

Work-Life Resources

1. Faculty Hiring

Learn more about flexible family policies, dual career resources, and area information.

Learn more: <https://www.provost.iastate.edu/faculty-success/recruitment>



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2. Fitness for Everybody

Recreation Services offers a way to improve or maintain your fitness. Fitness classes with variable intensities and personal training are offered to ensure that there's something for everyone.

<https://www.recservices.iastate.edu/>



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3. Programs and Activities

Iowa State hosts students for field trips, summer camps, and other enrichment experiences both on and off campus.

Learn more: <https://www.extension.iastate.edu/4h/programs>



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4. Child and Family Services

All campus child care programs are accredited by the National Association for the Education of Young Children and have received a level 5 on the Iowa Quality Rating System (QRS).

Learn more: <https://childcare.hr.iastate.edu/child-care-centers>



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5. Health Programs

Save money on medical and dependent care (typically child care) expenses.

Learn more: <https://www.wellbeing.iastate.edu/>

