



Our Services

The CWB is a supportive and safe space to gather, relax, reflect, and recharge. The Center offers a beautiful and supportive oasis of calm and peace with community spaces for popping in for a wellness break and cup of tea, quiet spaces for meditation or reflection, and gathering spaces for group programming.

The Center for Well-Being provides a number of services to students, faculty, and staff, including:

- **A Supportive and Safe Space:** The Center offers a beautiful and supportive oasis of calm and peace to gather, relax, reflect, and recharge. All are welcome to enjoy community spaces for popping in for a wellness break and cup of tea or be soothed by the water wall while doing puzzles.
- **Hub for Wellness Resources:** Not sure what well-being resources are available at WPI or what support you need? The staff of the CWB can help connect you to the well-being support and resources you need.
- **Quiet Spaces for Meditation or Reflection:** Do you need a sip of wellness break? Drop-in to the Center for Well-Being's Rest & Reflection Room for a 15-minute break or schedule a session with our Reiki Master.
- **Gathering Spaces for Group Programming:** The Center for Well-Being Programming Room and conference rooms can be requested for hosting your wellness event by emailing cwb@wpi.edu.
- **Coordination of Wellness Days:** The CWB works with departments and student groups to coordinate programming on Wellness Days. If

CONTACT

Location: [Daniels Hall](#)

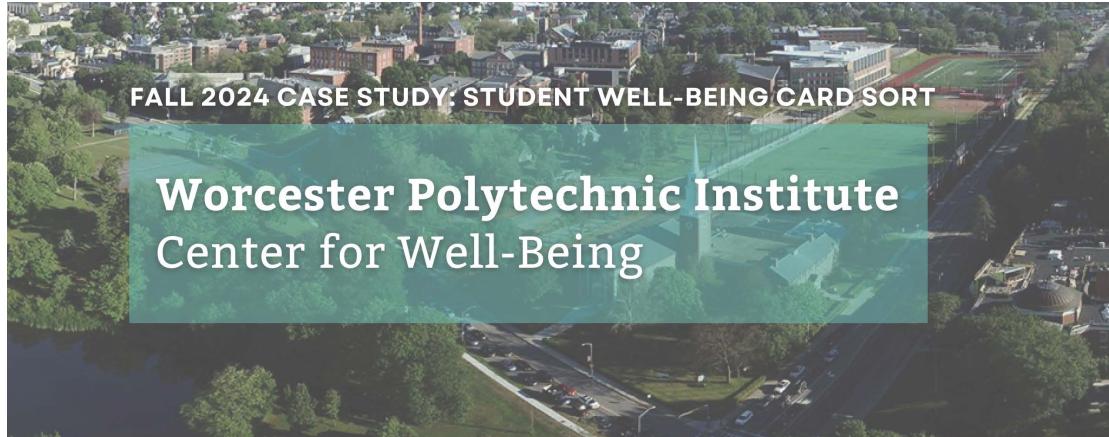
Phone: [+1-508-831-6494](tel:+15088316494)

cwb@wpi.edu

you are interested in sponsoring or co-sponsoring an activity or event, please fill out the Wellness Day Event Request Form.

- **Wellness Programs**: CWB programs are offered in a variety of formats and settings so that individuals and groups can create their own well-being journey. Some programs are offered as drop-in group sessions while others require pre-registration. Interested in a wellness session for your club, organization, or department? Email the CWB at cwb@wpi.edu.
- **Individual Peer Education**: Looking for more personalized support to foster your wellness and resiliency? Sign up for a 1on1 Peer Education session with one of our Peer Well-Being Ambassadors! Appointments available M-F, 2:00pm to 8:00pm. Our PWBAs are trained to help support your skill building in various areas including:
 - Time management
 - Stress Management
 - Communication with instructors and other campus staff
 - Study and note-taking strategies
 - Developing a wellness plan
 - Basic Budgeting
 - And more!
- **Mental Health Awareness Education and Suicide Prevention Initiatives**: The CWB works with the Student Development and Counseling Center to ensure everyone is able to recognize signs of distress and know what to say if a friend or colleague needs help. Programming includes modules through Vector Solutions as well as more intensive learning through Recognizing and Responding to Student Distress (RRSD), Question, Persuade, Refer (QPR), and Student Support Network (SSN).
- **Research and Project Opportunities**: The Center for Well-Being supports academic and research initiatives focused on studying and promoting health and well-being through research projects, IQPs, MQPs, or graduate projects.
- **Wellness Courses for WPE Credit**: In collaboration with Physical Education, Recreation, and Athletics (PERA), the Center for Well-Being offers wellness courses as an option for completing Wellness and

Physical Education (WPE) requirement. Wellness courses are numbered WPE 1600 to 1999 for students to easily identify the wellness courses that fulfill the WPE requirement.



