How will becoming involved in Wellness House enhance my experience at RPI?
- Residents of Wellness House will have the opportunity to learn about what wellness means to them, how they can enhance their personal mental, physical, and emotional well-being and get the chance to interact with many different professionals working at RPI. Studies show that students living a healthy and well-balanced life are able to perform better at college.

I am not an athlete, and I don’t enjoy sports. Is Wellness House for me?
- Absolutely. Wellness House looks at all aspects of wellness, not just how physically fit or athletic you are. Anyone interested in improving their total well-being is encouraged to participate.

How much of a time commitment will Wellness House require?
- You determine your level of involvement with Wellness House. We plan to offer workshops/programs/activities bi-weekly. These events will generally run for an hour or two depending on the topic covered. While we would love to see you at all of them, you can choose to go to as many or as few programs as you would like.

Wellness House sounds like something I would like, but I already submitted my housing preference, what can I do?
- If you want to change your preference, please contact the Office of Residence Life at Res_Life@rpi.edu with the subject line: Wellness House.

Does the Wellness House cost more than regular housing?
- There is no additional charge for Wellness House. The cost is the same as any other double occupancy room in a comparable first-year residence hall.

What if I decide that the Wellness House isn’t for me?
- We understand that your first year at RPI is a year of exploration and that your priorities may change. If at any time you feel that the Wellness House is no longer meeting your needs, we encourage you to meet with a staff member to discuss your options.

Will I be placed in Wellness House even if I don’t request it?
- Depending on the size of the program and your housing preference card, you may be placed in the same building as the Wellness House but in an area not occupied by Wellness House participants.