

Intellectual Wellness

The intellectual dimension of wellness encourages creative, stimulating mental activities. An intellectually well person uses the resources available to expand one's knowledge in improved skills along with expanding potential for sharing with others. An intellectually well person uses the intellectual and cultural activities in the classroom and beyond the classroom combined with the human resources and learning resources available within the university community and the larger community.

Traveling a wellness path, intellectually, you'll, explore issues related to problem solving, creativity, and learning. You'll spend more time appreciating and thinking about the scenery along the path-pursuing interests, reading books, magazines, and newspapers, You'll discover a natural interest in keeping abreast of current issues and ideas. As you develop your intellectual wellness curiosity, you'll actively strive to expand and challenge your mind with creative endeavors. On your path, you'll begin to see problems and challenges not as stumbling blocks but stepping stones.

- As you travel the wellness path, you'll begin to believe that - intellectually.
- It's better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It's better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry and contend with major concerns later.

Intellectual Wellness Assessment

The intellectual dimension of wellness involves embracing creativity and mental stimulation. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points
points

Sometimes/occasionally = 1 point

Very seldom = 0

- _____ 1. I am interested in learning new things.
- _____ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.
- _____ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- _____ 4. I carefully select movies and television programs.
- _____ 5. I enjoy creative and stimulating mental activities/games.
- _____ 6. I am happy with the amount and variety that I read.
- _____ 7. I make an effort to improve my verbal and written skills.
- _____ 8. A continuing education program is/will be important to me in my career.
- _____ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- _____ 10. I enjoy engaging in intellectual discussions.
- _____ Total for Intellectual Wellness Dimension

Score: 15 to 20 Points - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Tips for Maintaining a High Level of Intellectual Wellness

Intellectual Wellness is having a curiosity and strong desire to learn. It is valuing many experiences, staying stimulated with new ideas, and sharing. It is responding to challenges and opportunities to grow, making plans, developing strategies, and solving problems. It is the ability to engage in clear thinking and recall, and to think independently, creatively, and critically.

- Take a course or workshop in something outside your major and minor — a PE or an art class, for example
- Learn (or perfect) a foreign language.
- Seek out intellectually inspiring professors — learn the art of add-drop
- Subscribe to an interesting journal or newsletter — you'll get a regular dose of intellectual information
- BUY A BOOK! — any book, or check some out from the library
- Learn to appreciate art — attend exhibits, plays, musicals, and poetry readings
- Explore different ways to use spare time — intellectually stimulating ways to pass time include crossword puzzles or board games like Scrabble and Chess
- Learn basic nutrition and exercise regularly to maximize brain functioning — many nutrients are essential to good memory and concentration