**Rowan Strive to Thrive Program**



[www.rowan.edu/thrive](http://www.rowan.edu/thrive)

**What is Rowan Thrive?**

Wherever you come from and wherever you plan to go, life in a University community will be like the rest of life: full of choices, opportunities and challenges. What might surprise you is that you can thrive, no matter what's going on around you—at Rowan and in the rest of life—when you make well-being a way of life.

Well-being means something different to everyone, but in general, it's the sense of feeling good about you and your place in the world. It goes beyond classroom and career. It’s really about reflecting on each person’s way to be well and use healthy solutions when we encounter life’s 3 Ts:

* *Transitions:* Planned and unplanned changes in life like transitioning from high school to college, transferring to Rowan, to changes of semesters and transitions to summer or winter breaks;
* *Triumphs:* Reflecting on high points in life and to cherish them and keep them close when you are not feeling great;
* *Tragedies or trauma*: Situations where you have to bounce back including dealing with grief, health concerns, major mental health situations, where you have to personalize a healthy option to learn and grow from it.

Rowan Thrive is our community's commitment to help each person cultivate well-being throughout life's journey of highs and lows. It 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.

**What is the Rowan Strive to Thrive Program?**

The Rowan Strive to Thrive Program is designed to:

* Introduce students to the 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 Program should be completed over the course of the semester and is worth 10% of your grade. You should record your entries and reflection directly on this document and submit to your 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 will be graded based on completion and not content. The Strive to Thrive 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.

**Rowan Resources:** If you find that you are in need of additional support, know that there are resources at Rowan that can help – consult with your professor or contact or visit the Wellness Center (856-256-4333) for support.

**Rowan Strive to Thrive Program Log**

[www.rowan.edu/thrive](http://www.rowan.edu/thrive)

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| **Well-Being Dimension** | **Name of event, program, or activity that you participated in or resource you utilized. Briefly explain (in the space below) how the event relates to your well-being for this dimension.** |
| **Physical**Physical well-being relates to having good health and the energy to get things done on a daily basis. That means: eat healthy foods, move in an intentional way, get rest and sleep, visit your doctor or other health care professional so you can be at your best physical condition to do the things you like to do. |  |
| **Social**Social well-being is our sense of belonging and connection with others. That means: having two or three meaningful relationships is more valuable to your well-being than having 1,000 social media followers. |  |
| **Emotional**Emotional well-being is the ability to cope with, and learn from, life’s ups and downs and to understand that this struggle is necessary for growth. That means: don’t define who you are by your “worst day,” but rather accept that your thoughts, feelings and emotions do change day by day. Learn to recognize your emotions and reactions, and figure out how best to respond to them. |  |
| **Community**Community well-being is the ability to relate to and connect with others, contribute to the common good through service, and promote an environment of empathy, civility, and respect. That means: when we foster an inclusive community, we help ourselves, empower others, and feel more connected to something larger than ourselves. |  |
| **Purpose**Purpose is finding the motivation, meaning and enjoyment in life. That means: it’s important to find something (may or may not be your chosen career) that makes you want to get out of bed each day. Finding your purpose isn’t automatic, and it can change throughout your life, but finding things you enjoy doing is a good place to start. |  |
| **Financial**Financial well-being is the ability to manage the money you have and understand how to spend it in a responsible way. That means: learn how to balance between saving for the future and living in the now for peace of mind. |  |

**Rowan Strive to Thrive Final Reflection**

Take a moment to reflect on what you have learned this semester about cultivating your own well-being. Are there dimensions where you feel like you are thriving? How so? Are there dimensions of well-being that you would like to continue to improve? How so? How has the work that you have done to improve your well-being impacted your resiliency, or ability to navigate life’s challenges?

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