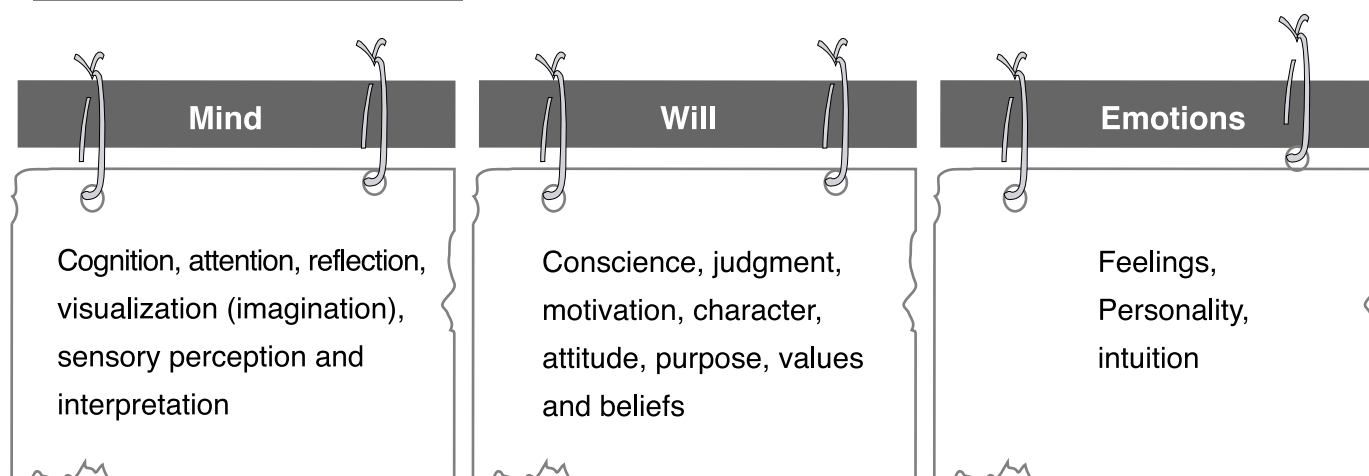


Body Soul & Spirit

- **Body:** Physical, material characteristics of a person including sensory data-gathering capabilities (sight, touch, etc.) and neurochemical activity of the brain and other organs.
- **Soul:** Immaterial entity that serves as person's "touch point" or interactive coordinator between body and spirit.

The soul has 3 elements:



- **Spirit:** Life force that creates, learns and changes.
The spirit enlivens and transcends physical elements of body and operates through the soul.

- Adapted from:

* Garner, BK(2007)Getting to Gt it! Helping struggling students learn how to learn. Alexander, VA:ASCD,page 137

How can I take care of my body, soul and spirit while I am a student?