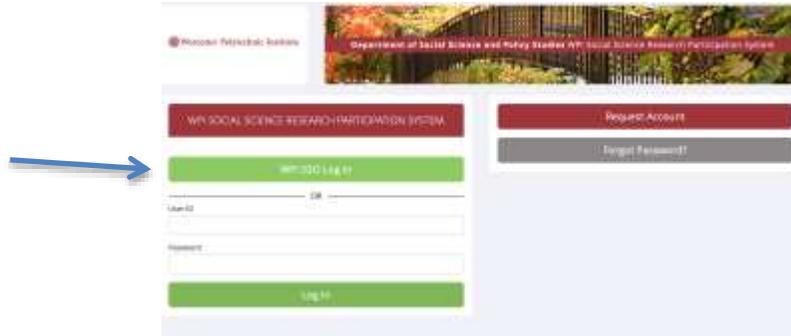


## Be Well Meditation and Yoga Sessions D Term 2020

### How Do I Sign-Up?

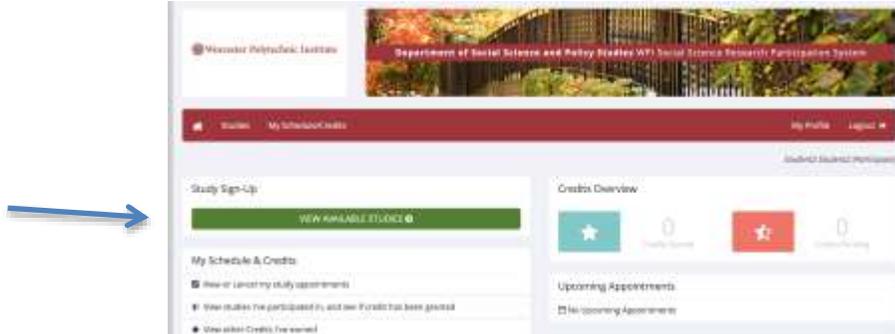
- 1) We are using a scheduling software called SONA Systems to handle signups.
  - Visit <http://wpi.sona-systems.com>
  - Click on “WPI SSO LOGIN”



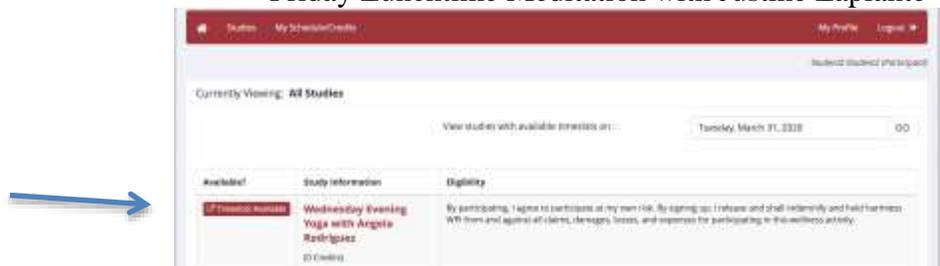
- Use your **WPI Email and Password** to get access to Sona  
*Note: if you used Sona before, you can log in with that same information OR you can click on SSO login and it should link your accounts (as long as you were using a WPI email).*
- Select the “BE WELL SERIES D TERM 2020” as your “course”.
- Because we use this system for studies in Psychological Science you will be asked to complete a short demographics questionnaire. You **DO NOT** Need to answer any of these questions. There is an option to “prefer not to answer”.
  - *I can't disable this setting as this information is important for the studies running through the same system.*

## How Do I Sign Up for a Specific Class?

- To sign up for one of the Meditation or Yoga classes, click on “VIEW AVAILABLE STUDIES” near the top of the page.



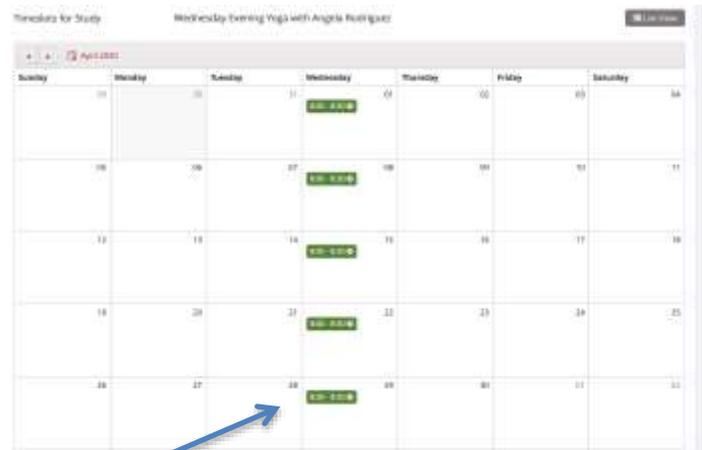
- Look for the Session you want and click on it. The options are:
  - Monday Evening Meditation with Carl Fulwiler
  - Tuesday Evening Yoga with Kate Moncrief
  - Wednesday Evening Yoga with Angela Rodriguez
  - Thursday Lunchtime Yoga with Jeanine Skorinko
  - Friday Lunchtime Meditation with Justine Laplante



- Click on “TIMESLOTS AVAILABLE”
- Scroll to the bottom and click on “VIEW TIMESLOTS FOR THIS STUDY”



- You will see a calendar with all the sessions available for this day/time with this instructor for the entire Be Well Series in D term.

