



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 freshmen, 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 Class please visit our website at:

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

Contact Rebekah Schulze
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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 is a term-long course offered in A and C terms.

This is a great way to get a jump-start on the physical education requirement while learning and experiencing the benefits of being healthy and appreciating the value of overall wellness.

Topics covered will include stress management, time management, nutrition, and career development.

Students will also be paired with upperclass mentors to help them with meet their personal goals.



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 Class 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
- 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 (11332) to register on Bannerweb.

Register on Bannerweb. The CRN # for this course is 11332.