



Intellectual Wellness Assessment

	Almost Always	Sometimes	Very Seldom
1. I am interested in learning new things.	2	1	0
2. I try to keep abreast of current affairs locally, nationally and internationally.	2	1	0
3. I enjoy attending special lectures, plays, musical performances, and visiting museums, galleries, and/or libraries.	2	1	0
4. I carefully select movies and television programs.	2	1	0
5. I enjoy creative and stimulating mental activities/games.	2	1	0
6. I am happy with the amount and variety that I read.	2	1	0
7. I make an effort to improve my verbal and writing skills.	2	1	0
8. A continuing education program is/will be important to me in my career.	2	1	0
9. I am able to analyze, synthesize, and see more than one side of an issue.	2	1	0
10. I enjoy engaging in intellectual discussions.	2	1	0

TOTAL: _____

Scoring

- 15-20 Points:** You have excellent strength in this dimension! Make sure your daily activities are balanced between all dimensions.
- 9-14 Points:** There is room for improvement. Challenge yourself to find three new things to try in order to improve your intellectual wellness.
- 0-8 Points:** This dimension needs a lot of work. What small steps can you take to begin taking to move towards growth? Remember, the goal is overall wellness and balance.

Please turn over.

In completing this wellness assessment on intellectual wellness,

I was surprised to learn that I _____

I was disappointed that _____

Things I am currently doing to help improve my intellectual wellness are _____

Things I will do differently or change to make my intellectual wellness a priority are _____

Take additional wellness assessments online at

<http://wellness.illinoisstate.edu/seven/>.