OBJECTIVE

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

WPI - AT A GLANCE

- **Location:** Worcester, MA
- **Enrollment:** 7,353
- **Campus Lead:** Paula Fitzpatrick , Director, WPI Center for Well-Being
- **Contact:** pfitzpatrick@wpi.edu

IMPLEMENTATION STRATEGIES

- Used an opt-in just-in-time adaptive intervention (JITAI) approach and introduced digital card sort during in-person FY Welcome Experience
- Added link to New Student Orientation Hub and Center for Well-Being Website
- Sent reminders through parent and student New Student Orientation emails
- Implemented multi-layered communication plan once students arrived on campus, including emails, social media posts, and tabling
- Evaluated program impact through Well-Being Improvement Survey for Higher Education Settings (WISHES)



The Well-Being Card Sort 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



hello@wellsort.com | wellsort.com | (207) 502-2445

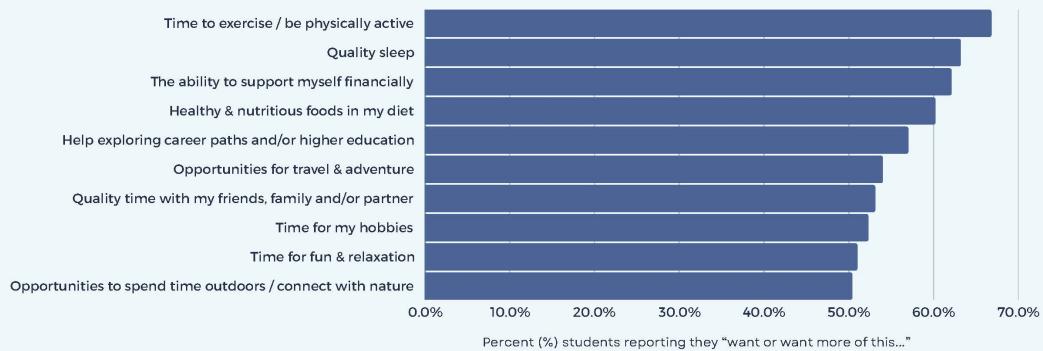
DATA INSIGHTS



367
STUDENTS
COMPLETED THE
DIGITAL CARD
SORT, FALL 2024



**Top Ten Student-Reported Priorities, Student Well-Being Card Sort,
Worcester Polytechnic Institute, July - December 2024 (N=367)**



SUCCESES, CHALLENGES & LESSONS LEARNED

- WPI Well-Being Director reported the digital card sort is easy to implement and integrate into wellness mission and larger goals
- Students reported they were better informed of wellness resources and plan to take action for behavior change
- Necessary to provide ongoing reminders and nudges (and maybe incentives) to improve uptake, and expand outreach to clubs and organizations to raise awareness

NEXT STEPS

- Expand into WPI's First-Year Insight program, starting spring semester 2025
- Launch Peer-Coaching Program with card sort to support students' behavior change
- Continue monitoring impact of card sort using WISHES survey
- Use WellSort to grow new WPI employee well-being & belonging certificate program



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The Student Wellness Card Sort by WellSort

The Student Wellness Card Sort by WellSort is a simple drag-and-drop card sorting activity to help you get clear about your mental health and wellness priorities and needs, connect with needed resources, and make small changes to improve your overall health.

The card sort includes 35 wellness priorities, which students sort and rank based on what they want more of, what they already have enough of and what they currently don't want/need in their day-to-day life. It also includes a Workbook with a series of structured follow up questions to help them:

- reflect upon the meaning and importance of their top wellness priorities
- look for connections and themes across those priorities
- choose one specific priority to start working on
- identify things that might be getting in the way of incorporating that priority into their life
- set a related goal and implement small steps they can take to move toward their goal, building more balance and wellness into their life

WPI is excited to partner with WellSort to help students think and talk about what they need to take care of themselves, build purposeful and satisfying careers, and take meaningful action toward their career, wellness, and work-life balance goals.



Access Digital WellSort

Please note - this activity works best on a larger screen, such as a desktop, laptop or tablet.

1. Go to: sorts.balancedcardsorts.com or click the button below
2. Register to create a new account using your WPI email address
3. Once logged in to your dashboard, type in the following access code:
 - a. STUDENTS use code **WPIstudentWell**
 - b. EMPLOYEES use code **WPImployeeWell**
4. Hit "Submit" and follow the instructions

Access Digital Card Sort

Student Wellness Card Sort Workshop

Looking for a wellness activity for your club or organization? The Peer Well-Being Ambassadors are available to facilitate an in-person wellness card sort session for your club or organization. This card sort activity can help you get clear about your mental health and wellness priorities and needs, connect with needed resources, and make small changes to improve your overall health.

