

UBwell



Personal Intellectual Wellness Assessment

	Rarely, if ever	Sometimes	Most of the time	Always
1 I seek personal growth by learning new skills.	1	2	3	4
2 I listen to ideas different from my own and constantly re-examine my judgements on social, cultural, age, gender, religion, sexual orientation, race, disability, national origin, ethical, and political issues.	1	2	3	4
3 I look for ways to use my creativity and critical thinking skills.	1	2	3	4
4 I am open to new ideas.	1	2	3	4
5 I keep informed about social, political, and/or current issues.	1	2	3	4
6 I watch educational programs on television each week.	1	2	3	4
7 I learn about different topics that interest me from books, magazines, newspapers, and the Internet.	1	2	3	4
8 Before making decisions, I gather facts.	1	2	3	4
9 I know about available campus resources in my area of study.	1	2	3	4
10 I know how to access academic resources when necessary.	1	2	3	4
Total				
Maximum Score: 40				

After completing this assessment I was surprised to learn:

I was disappointed that:

Things I am currently doing to help improve my physical wellness are:

Things that I will do differently or change to make my physical wellness a priority are:

