

# Intellectual Wellness Self-Assessment



Choose the most accurate answer in both columns for each statement.	How <u>true</u> is this for you currently?			How <u>motivated</u> are you to make a change in this area?		
<i>Intellectual:</i>  <ul style="list-style-type: none"><li>▪ <i>foster your creative abilities</i></li><li>▪ <i>find ways to expand knowledge and skills</i></li><li>▪ <i>lifelong learning and curiosity</i></li></ul>	<i>Rarely</i>	<i>Sometimes</i>	<i>Often</i>	<i>Slightly</i>	<i>Somewhat</i>	<i>Highly</i>
I search for learning opportunities and stimulating mental activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accept constructive criticism and utilize the feedback to grow in a positive way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I view life as a lifelong learning process.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I challenge myself to learn something new each day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I utilize the internet, including Artificial Intelligence, in a responsible way to support my learning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I broaden my horizons by remaining open to ideas different from my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take my time and use sound judgement when making important decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid dwelling on past mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I organize and manage my time wisely to minimize procrastination.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable reaching out to my LSSC Professor for help or attending office hours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use LSSC resources to support my academic success. [Testing Services, Learning Services, Writing Center, Tutoring, Student Accessibility Services, Library]	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Intellectual Wellness Self-Assessment

Current: Who/Where am I right now?	Desired: Who/Where do I want to be?
<p>Write or draw an object(s) highlighting the areas of your <i>current intellectual lifestyle</i> you want to celebrate and/or improve.</p>	<p>Write or draw an object(s) highlighting the areas of your <i>future intellectual lifestyle</i> you hope to achieve.</p>

Example: I will learn one new thing each day.

*Goal 1.* \_\_\_\_\_

*Goal 2.* \_\_\_\_\_

*Goal 3.* \_\_\_\_\_

Positive Outcomes/Benefits if Goal is Accomplished	Potential Consequences of Not Reaching the Goal	Likely Obstacles/Barriers and Difficulties	Possible Options for Solutions, Help and Resources