Request your Session for your Club or Organization



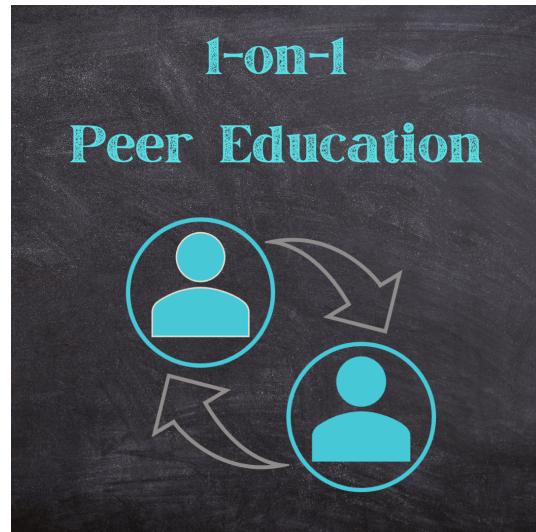
Center for Well-Being Spaces

Is your club or organization looking for a space to host a wellness activity? The Center for Well-Being is open from 8:00 am to 8:00 pm, Monday through Friday. The Programming Room can be requested in 25 Live (DH 102E). For more information email us at cwb@wpi.edu.

Book your next meeting in the CWB!

New Well-Being Service! 1on1 Peer Education with our Peer Well-Being Ambassadors

The CWB Peer Well-Being Ambassadors are trained to provide learning and wellness coaching and mentoring. They can help you with a variety of academic topics (e.g., time management, note-taking, reading tips, post-test reflection, etc.), identify your well-being priorities, help with stress management or serve as an accountability buddy. [Sign up for a session here.](#)



Rest and Reflection Room: Sip of Wellness!

Do you need a short wellness break? Drop-in to the Center for Well-Being's Rest & Reflection Room for a 15-minute break. The room can be used to promote your own relaxation through prayer, yoga, meditation, compression boots, red-light therapy, and more. Open to students, faculty, and staff. No preregistration required -- Drop-in as your schedule allows! We'll ask you to sign-in when you arrive

Center for Well-Being



**REST AND REFLECTION ROOM:
SIP OF WELLNESS**

WPI | Center for Well-Being

Reiki Sessions Available!

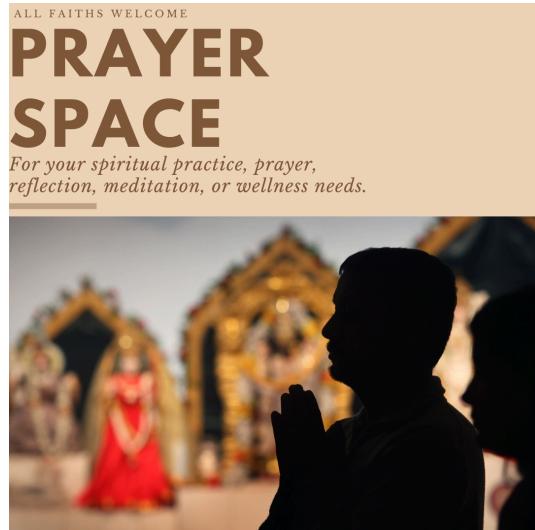
Sign up for a 15-minute Reiki session with certified Reiki master, [Catherine Flayhan](#), as you experience healing in your whole-body by the gentle placement of the practitioner's hands above or lightly on the receiver's body. Reiki is a healing practice that helps to bring your energetic body into alignment. Humans have two body forms. One is our physical body supported by our spine, bones, organs. We also have an energetic body with a central column that runs along our spine called a Sushumna. This is where the seven main Chakras live as well as the Nadis, which are channels that bring energy out to the rest of our body. Both can become out of alignment. When your energetic body is unaligned you visit a Reiki Practitioner. Open to students, faculty, and staff.

Sign up for a session in D-term here!

Prayer Space

The Center for Well-Being and the [Collegiate Religious Center](#) both foster spiritual wellness as students tend to a holistic well-being of body, mind and spirit. [Prayer and Reflection Spaces](#) are places to explore ways to foster spiritual wellness as you tend to a holistic well-being of body, mind and spirit. Join a prayer session, discover communities of care in times of stress and uncertainty, and forge a deeper sense of meaning and purpose in life.

Drop-in to check if the space is free.



Prayer Space



Align your chakras with
Reiki Master Catherine Flayhan



Calendar

[> SEE MORE EVENTS](#)

JUL 17 Mindful Thursday - July 17
⌚ 2:15 PM TO 2:35 PM

JUL 23 Mindful Wednesday - July 23
⌚ 12:15 PM TO 12:35 PM

JUL 24 Mindful Thursday - July 24
⌚ 2:15 PM TO 2:35 PM

JUL 30 Mindful Wednesday - July 30
⌚ 12:15 PM TO 12:35 PM

JUL 31	Mindful Thursday - July 31 ⌚ 2:15 PM TO 2:35 PM	AUG 6	Mindful Wednesday - August 6 ⌚ 12:15 PM TO 12:35 PM
AUG 7	Mindful Thursday - August 7 ⌚ 2:15 PM TO 2:35 PM	SEP 8	Voter Registration Drive ⌚ 11:00 AM TO 2:00 PM
SEP 9	Voter Registration Drive ⌚ 11:00 AM TO 2:00 PM	SEP 10	Voter Registration Drive ⌚ 11:00 AM TO 2:00 PM