

Intellectual Wellness

The **Intellectual Wellness** dimension recognizes one's creative and stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others. Using intellectual and cultural activities in the classroom and beyond the classroom combined with the human resources and learning resources available within the college community and larger community, a well person cherishes intellectual growth and stimulation. Traveling a wellness path, you'll explore issues related to problem solving, creativity and learning. You'll spend more time pursuing personal interests and reading books, magazines and newspapers while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.



*"As knowledge increases, wonder deepens."
~ Charles Morgan*

On-Campus Resources for Intellectual Wellness: **Center for Academic Engagement (CAE)**

What we do: The Center for Academic Engagement (CAE) provides individualized academic coaching to support and build the skills essential for student success.

Contact us by phone at (518) 629-7550.

Center for Access and Assistive Technologies (CAAT)

What we do: The CAAT office works to assist all qualified students with disabilities in the pursuit of their educational objectives. We attempt to coordinate the students' needs with services and resources available within our college system and to ensure accessible educational opportunities for students according to their individual needs.

To schedule an appointment or learn more about our services, call (518) 629-7154 or email us at caat@hvcc.edu

Steps for improving Intellectual Wellness

Be Open Minded:

- Debate an issue with a friend but take the viewpoint opposite the one you hold
- Take a class to learn something new and unique
- Write down your thoughts and/or journal

Try Something New:

- Learn a new language
- Attend cultural events on and off campus
- Read for fun, attend a play, go to a concert, go for a hike, learn a new skill

Play:

- Learn to play a musical instrument
- Play a board or card game
- Complete a crossword puzzle or sudoku



INTELLECTUAL WELLNESS FOLLOWS THESE TENETS:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is 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.

NATIONAL WELLNESS INSTITUTE, INC.



The State University
of New York