



CDC: Why Experiences are Valuable

Take It From the Students

- *"The Insight Wellness Program is undoubtedly a valuable class for all interested participants."*
– Anthony Spangenberger 2012
- *"I think it is the best way students can become adjusted, meet other freshman, and hear some excellent speakers offer advice on difficult topics."*
– Andrew Beliveau 2012
- *"In this program there is so much information to absorb."*
– Bryan Lee 2012
- *I would recommend this program to incoming freshman, or even anyone who wants to get to know themselves better."*
– Casey Rivera 2012

Additional Information on the Insight Wellness Program

For further information about the Insight Wellness Program and a list of programs please visit our website at:

www.wpi.edu/+FYE/wellness.html

Contact Aleshia Carlsen
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Insight Wellness Program

Physical Education Credit

The Insight Wellness program allows students to receive 1/12 of a physical education credit. This course takes place during A and C Terms. Students are required to take part in 14 programs that are designated as wellness activities. Many of these programs are facilitated by Student Activities, Career Development Center, Diversity Office, and Student Development and Counseling Center. Examples of programs include: Nutrition Series, Stress Management Series, Sleep and Time Management.



Michelle Poverman

Associate Director SDCC

Wellness Stress Management Program



SDCC: Meditation Exercise

"Students use a combination of physical and mental power while in sessions."

-Bryan Lee, 2012

The Insight Wellness Program will help you:

- Gain knowledge and become more aware of your overall wellness.
- Improve your time management skills
- Better manage your stress
- Decide on a major
- Learn about sleep and its impact on your academics
- Increase knowledge about student life at WPI
- Gain knowledge about diversity
- Balance studies and overall wellness
- Incorporate physical fitness

How to Sign Up

Get a jump start on your Physical Education requirement. Add this course to your A Term schedule. (This course is in addition to your 3 courses. It is not an overload.) Enter CRN (10962) to register on Bannerweb.

Register on Bannerweb. The CRN # for this course is 10962