & winter)**
- Cardio Equipment features campus tv & connectivity
- Parking - 2 hours free available in Nexus Garages
- Small Group Training - Free for first week of semester
- Fit 3D Body Scans



Rowan University



Precor Queenax X500 - 21 Station & 9 suspension training system



A revolutionary fitness system for various drop in usage & small group training classes




Connected Cardio with Individual TV access

Functional Training Equipment



Comprehensive Body Scanning



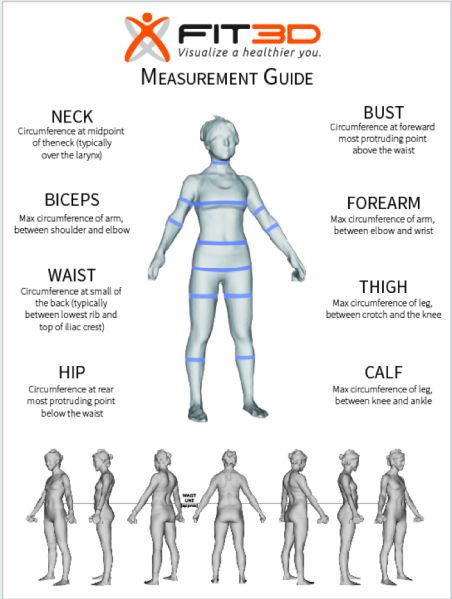
POWERFUL CLOUD REPORTING
USERS AND COACHES ACCESS SCANS AND DATA AS WELL AS COMPARISONS IN A SECURED CLOUD APPLICATION.

BODY COMPOSITION
DXA CORRELATED BODY FAT PERCENTAGE INCLUDING LEAN AND FAT MASS

3D IMAGES AND MEASUREMENTS
FULL 360 DEGREE IMAGE AND HUNDREDS OF MEASUREMENTS FROM 35 SECOND SCAN

BODY SHAPE RATING
PROPRIETARY BODY SHAPE ALGORITHM TO SHOW WELLNESS FROM WHERE MASS IS IN THE BODY AS WELL AS OTHER UNIVERSITY BACKED BODY SHAPE ALGORITHMS

BALANCE WEIGHT SCALE
AUTOMATICALLY CAPTURES TOTAL BODY WEIGHT AND BALANCE



MEASUREMENT GUIDE

NECK
Circumference at midpoint of the neck (typically over the larynx)

BUST
Circumference at forward most protruding point above the waist

FOREARM
Max circumference of arm, between elbow and wrist


THIGH
Max circumference of leg, between crotch and the knee


CALF
Max circumference of leg, between knee and ankle


WAIST
Circumference at small of the back (typically between lowest rib and top of iliac crest)

BICEPS
Max circumference of arm, between shoulder and elbow

HIP
Circumference at rear most protruding point below the waist


SCAN IN
40
 SECONDS


 RECEIVE YOUR
SCAN REPORT
 EMAIL


 LOG INTO THE
FIT3D WEB PLATFORM
 TO TRACK
 YOUR PROGRESS

Informal Recreation

Provides avenue for open/drop-in play

Indoor: Ping Pong, Volleyball, Basketball, Badminton, Wallyball, Racquetball, Cardio/Weight Training, Swim

Outdoor: Football, Soccer, Frisbee, Softball/Baseball, Sand Volleyball, Tennis, Basketball, Street Hockey



