

Intellectual Wellness



Intellectual Wellness is being open to new ideas, thinking critically and finding ways to be creative

Signs of Intellectual Wellness

- Development of good study skills and time management
- Ability to challenge yourself to see all sides of an issue
- Becoming a critical thinker
- Development of your own ideas, views, and opinions
- Exposing yourself to new ideas, people, and beliefs that are different from your own
- Become aware of who you are and what you value
- Discover SLC Library Resources

Check in with your intellectual wellness

- Were you able to register for classes that you think you will find interesting?
- What are you excited to learn at SLC?
- Have you read a good book or listened to music you enjoyed lately?
- Do you believe that your intellectual growth comes from what you learn in and outside the classroom?
- How comfortable do you think you will feel asking your professors for help?

Explore Intellectual Wellness

Improve Study Skills

Review study materials within **24 hours** of class to keep it fresh in your memory

Take notes while you read, while in class, and focus on more than what is written on blackboard

Form a study group session with other people in your class and Study in a quiet environment that will not distract you

Color coding helps trigger memory - keep one topic per color

Find innovative ways to study that work for you

Improve Time Management

Make a "To-Do" list that allows you to cross off completed tasks as you go.

Prioritize tasks in order of importance and tackle the most **important first**

Learn to say no to social activities sometimes- Prioritize your time!

Cut work hours. Money is important, but working too much can cut into your study time

Multi-task within your limits

Remove Objectivity

Learn there is more than one way to do something

There isn't always one "right" answer, but sometimes multiple "right" paths

Stay open-minded to new ideas, insights, thoughts, expressions, and values

Expose yourself to difference

Improve Critical Thinking

Be actively engaged in conversation, readings, and classrooms

Ask questions to yourself or others as you reflect

Challenge the norm, ask questions and don't just follow others aimlessly

Find patterns and connections to examples that relate to your life

Keep your brain active, thinking, and questioning.

Try fun brain teasers.

Talk to a Wellness Educator/Counselor

SLC students can make individual appointments with a wellness educator/counselor to discuss intellectual wellness. Call 613.933.6080, ext. 2709 or make an appointment online at: wellness@sl.on.ca