



INTELLECTION®

I am a reflective **lover of mental activity** and intellectual discussion, who values time alone to think and enjoy introspection.

Academic Life



- Seek classroom environments that focus on discussion and participation.
- Use an academic planner or consult an advisor who can help you think about a clear path.
- Leave time in your schedule to unwind from long days on campus.

Decision Making



- Intellection can lead to over-thinking and indecisiveness. Look to others for clarity.
- Write down your thoughts in order to organize them.
- Take time and space in a quiet environment to consider your options.

Relationship Building



- Surround yourself with others who enjoy in-depth discussion on a variety of subjects.
- Choose friends who understand your need for solitude and be sure to allow yourself ample time to be alone with your thoughts.
- Avoid over-thinking and assumptions that will cause conflict in your relationships.

Extracurriculars



- Activities like reading and video games allow solitary time to stretch your mind.
- Meditative yoga and journaling will bring you peace and balance.
- Attend debates or watch videos of discussions on topics that pique your interest.

Career Goals



- Research careers that intrigue you and contemplate the details of each situation.
- A workspace that provides opportunities for quiet and solitude are ideal for you.
- Select work that allows for the sharing and deliberating of ideas.

Leadership Tips



- Take time to write out a plan of action for your team.
- Facilitate stimulating discussion amongst those you lead.
- Attend conferences on subjects that interest you and offer to conduct panels

