

Wellness Education



WPI offers a number of wellness education and training opportunities to help our community center on well-being. Read below about our newest offering, as well as existing and enhanced programs.

***We must all learn to develop self-care practices,
recognize when we or our peers are in distress,
and take action to find or offer additional support.***

Vector Solutions

In WPI's ongoing commitment to well-being, we have partnered with Vector Solutions to provide a suite of training programs for students, faculty, and staff.

Do You Have Questions About Vector Solutions?

Email the Center for Well-Being, cwb@wpi.edu

UNDERGRADUATE STUDENT ONBOARDING:

All undergraduate students are asked to complete these online modules as part of the new student onboarding process:

Mental Well-Being for Students is a 45- to 60-minute online course that equips undergraduates with essential skills and information to navigate some of the primary stressors and emotional challenges associated with college life. The course helps learners develop self-care practices, recognize when they or their peers are in distress, and take action to find or offer additional support.

Sexual Assault Prevention for Undergraduates is a 75-minute online course designed to educate students to support healthier decisions related to romantic relationships, sexual interactions, consent, and supporting peers on their campus.

AlcoholEdu® for College is a 140-minute online course provides students with knowledge and skills to support healthier decisions related to alcohol.

***Opt-out option:** Although we believe mental health and suicide prevention topics are important and that the Vector program is an effective tool to address them, we want to acknowledge that the topic of mental health may impact people in different ways based on their life experiences. If you believe completing these modules will cause you undue distress, please fill out this [Kognito Opt-out Request Form](#) to opt out of participation.

GRADUATE STUDENT ONBOARDING:

All graduate students are asked to complete these online modules as part of the new student onboarding process:

Mental Well-Being for Graduate Students is a 40-minute course that educates graduate students on concepts and practices related to positive mental health in their graduate school experience. Learners will build knowledge and skills related to strengthening their mental well-being; practicing self-care and improving self-efficacy; understanding and navigating relationships; accessing resources and supporting peers; and taking positive actions to support their mental health.

Engagement with Diversity (Graduate Students) is a 22-minute online course with practical strategies to support graduate students as they learn to engage comfortably with diversity.

- **Student Site URL:** <https://wpistudents-ma.vectorlmsedu.com/>
- **Single Sign on:** Use WPI email and password

NEW EMPLOYEE ONBOARDING:

This online platform offers a variety of courses to increase awareness and encourage decision-making. Check out the Mental Well-Being for Faculty and Staff or Stress Management courses. Empower yourself by taking these trainings when it fits in your schedule. Most trainings range in length from 15 to 50 minutes.

- **Employee Site URL:**
<https://worcesterpolytech-ma.safecolleges.com/training/home>
 - **Single Sign on:** Use WPI username and password
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Learn About WPI's Other Programs

If you—or your department or student club or organization—are interested in more intensive learning, contact the [Center for Well-Being](#) and the [Student Development and Counseling Center](#) for programs like:

- Recognizing and Responding to Student Distress (RRSD), a one-hour session to help you identify student distress and talk with students.
- Question, Persuade, Refer (QPR), a one-hour session to help you talk with someone you think may be having suicidal thoughts. Faculty and Staff only at this time.
- Student Support Network (SSN), a 6-part training series to help you become a better listener and supporter of your peers. Students only at this time.

Sign Up Here!

**Student Support Network
(SSN)**

Find Additional Resources

For additional resources, visit the Student Development & Counseling Center (SDCC) website for more information about peer support programs, trainings, how to help a student, or where students can find help. And visit the Center for Well-Being, WPI's evidence-based, cross-functional hub for campus efforts aimed at improving student, community, and campus well-being.

**Student Development &
Counseling Center**

Center for Well-Being