

Intellectual



A person practicing intellectual wellness values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge.

Intellectual Wellness involves opening our minds to new ideas and experiences (considered a 'growth mindset') that can be applied to personal decisions, group interaction and community betterment. This includes learning in and out of the classroom and using knowledge gains to inform future decision-making around personal, social, civic and occupational choices. Intellectual wellness acknowledges that you are here at Carolina to grow and develop your mind for both a solid experience in the here and now, as well as for optimal future opportunities. In fact, all of the dimensions feed into your success as a Carolina student and beyond.

At Student Wellness, we believe that helping students reach their long-term and short-term academic, occupational and life-long learning goals enhances their overall wellness. To stretch this part of ourselves, we strive to insure that students feel both challenged yet supported in their learning and critical thinking endeavors.

Enhance your intellectual wellness by taking advantage of resources offered around campus.

On Campus

- [Academic Advising](#) [1]
- [Academic Services](#) [2]
- [The Learning Center](#) [3] (includes loads of online resources!)
- [Academic Success Program for Students with LD/ADHD](#) [4]
- [The Writing Center](#) [5](many online resources!)
- [Career Services](#) [6]
- [Peer Tutoring](#) [7]
- Campus Health's [Academic Success](#) [8] Resources

Source URL: <https://studentwellness.unc.edu/about-us/dimensions-wellness/intellectual>

Links

[1] <http://advising.unc.edu/>

[2] <http://cssac.unc.edu/>

[3] <http://learningcenter.unc.edu/>

[4] <http://learningcenter.unc.edu/ldadhd-services/>

[5] <http://writingcenter.unc.edu/>

[6] <http://careers.unc.edu/>

[7] <http://learningcenter.unc.edu/find-a-tutor/>

[8] <https://campushealth.unc.edu/health-topics/academic-success>