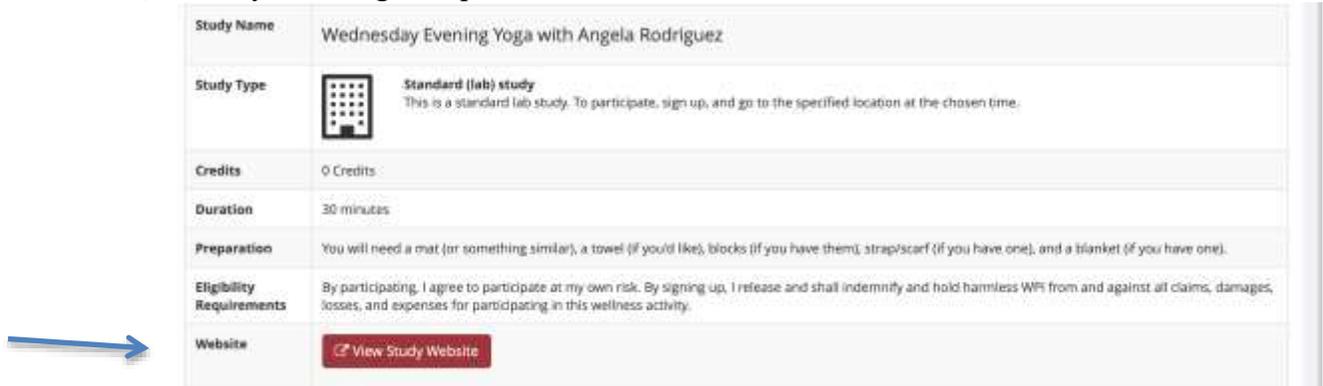


- Click on the green button that has the time for day you want to participate in the class.
- Then click the “SIGN UP” Button



## How Do I Get the ZOOM link?

- 1) Once you are signed up, click the “VIEW STUDY WEBSITE” button



Study Name	Wednesday Evening Yoga with Angela Rodriguez
Study Type	 <b>Standard (lab) study</b> This is a standard lab study. To participate, sign up, and go to the specified location at the chosen time.
Credits	0 Credits
Duration	30 minutes
Preparation	You will need a mat (or something similar), a towel (if you'd like), blocks (if you have them), a strap/scarf (if you have one), and a blanket (if you have one).
Eligibility Requirements	By participating, I agree to participate at my own risk. By signing up, I release and shall indemnify and hold harmless WPI from and against all claims, damages, losses, and expenses for participating in this wellness activity.
Website	<a href="#">View Study Website</a>

- 2) It will take you directly to the Zoom Link.

## A Few Other Important Things

1. **Liability:** By signing up for the classes through SONA. You acknowledge that you have read and agree to WPI's Liability Waiver. Your sign up for a session acts as your signature for this Liability Waiver.

- a. **WPI's Liability Waiver:**

- i. I, the “participant”, does release and shall indemnify and hold harmless WPI, its officers, trustees, employees, and agents from and against all claims, damages, losses, and expenses including, but not limited to, medical expenses, attorneys fees, and court awards arising out of or resulting from any injury, sickness, disease or death occurring in connection with my participation in the fitness program.
- ii. Signing up for a session on Sona Systems verifies that the participant understands and confirms that they are volunteering to participate in the aforementioned wellness activity at their own risk.
- iii. Signing up for a session on Sona Systems verifies that the participant is aware of and understands the potential, inherent dangers and risks involved in participating in this activity.
- iv. Signing up for a session on Sona Systems also verifies that the participant is covered by appropriate medical insurance for injuries or illnesses and further understands that any deductible, co-payments and uncovered claims will be the sole responsibility of the participant. This Liability Release shall be governed by Massachusetts law.

- b. **WPI Students Enrolled in a D Term Psychology Course**

- i. The yoga and meditation sessions will **not** count for studies participated in this term.
- ii. You are welcome to participate! You will earn 0 credits for the Research Participation Assignment, but your faculty member may be offering extra credit for participation in these sessions.

- c. Why Am I Signing Up Through a Study Signup Software?**
  - i. WPI Psychology has a license for this study signup software.
  - ii. It was the easiest solution with limited notice
  - iii. It works with WPI credentials (SSO), and something like Mindbody would not.
- d. What Are These Other Things Posted?**
  - i. Sona is used to post timeslots for different studies being conducted on campus in Psychological Science, IMGD, Computer Science, etc.
  - ii. The projects might be student projects for IQP, Capstone, or MQP
  - iii. The projects might be post-doc or faculty research projects
- e. Can I Also Participate in These Studies?**
  - i. You are more than welcome to!
  - ii. Each study in D term 2020 is online.
  - iii. You will get an informed consent (as long as the study is not WPI IRB Exempt) that will tell you more about the study.
  - iv. If you agree to participate, indicate as much and the study will start.
  - v. You may not learn the true purpose of the study at the very beginning as that may give away or ruin the study, but you will be debriefed at the end of the study.
  - vi. You just need to finish the session before the deadline that is posted.
  - vii. Questions: please ask Professor Jeanine Skorinko (skorinko@wpi.edu)