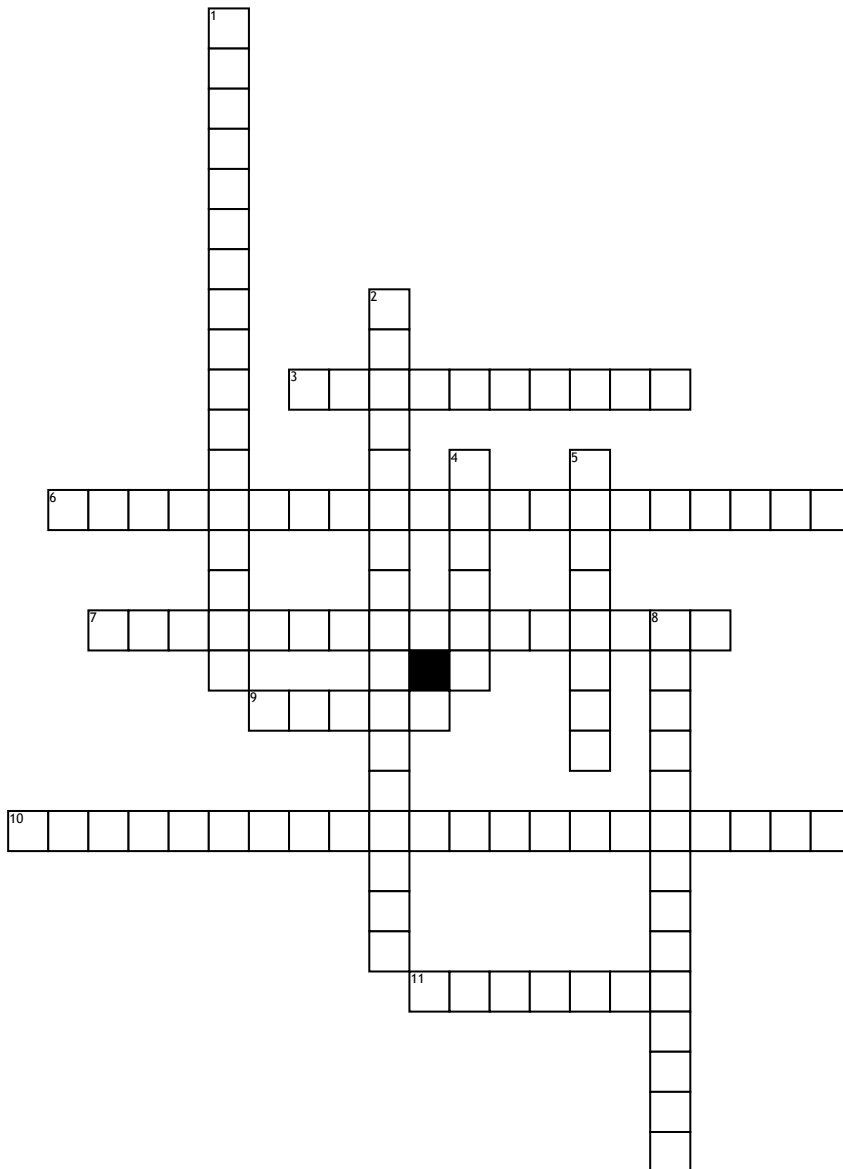


Health & Wellness Crossword



Across

3. a relationship between two friends
6. H&W aspect: learning and embracing new ideas and experiences both in and out of the classroom
7. H&W aspect: a healthy lifestyle that acknowledges the need for nutrition, exercise, personal hygiene, and sleep
9. the average amount of hours of sleep a college student needs
10. H&W aspect: appreciation of external environment and impact of individuals on the environment; maintaining one's personal living environment

11. a place to write personal record of experiences or ideas

Down

1. H&W aspect: identifying and expressing oneself in a positive manner
2. H&W aspect: defining and evaluation personal values and beliefs, reflecting on them over time with openness to experience new things
4. a person's principles or standards
5. acquisition of knowledge through experiences
8. H&W aspect: creating a balance and variety of interactions among different communities of people