**Rowan Strive to Thrive Program**



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

**What is Rowan Thrive?**

At Rowan University, we believe that fostering well-being is essential for success both inside and outside the classroom. That's why we embrace Rowan Thrive—a comprehensive framework, toolkit, and philosophy that supports your personal growth and academic achievement. Rowan Thrive is woven throughout our campus community to help you cultivate a mindset and behaviors that promote purpose, resilience, reflection, and meaningful connections. This approach empowers you to live in alignment with your values, unlock your full potential, and discover your best self. Rowan Thrive focuses on six key dimensions that guide you on your journey toward well-being and success:

**Physica**l: Making intentional choices each day to take care of your body

**Social**: Building meaningful connections and engaging with others in our community

**Emotional:** Cultivate resilience and emotional well-being to navigate life’s challenges and triumphs

**Community:** Developing a sense of belonging and responsibility to something greater than yourself

**Purpose**: Discovering and pursuing activities that bring meaning, motivation, and joy to your life

**Financial**: Managing your finances effectively to support both your short-term needs and long-term goals.

In addition to the six dimensions of Rowan Thrive, we also have the Rowan Thrive Outcomes. These outcomes serve as a roadmap, outlining the opportunities you’ll have to engage with well-being throughout your time at Rowan. They also offer insight into how your experiences with well-being can build upon and connect with one another, both during your time at Rowan and beyond. You can explore these outcomes further by following this link: [Thrive Outcomes](https://sites.rowan.edu/center-for-well-being/thrive/thrive-outcomes.html)

**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 [Thrive Outcomes](https://sites.rowan.edu/center-for-well-being/thrive/thrive-outcomes.html) to 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](https://rowan.campuslabs.com/engage/events?categories=4680&categories=4691&categories=4687&categories=4694&categories=4672&categories=4692). 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 (300-500 words).

**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 yourself in need of additional support for your well-being, remember that Rowan offers a variety of resources. You can reach out to your professor or contact any of the support services listed below.

The Wellness Center: The mission of the Wellness Center is to provide our students with high quality health care and education that enables students to be well physically, mentally, and emotionally. Their services include clinical mental health services, health services, and alcohol and other drug services. You can learn more about the Wellness Center via their website at <https://sites.rowan.edu/wellness/.> You can make an appointment with the Wellness Center by visiting their desk in Winans Hall or calling them at 856-256-4333.

Rowan Cares: Rowan Cares supports students facing unforeseen circumstances and challenges within the university context by connecting them to on and off campus resources. If you, or a student is experiencing difficulties or concerns you can reach out to a Care Case Coordinator by submitting a [Care Referral](https://cm.maxient.com/reportingform.php?RowanUniv&layout_id=14). For more information visit the Rowan Cares webpage: <https://sites.rowan.edu/center-for-well-being/rowancares.html>

**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 means making intentional choices each day to take care of your body. This could be through exercise, nutrition by eating foods that provide your body with sustained energy and rest, to visiting your primary care doctor or other health care professionals. |  |
| **Social**Social well-being means building meaningful connections and engaging with others in our community. This could be through seeking relationships with people who share similar values, being vulnerable when sharing about yourself, and asking questions to help you learn more about others.  |  |
| **Emotional**Emotional well-being is the ability to cultivate resilience to navigate life’s challenges and triumphs. This means identifying and expressing your emotional needs to yourself and others, seek out resources, and practice strategies that help you manage emotions when you are feeling emotional distress.  |  |
| **Community**Community well-being means developing a sense of belonging and responsibility to something greater than yourself. As members of Rowan University, you will come to recognize how your actions have an impact on others. Fostering community well-being means you have the ability to make a positive impact, while also empowering others to establish a community supported by shared values. |  |
| **Purpose**Purpose is discovering and pursuing activities that bring meaning, motivation, and joy to your life. This means: it’s important to find something (may or may not be your chosen career) that drives you to get out of bed each day. Finding your purpose isn’t automatic, it is discoverable and evolves throughout your life. Finding things you enjoy engaging is a good place to start. |  |
| **Financial**Financial is managing your finances effectively to support both your short-term needs and long-term goals. This means learning strategies for budgeting and saving, becoming familiar with common financial terms, and practicing how you might make financial decisions aligned with your values. |  |

**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? The reflection should be 300-500 words.

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