

# Intellectual Wellness

Version 2

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Critical and creative thinking, and being open to new ideas and ideologies are all ways to adopt and maintain intellectual Wellness. Developing your cognitive and intellectual skills is a critical component of overall Wellness. Many activities contribute to developing skills to train your brain, they include:

- Working on your time management – [Learning Centre](#)
- Financial security
- Understanding school/life balance
- Addressing loneliness and homesickness
- Feeling challenged/motivated
- Feeling inspired
- Achieving academic goals
- Improving your observation skills
- Developing your curiosity and learning new things
- Breaking out of your comfort zone