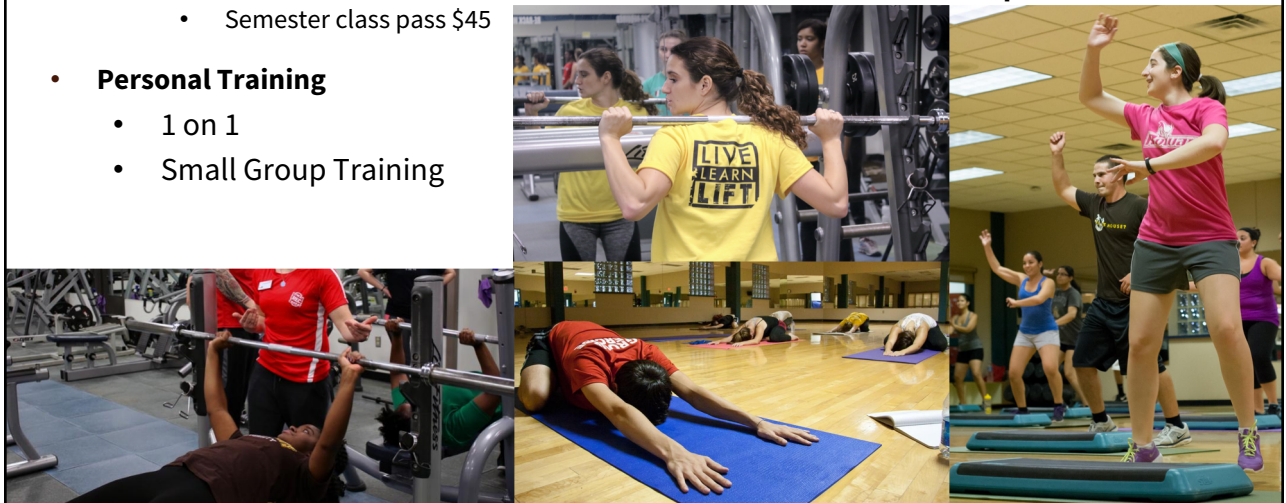
Outdoor Spaces

- Intramural Turf Field
- 3 Outdoor basketball courts
- 1 Sand Volleyball Court
- 2 Tennis Courts



Fitness & Wellness

- **Group Fitness Program** (*free 1st week of semester*)
 - Over 25 classes per week
 - Try 1 pass: \$3, Try 5 pass: \$12
 - Semester class pass \$45
- **Personal Training**
 - 1 on 1
 - Small Group Training
- **Semester Incentive Programs**
- **Computerized Fitness Assessments**
- **Health & Fitness Expo**



Fitness & Wellness Programs

- **Monthly Wellness Programs and Workshops**
(Most Programs are FREE):
 - Weight Training 101
 - Intro to Cycling, Intro to Yoga, Intro to Heavy Bag
 - TRX, Queenax (Small Group Training)
 - Women on Weights
- **Computerized Fitness Assessments**
 - Fit 3D Body Scan



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FALL 2019 GROUP FITNESS

All Classes are FREE: 9/03 - 9/9

Class Passes include all classes at the Rec Center AND Fitness Center

No experience needed!



Pilates

**CYCLIN
G**



**BODYPUMP
KICKBOXING**

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Rowan
Campus Rec
and
Group
Fitness
Instructor
Alum
Shaun T

*Creator of
Hip Hop Abs
Rockin Body
Insanity
T25
Cize*

Intramural League Sports

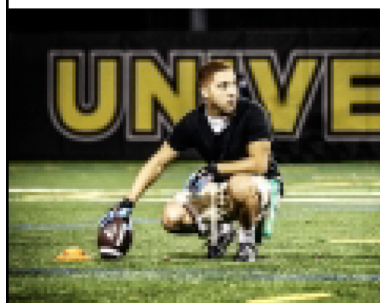
Participate on teams including Men's, Women's, Fraternity, Co-Rec, and Open Divisions.

Play regardless of your skill level! - Over 2,000 Participants per year!

Cost: One time fee - \$10/semester or \$15 for full year - Provides access to ALL sport offerings

Fall 2019 Sport Offerings: 7v7 Flag Football, Indoor Soccer, Ultimate Frisbee, Indoor Volleyball, Sunday Sand Volleyball (4v4), Team Handball, Sunday Dodgeball, 5v5 Pool Basketball

Spring 2020 Sport Offerings: 5v5 Basketball, Softball, Outdoor Soccer, 4v4 Sunday Flag Football, Indoor Volleyball, Hatchet Throwing League, E-Sports League (Game TBD), Battleship League



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Intramural Sports

Organized sports involving only Rowan students

These recreational activities are for everyone!

Individual Sports: Hatchet Throwing, Racquetball, Pickleball, Ping Pong, Tennis, Gaming Tournaments, Fantasy Sports

Special Events: BAGGO/Cornhole, Battleship, Sand Volleyball Tournament, Field Day



All 46 clubs are student run & student initiated; however Campus Rec provides professional guidance & financial support.



While many clubs are highly competitive & play other schools, others are instructional/recreational in nature.



Rowan Sport Clubs

Currently 46 clubs (2 petitioning) & 1422 participants

Archery	Equestrian	Lacrosse (M&W)	Rugby (M&W)	Table Tennis
Ballroom Dance	Fencing	Mixed Martial Arts	Skateboarding	Tennis
Baseball	Field Hockey	Outdoor Adventure	Ski & Snowboard	Ultimate (M&W)
Basketball (M&W)	Fishing	Paintball	Soccer (M&W)	Unified Sports
Cheer	Golf	Powerlifting	Softball	Volleyball (M&W)
Color Guard	Ice Hockey (M&W)	Quidditch	Street Hockey	Women's Physique
Cycling	Karate & Self-Defense	Racquetball	Swim	Wrestling
Dance		Rock Climbing		



ESPN features Rowan Unified Sports

ESPN



Rowan
UNIFIED SPORTS

ESPN chose Rowan Unified Sports as it's first highlighted college program in the Top 5 Honor Roll for inclusion. The first program of its kind in the nation, Rowan Unified has brought Special Olympics athletes & Rowan students together for soccer & basketball seasons for nearly 7 yrs.



