



# ROAR & SOAR

RIT | College of  
Liberal Arts



## Take Good Care of Yourself.

Successful students know that academic success starts with taking care of themselves physically and mentally.

### 3 Ways to ROAR this Week:

- **Move your body.** Stay on top of your fitness goals with the RIT RecWell App. Find facilities, hours, and the best time to visit by seeing how many people are there now.
- **Get a full night's sleep.** A full night's sleep helps your brain process the content you learned in class. Join the Zzz's Get Degrees: 30-Day Sleep Challenge to improve your rest with a sleep journal, weekly encouragement, and peer educator support.
- **Be kind to your mind.** Your mental health is just as important as your physical health, and RIT has safe places to get support. Connect with peers and share experiences at group therapy, workshops, or community care spaces.



### Sign Up for the 30 Day Sleep Challenge

Sleep is essential for well being and helps your big brain process all that you're learning and taking in now.



### Calendar Spotlight

**WEDNESDAY, SEPT. 17, 3:30 - 4:30pm, Campus Center 1010.**

**Failing Forward Workshop.**

Bombed a quiz? Missed a deadline. It happens, but it doesn't have to define your success. Learn how to Transform set backs into learning moments that keep you moving on toward your goals.

**Student Flu Shots Available, September-October**

[rit.edu/events/student-flu-vaccine-clinic-4](http://rit.edu/events/student-flu-vaccine-clinic-4)