ON A ROLL

“INTELLECTUAL GROWTH SHOULD COMMENCE AT BIRTH AND CEASE ONLY AT DEATH.”

ALBERT EINSTEIN

December Observances and Events:

- Learn a Foreign Language Month
- Read a New Book Month
- Dec 5 - Dec 9 – Dead week
- Dec 12 - Dec 16 – Finals week
- Dec 16 – Winter commencement
- Dec 17 - Jan 8 – Winter break
- Dec 31 – New Year’s Eve

What does ACE Tutoring have for you?

- Drop-in tutoring
- Online tutoring
- Small group tutoring
- A quiet study space

Located in the lower level of West Dining Center
701-231-5554

Ways you can be INTELLECTUALLY well:

- Read something (a book, a magazine, the news, anything)
- Create something (color, draw, sculpt, paint, weld, knit, write, act, dance, etc.)
- Keep your mind open to new ideas and different opinions
  - Be curious and ask questions
  - Listen to music
  - Work to develop good study habits that work for you
  - Learn a new skill or pick up a new hobby
  - Teach others

Remember: Intellectual wellness is NOT about being the smartest or best at anything, it’s about keeping your mind active.

For more wellness information visit: www.ndsu.edu/studenthealthservice

INTELLECTUAL

A state in which your mind is engaged in lively interaction with the world around you.

Intellectual wellness involves unbridled curiosity and ongoing learning. This dimension of wellness implies that you can apply the things you have learned and create opportunities to learn more. You engage your mind in lively interaction with the world around you.