For further information about the Insight Wellness Class please visit our website at: www.wpi.edu/+FYE/wellness.html

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Take It From the Students

- "The Insight Wellness Program is undoubtedly a valuable class for all interested participants."
  – Anthony Spangenberger 2012
- "I think it is the best way students can become adjusted, meet other freshmen, and hear some excellent speakers offer advice on difficult topics."
  – Andrew Beliveau 2012
- "In this program there is so much information to absorb."
  – Bryan Lee 2012
- "I would recommend this program to incoming freshman, or even anyone who wants to get to know themselves better."
  – Casey Rivera 2012
The Insight Wellness Class will help you:

- Gain knowledge and become more aware of your overall wellness.
- Improve your time management skills
- Better manage your stress
- Decide on a major
- Learn about sleep and its impact on your academics
- Increase knowledge about student life at WPI
- Balance studies and overall wellness
- Incorporate physical fitness

“Students use a combination of physical and mental power while in sessions.”

-Bryan Lee, 2012

How to Sign Up

Get a jump start on your Physical Education requirement. Add this course to your A Term schedule. (This course is in addition to your 3 courses. It is not an overload.) Enter CRN (11332) to register on Bannerweb.

Register on Bannerweb. The CRN # for this course is 11332.