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WELLBEING

with Heart

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Curiosity is your
Superpower

CURIOSITY IS YOUR SUPERPOWER

5 tips on tapping into curiosity

Sometimes we have a limited view on ourselves.
Often this can be a result of how we believe others perceive us.

"I was just not born creative"

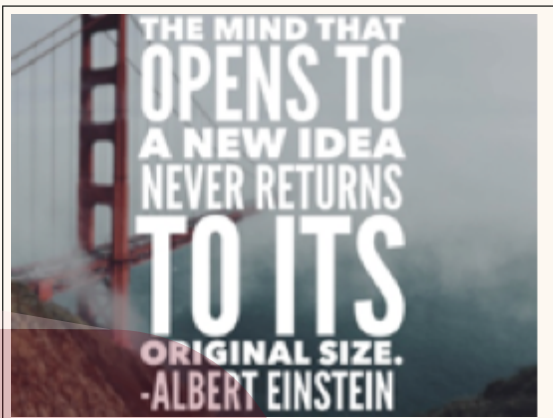
"I'm not musically talented"

"I'm not smart enough"

"I'm too young or old to learn something like that"

"I just don't have the eye for it"

"What if I'm not good at it and fail?"



Sometimes we make choices and do things in order to avoid some of these trickier feelings and beliefs. These are called 'avoidant' behaviours; we do or don't do things in order to avoid negative feelings. Such as not raising hand in class in order to avoid potentially embarrassing ourselves; not going to a party to avoid making a social mistake; not coming to school to avoid people or assessments.

Sometimes the fear of uncertainty can be enough to avoid something!

Chevalier College is here to support students and families in any way possible. You can contact us at wellbeing@chevalier.nsw.edu.au

What if we switched to curiosity rather than judgement, criticism, black and white thinking?



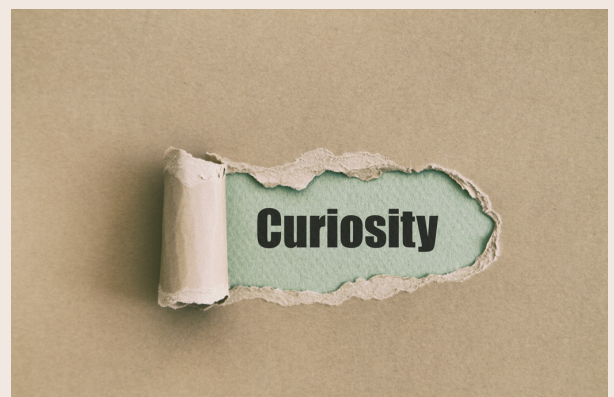
*Curiosity keeps
leading us down
new paths.*

- Walt Disney

Curiosity is an innate, natural, and universal capacity that we all have, and knowing how it works from a neurobiological perspective is the first step to reawakening our childlike fascination and tapping into its potential (1). Through curiosity we learn to try new things, see others' perspective and have flexibility in our thoughts and behaviours. There are so many advantages to being curious.

Here are a few:

- * you will learn more
- * have greater imagination
- * experience better creativity
- * recognise more innovation
- * understand others better
- * have more empathy
- * become a better listener
- * experience more joy (2)



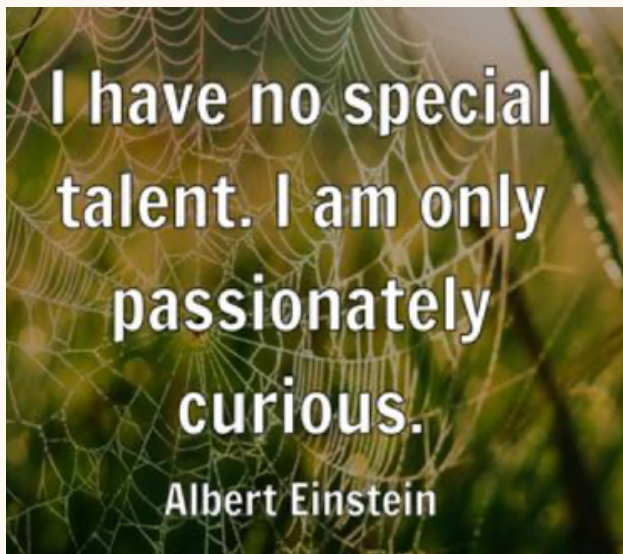
5 tips on tapping into your curiosity

1. Ask more questions in conversations – find out more about someone else (especially handy when you don't know what to talk about)
2. Ask more questions of yourself - sometimes our curiosity needs to start with ourselves. We're so quick to just accept the way we think without questioning it.
3. Find new in the old. If you are bored, challenge yourself to find new things in your routine. How many new things can you see outside the window you always stare out of? Find 5 new things in your classroom.



4. One way to stimulate your curiosity, and to challenge yourself a little, is to ask the question: 'What do I know to be true?' (2) This can help question your own judgements.

5. Learn something new every day! Challenge yourself to learn something new, follow someone new on social media, find out something that you didn't know before. There are always ways to expand your horizons!



SOURCES

(1) www.psychologytoday.com/au/blog/the-craving-mind/201909/curiosity-our-superpower-just-about-everything

(2) www.mapologyguides.com/blogs/blog/curiosity-is-a-superpower