



4 Facts About Curiosity & Intellectual Humility

1

Curiosity is the act of wanting to know.

- Adolescence is a developmental period of exploration and discovery.
- Parents can support curiosity in teens by modeling curiosity in their own life. This modeling reinforces the idea that curiosity is a character strength and skill that everyone can have, and it gives children a safe place to explore new ideas and interests.



2

Curiosity is vital for learning.

- Curiosity promotes eagerness to ask questions and learn from mistakes. It prompts people to gain more knowledge and spend more time learning about things they don't know about, and better understand the things they do.
- Curiosity is a skill that anyone can practice and build.

3

Intellectual humility is the willingness to recognize that one's deeply held points of view may not be correct.

- Intellectual humility helps teens embrace new ideas, information, and overcome the biases and expectations that limit their ability to see the world accurately.



4

Intellectual humility is critical for learning.

- Intellectual humility is a character strength that allows for growth, curiosity, and open-mindedness, which can allow a person to thrive and learn from others with different points of view.