

IWell Research Grant

The Center for Well-Being supports academic and research initiatives focused on studying and promoting holistic health and well-being through research projects, IQPs, MQPs, or graduate projects.

CONTACT

Location: [Daniels Hall](#)

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

cwb@wpi.edu



FY25 WPI Center for Well-Being Incubator for Well-Being Research and Innovation (IWell) Grant Application

The Center for Well-Being (CWB) is piloting a small grant program to support research projects to increase our understanding of holistic well-being—factors that promote well-being and thriving, barriers to well-being and thriving, and/or how to mitigate these barriers.

The application deadline is February 15, 2025 at 4:59pm ET.

Eligibility/General Requirements for Applicants

The CWB invites grant proposal applications for projects designed to increase understanding of one or more of the eight dimensions of wellness (adapted from the US Substance Abuse & Mental Health Services Administration's Wellness Wheel Model, <https://www.samhsa.gov>).

- **Emotional:** being aware of feelings and behavior and how to effectively build resilience to overcome life challenges
- **Physical:** promoting health and vitality through care of the body (e.g., sleep, physical activity, nourishing food, etc.)
- **Social:** being able to build and maintain relationships and connections within the community
- **Occupational:** related to personal satisfaction and fulfillment from work, school, or volunteer activities
- **Financial:** financial literacy and financial habits to support current and future needs
- **Environmental:** the ways in which physical environments and design encourage well-being
- **Spiritual:** issues related to having a sense of meaning and purpose in one's life and activities to promote meaning and purpose (e.g., meditation, experiencing awe in nature, self-reflection)
- **Intellectual:** engaging in life-long learning and creative expression

Faculty and staff at WPI are eligible to apply for IWell grants, either individually or as part of a team that involves graduate and/or undergraduate students.

The projects receiving IWell grants can be independent projects, collaborative projects working between multiple disciplines at WPI, or partial support of an ongoing project.

Applications must specifically address one or more of the eight dimensions of holistic well-being outlined above.

Grant Application Details

Budget	+
Award Amounts and Number of Awards	+
Application Process	+
Selection of Award Recipients	+
Grant Progress Tracking	+
Expectations for Recipients	+

