



Case Study - Student Wellbeing Deck Worcester Polytechnic Institute

Objective

To provide a proactive and preventative campus-wide digital resource promoting the mental health and wellbeing of all WPI students; introduce first year students to available campus wellness resources; and meet students where they are in their wellness journey.

Implementation Strategies

1

Embedded well-being into the first-year experience

by introducing the digital card sort in the credit-bearing First-Year Insight Program, helping students navigate their transition to college.

2

Incorporated the WellSort Employee Wellbeing Deck

into a newly launched Well-Being and Belonging Certificate Program for staff and faculty.

3

Integrated into Center for Well-Being Programming

through wellness sessions led by Peer Well-Being Ambassadors and as a standing resource on the Center for Well-Being Website.

4

Evaluated program impact

through Well-Being Improvement Survey for Higher Education Settings (WISHES).

WPI at a Glance

- **Location:** Worcester, MA
- **Enrollment:** 7,350
- **Campus Lead:** Paula Fitzpatrick, Director, WPI Center for Well-Being



The Student Wellbeing Deck gives us a current snapshot of student wellness priorities. We're using this information to make strategic decisions about wellness programming to address student needs in the moment.

Paula Fitzpatrick

Director, WPI Center for Well-Being

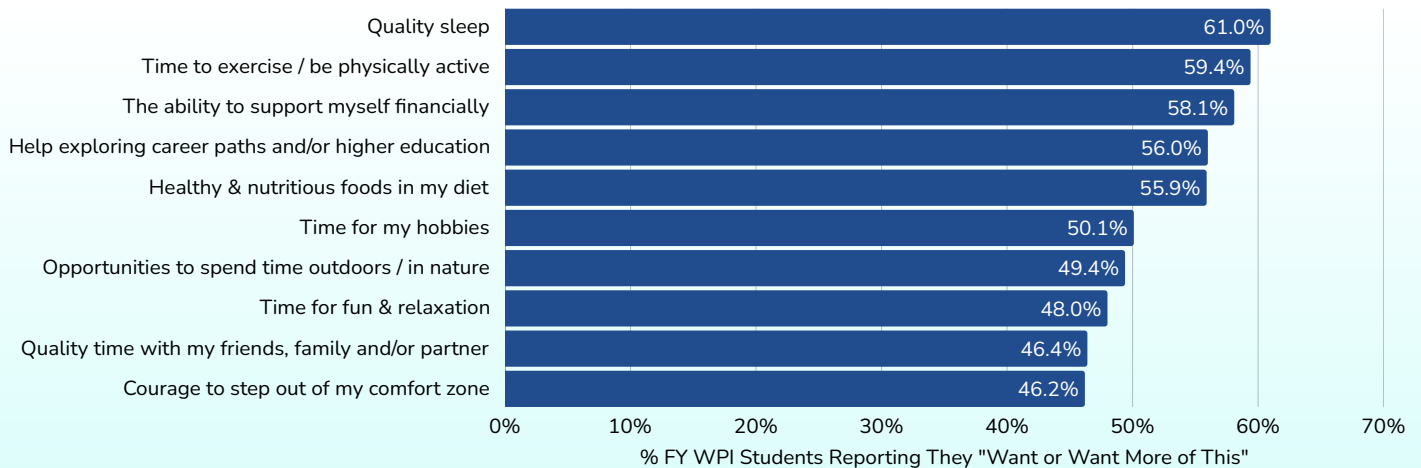


WPI

Center for Well-Being

Data Insights

Top Ten Student-Reported Wellbeing Priorities, Worcester Polytechnic Institute, Fall 2025 (n=716)



Learnings & Next Steps

Using WellSort data, WPI identified sleep as a top priority for students, and subsequently launched a 14-day Sleep Challenge. It ran for the first time in April 2025 with over 40 students participating, and is being run again in April 2026.

Data showing that 43% of WPI students prioritized limiting social media helped inform the planning of a Digital Wellness Event, which included a screening of the documentary *Disconnected: Life in a Digital Reality* and the launch of a Digital Wellness Challenge.

Based on student feedback highlighting the importance of healthy and nutritious foods, WPI recently approved a permanent Wellness and Physical Education (WPE) course: WPE 1614 – Exploring the Impact of Nutrition on Brain, Body, and Planet.

Book a demo today!

For more information

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