


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?		
	Rarely	Sometimes	Often	Slightly	Somewhat	Highly
Intellectual:  <ul style="list-style-type: none"> ▪ foster your creative abilities ▪ find ways to expand knowledge and skills ▪ lifelong learning and curiosity 						
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"/>



The logo is a circular emblem with a white background. At the center is a stylized feather with a blue shaft and a green and blue vane. Surrounding the feather are the words "LAKELAKE" in a large, bold, black sans-serif font, with "STUDENT WELLNESS" in a smaller, bold, black sans-serif font below it. The outer ring of the logo is divided into ten colored segments, each containing a word in a bold, black sans-serif font. Starting from the top and moving clockwise, the segments are: "SPIRITUAL" (purple), "OCCUPATIONAL" (pink), "PHYSICAL" (red), "INTERPERSONAL" (orange), "SOCIAL" (yellow), "SPIRIT" (light green), "STRENGTH" (green), "EMOTIONAL" (teal), "VISION" (blue), and "FINANCIAL" (dark blue). The words "LAKELAKE" are written across the top of the circle, and "STUDENT WELLNESS" is written across the middle.

Goal 1. _____

Goal 2. _____

Goal 3. _____

