

# What are my Learning Strengths? NAME \_\_\_\_\_

## Multiple Intelligences: How are you SMART??

This activity will help you find out what your strengths are. Knowing this, you can work to strengthen the other intelligences that you do not use as often.

Verbal/Linguistic Intelligence	Logical/Mathematical Intelligence
<input type="checkbox"/> I enjoy telling stories and jokes <input type="checkbox"/> I have a good memory for trivia <input type="checkbox"/> I enjoy word games (e.g. Scrabble & puzzles) <input type="checkbox"/> I read books just for fun <input type="checkbox"/> I am a good speller (most of the time) <input type="checkbox"/> In an argument I tend to use put-downs or sarcasm <input type="checkbox"/> I like talking and writing about my ideas <input type="checkbox"/> If I have to memorize something I create a rhyme or saying to help me remember <input type="checkbox"/> If something breaks and won't work, I read the instruction book first <input type="checkbox"/> For a group presentation I prefer to do the writing and library research	<input type="checkbox"/> I really enjoy my math class <input type="checkbox"/> I like logical math puzzles or brain teasers <input type="checkbox"/> I find solving math problems to be fun <input type="checkbox"/> If I have to memorize something I tend to place events in a logical order <input type="checkbox"/> I like to find out how things work <input type="checkbox"/> I enjoy computer and any math games <input type="checkbox"/> I love playing chess, checkers or Monopoly <input type="checkbox"/> In an argument, I try to find a fair and logical solution <input type="checkbox"/> If something breaks and won't work, I look at the pieces and try to figure out how it works <input type="checkbox"/> For a group presentation I prefer to create the charts and graphs
Visual/Spatial Intelligence	Bodily/Kinesthetic Intelligence
<input type="checkbox"/> I prefer a map to written directions <input type="checkbox"/> I daydream a lot <input type="checkbox"/> I enjoy hobbies such as photography <input type="checkbox"/> I like to draw and create <input type="checkbox"/> If I have to memorize something I draw a diagram to help me remember <input type="checkbox"/> I like to doodle on paper whenever I can <input type="checkbox"/> In a magazine, I prefer looking at the pictures rather than reading the text <input type="checkbox"/> In an argument I try to keep my distance, keep silent or visualize some solution <input type="checkbox"/> If something breaks and won't work I tend to study the diagram of how it works <input type="checkbox"/> For a group presentation I prefer to draw all the pictures	<input type="checkbox"/> My favorite class is gym since I like sports <input type="checkbox"/> I enjoy activities such as woodworking, sewing and building models <input type="checkbox"/> When looking at things, I like touching them <input type="checkbox"/> I have trouble sitting still for any length of time <input type="checkbox"/> I use a lot of body movements when talking <input type="checkbox"/> If I have to memorize something I write it out a number of times until I know it <input type="checkbox"/> I tend to tap my fingers or play with my pencil during class <input type="checkbox"/> In an argument I tend to strike out and hit or run away <input type="checkbox"/> If something breaks and won't work I tend to play with the pieces to try to fit them together <input type="checkbox"/> For a group presentation I prefer to move the props around, hold things up or build a model
Musical/Rhythmic Intelligence	Interpersonal Intelligence
<input type="checkbox"/> I enjoy listening to CD's and the radio <input type="checkbox"/> I tend to hum to myself when working <input type="checkbox"/> I like to sing <input type="checkbox"/> I play a musical instrument quite well <input type="checkbox"/> I like to have music playing when doing homework or studying	<input type="checkbox"/> I get along well with others <input type="checkbox"/> I like to belong to clubs and organizations <input type="checkbox"/> I have several very close friends <input type="checkbox"/> I like helping teach other students <input type="checkbox"/> I like working with others in groups

<input type="checkbox"/> If I have to memorize something I try to create a rhyme about the event <input type="checkbox"/> In an argument I tend to shout or punch or move in some sort of rhythm <input type="checkbox"/> I can remember the melodies of many songs <input type="checkbox"/> If something breaks and won't work I tend to tap my fingers to a beat while I figure it out <input type="checkbox"/> For a group presentation I prefer to put new words to a popular tune or use music	<input type="checkbox"/> Friends ask my advice because I seem to be a natural leader <input type="checkbox"/> If I have to memorize something I ask someone to quiz me to see if I know it <input type="checkbox"/> In an argument I tend to ask a friend or some person in authority for help <input type="checkbox"/> If something breaks and won't work I try to find someone who can help me <input type="checkbox"/> For a group presentation I like to help organize the group's efforts
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**Intrapersonal Intelligence**