Sport Clubs Highlights from 2018-2019

12 Sport Clubs qualified for post-season competitions.

- **Archery Club** member **Joel Gupta** made the 2019 USA Collegiate All-American Academic Team meeting the 3.5 cumulative GPA requirement & finishing top 25% for each division in the National Indoor Championships. In addition he received All-American Honors placing in the top 10 overall.
- **Ballroom Dance** placed in the top 10 at the Ohio Star Ball
- **Cheer Club** finished 8th out of 16 teams in their division at UCA Nationals in Orlando, FL.
- **Dance Club** placed 2nd in the Evolve Dance Competition at the University of Delaware (beating D1 dance programs)
- **Equestrian Club** had two team members qualify for Zone Finals (Regionals)
- **Men's Volleyball Club** finished 21st out of 41 teams at NCVF Nationals in Denver, CO.
- **Outdoor Club** facilitated a total of 21 trips ranging from hiking, kayaking, and backpacking
- **Men's Ultimate** went undefeated for the Fall season, winning 3 tournaments without a loss (accumulated \$2500 in prize money)
- **Outdoor Club** facilitated a total of 21 trips ranging from hiking, kayaking, and backpacking.
- **Rock Climbing** qualified 3 athletes for USA Climbing Collegiate Nationals in Munsfreesboro, TN
- **Swim Club** finished 50th out of 119 for the Men's Division and 60th out of 119 for the Women's Division at Nationals.
- **Tennis Club** finished 12th out of 48 teams at the USTA Nationals in Orlando, FL.
- **Wrestling** had a wrestler at Nationals become the second ever All-American for the club (8th place)
- **Women's Ice Hockey Club** were the DVCHA D2 champions with a 10-2 record. They competed in ACHA D2 Nationals in Frisco, TX.
- **Women's Soccer** competed in the Region 1 Tournament for the first time and advanced to the quarterfinals round



Aquatics

- Variety of open recreation swim hours
- Lifeguarding, CPR/AED/First Aid Certifications
- Intramural Aquatics Programs
- Adult swim lessons



Special Events

Late Night @ the REC **Homecoming Battleship**
Sport Clubs & REC Expo **Health & Wellness Expo**
Unified 5K Run **Run for Rowan 5K**

STAY CONNECTED! FOLLOW US ON SOCIAL MEDIA: @ROWANCAMPUSREC

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Employment Opportunities

Campus Recreation hires and trains over 170 students each year and provides valuable transferable skills for any major or career interest! *Certification prior required **Non-entry level

Aquatics: *Lifeguard, Swim Instructor, **Aquatics Supervisor

Facilities: **Building Manager, Facility Operations Assistant & **Facility Supervisor

Fitness: *Group Fitness Instructor, *Personal Trainer, **Fitness Supervisor, **Fitness Intern, Fitness Area Assistant

Informal Rec: Program Monitor

Intramural Sports: Official/Scorekeeper, **Supervisor, **Program Coordinator

Main Office: Main Office Assistant & *Main Office Supervisor

Marketing: Marketing Assistant, Graphic Designer, Photographer, Videographer

Sport Clubs: Supervisor
We are hiring this now for Summer & Fall 2019!

Rowan University
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Campus Rec Contacts

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Member Services & Business Svcs
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Drew D'Elia

Assistant Director
Sports Clubs & Student Dev.
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Recreation Center: 856-256-4900

Fitness Center: 856-256-5900



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Dan Scriptor

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Questions?



The Rowan Experience

“The college experience is unparalleled in its potential to help learners form their sense of identity, their purpose, and the path they will forge in their future lives.”

“Improvement in well-being may be largely a matter of engaging students in conversations about where they are headed in their lives, helping them identify areas of particular strength, and sharing how skills and knowledge developed in their coursework or extracurricular activity relate to professional spheres well-suited for them.”

-Helen Stubbs (Gallup)

Significant Drivers of “Opportunity to Do What I Do Best Every Day”

(in order of strength of association)

- ① The knowledge and skills I am learning in my coursework will be relevant in the workplace.
- ② Faculty and staff are committed to helping students find a rewarding career.
- ③ My professors care about me as a person.
- ④ I have at least one professor who makes me excited about learning.
- ⑤ I have a mentor who encourages me to pursue my goals and dreams.
- ⑥ I am extremely active in extracurricular activities and organizations.

Note: Logistic regression was employed to model the independent effect of factors on the likelihood that a student strongly agrees with the statement, “At <my school>, I have the opportunity to do what I do best every day,” controlling for all other factors, including gender, minority status, undergraduate debt amount, institution type, etc.

Source: The Strada-Gallup Student Survey database