



Sarah Wilson, Ph.D.

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More About Sarah

Dr. Sarah Wilson is an Associate Professor in Experiential Engineering Education at Rowan University. Guided by the motto, “We can't design better systems until we care about the people inside them,” her research focuses on improving mental health in engineering through data-driven and participatory methods. She uses qualitative and quantitative approaches to partner with students in co-creating knowledge and designing strategies that support well-being. Dr. Wilson defines mental health as more than the absence of illness: it is a state in which engineers can manage stress, realize their potential, and meaningfully contribute to society. She has co-developed internationally presented workshops on supporting mental health in engineering and collaborates to build inclusive and caring engineering environments. She received the Ray W. Fahien Award from ASEE for innovation in chemical engineering education. While at the University of Kentucky, she supported development of an NSF-funded Engineering Wellness Center to support help-seeking and belonging.