**Naturalist Intelligence**

<input type="checkbox"/> I like to work alone without anyone bothering me <input type="checkbox"/> I like to keep a diary <input type="checkbox"/> I like myself (most of the time) <input type="checkbox"/> I don't like crowds <input type="checkbox"/> I know what I am good at and what I am weak at <input type="checkbox"/> I find that I am strong-willed, independent and don't follow the crowd <input type="checkbox"/> If I have to memorize something I tend to close my eyes and feel the situation <input type="checkbox"/> In an argument I will usually walk away until I calm down <input type="checkbox"/> If something breaks and won't work, I wonder if it's worth fixing up <input type="checkbox"/> For a group presentation I like to contribute something that is uniquely mine, often based on how I feel
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<input type="checkbox"/> I am keenly aware of my surroundings and of what goes on around me <input type="checkbox"/> I love to go walking in the woods and looking at the trees and flowers <input type="checkbox"/> I enjoy gardening <input type="checkbox"/> I like to collect things (e.g., rocks, sports cards, stamps, etc) <input type="checkbox"/> As an adult, I think I would like to get away from the city and enjoy nature <input type="checkbox"/> If I have to memorize something, I tend to organize it into categories <input type="checkbox"/> I enjoy learning the names of living things in our environment, such as flowers and trees <input type="checkbox"/> In an argument I tend to compare my opponent to someone or something I have read or heard about and react accordingly <input type="checkbox"/> If something breaks down, I look around me to try and see what I can find to fix the problem <input type="checkbox"/> For a group presentation I prefer to organize and classify the information into categories so it makes sense
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**TOTAL SCORE**

_____ Verbal/Linguistic
_____ Logical/Mathematical
_____ Visual/Spatial
_____ Bodily/Kinesthetic

_____ Musical/Rhythmic
_____ Interpersonal
_____ Intrapersonal
_____ Naturalist

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Research shows that all human beings have at least eight different types of intelligence. Depending on your background and age, some intelligences are more developed than others.

# Multiple Intelligences

## Verbal-Linguistic

Verbal-linguistic learners have highly developed auditory skills, enjoy reading and writing, like to play word games, and have a good memory for names, dates, and places. They like to tell stories, and get their point across. You learn best by saying and hearing words. Poets, writers, and people who speak a great deal in their jobs (like teachers) probably have a high degree of verbal-linguistic intelligence.

## Musical-Rhythmic

Musical-rhythmic learners are sensitive to the sounds in their environment, including the inflections in the human voice. They enjoy music, and may listen to music when they study or read. They are skilled at pitch and rhythm. Learning through melody and music works well for people with high musical-rhythmic intelligence. Singers, conductors, and composers obviously have a high musical-rhythmic intelligence. Anyone who enjoys, understands, and uses various elements of music probably has a high degree of musical-rhythmic intelligence.

## Logical-Mathematical

Logical-mathematical intelligence is often linked with the term "scientific thinking." Logical-mathematical people like to explore patterns and relationships, like to experiment with things you don't understand, ask questions, and enjoy well-ordered tasks. They like to work with numbers and relish opportunities to solve problems via logical reasoning. They learn best by classifying information, using abstract thought, and looking for common basic principles and patterns. Many scientists have a high degree of logical-mathematical intelligence.

## Visual-Spatial

Visual-spatial people work well maps, charts, diagrams, and visual arts in general. They are able to visualize clear mental images. They like to design and create things. They learn best by looking at pictures and watching videos. Sculptors, painters, architects, surgeons, and engineers are a few professions that require people with well-developed visual-spatial abilities.

## Bodily-Kinesthetic

Bodily-kinesthetic learners use bodily sensations to gather information. They have good balance and coordination and are good with their hands. Learning activities that provide physical activities and hands-on learning experiences work well for them. People with highly developed bodily-kinesthetic abilities include carpenters, mechanics, dancers, gymnasts, swimmers, and jugglers.

## Intrapersonal

Intrapersonal learners are aware of their own strengths, weaknesses, and feelings. They are aware of self, being a creative and independent, and reflective thinker. They usually possess independence, self-confidence, determination, and high motivation. They may respond with strong opinions when controversial topics are discussed. They learn best by engaging in independent study projects rather than working on group projects. Pacing their own instruction is important to them. Entrepreneurs, philosophers, and psychologists are a few professions where strong intrapersonal skills are a benefit.

## **Interpersonal**

Interpersonal learners are "people-persons." They enjoy being around people, like talking to people, have many friends, and engage in social activities. They can develop genuine empathy for the feelings of others. They learn best by relating, sharing, and participating in cooperative group environments. The best salespeople, consultants, community organizers, counselors, and teachers have a high interpersonal intelligence.

## **Naturalist**

The so-called "Eighth" Intelligence, Naturalistic learners are in touch with nature - the outdoors in terms of geography, animals, conservation, etc. They sense patterns and are good at categorization. They are also good planners and organizers of living areas. Naturalistic learners learn best studying natural phenomenon in natural settings, learning about how things work. They may express interest in biology, zoology, botany, geology, meteorology, paleontology, or astronomy - fields directly connected to some aspect of nature.