

Complete each section by placing a “1” next to each statement you feel accurately describes you. If you do not identify or agree with a statement, leave the space blank. Total each section.

\_\_\_\_\_ I enjoy putting things that have common characteristics into categories

\_\_\_\_\_ Issues about the health or ecology of our planet are important to me

\_\_\_\_\_ Hiking and camping are enjoyable activities

\_\_\_\_\_ I enjoy working in a garden

\_\_\_\_\_ I believe preserving our National Parks is important

\_\_\_\_\_ Putting things in hierarchies (order of importance) makes sense to me

\_\_\_\_\_ Animals are important in my life

\_\_\_\_\_ My home has a recycling system in place

\_\_\_\_\_ I enjoy studying biology (animals) and botany (plants) \_\_\_\_\_ I spend a great deal of time outdoors

# \_\_\_\_\_ TOTAL for Section 1

\_\_\_\_\_ I easily pick up on patterns of sound or rhythms

\_\_\_\_\_ I focus in on noise and sounds

\_\_\_\_\_ Moving to a beat or rhythm is easy for me

\_\_\_\_\_ I’ve always been interested in playing an instrument or singing

\_\_\_\_\_ The rhythm or cadence of poetry really interests me

\_\_\_\_\_ I remember things by putting them in a rhyme

\_\_\_\_\_ Concentrating is difficult if I am listening to a radio or TV

\_\_\_\_\_ I enjoy many kinds of music

\_\_\_\_\_ Musical plays are more interesting to me than serious plays \_\_\_\_\_ Remembering the words or lyrics to a song is easy for me

## \_\_\_\_\_ TOTAL for Section 2

\_\_\_\_\_ I keep my things neat and orderly most of the time

\_\_\_\_\_ Step-by-step directions are a big help to me

\_\_\_\_\_ Solving problems comes easily to me

\_\_\_\_\_ I am easily frustrated with disorganized people

\_\_\_\_\_ I can complete math calculations quickly in my head

\_\_\_\_\_ Puzzles requiring reasoning skills are fun for me

\_\_\_\_\_ I can’t begin an assignment until all my questions are answered

\_\_\_\_\_ Structure and clear directions help me be more successful

\_\_\_\_\_ I find working on a computer spreadsheet or database rewarding and fun \_\_\_\_\_ Things have to make sense to me or I am dissatisfied

### \_\_\_\_\_ TOTAL for Section 3

\_\_\_\_\_ It is important to see my role in the “big picture” of life

\_\_\_\_\_ I enjoy discussing questions about life

\_\_\_\_\_ Religion is important to me

\_\_\_\_\_ If I have the opportunity, I enjoy viewing art masterpieces

\_\_\_\_\_ Relaxation and meditation exercises are rewarding and helpful

\_\_\_\_\_ I like visiting breathtaking sites in nature

\_\_\_\_\_ I enjoy reading about the ideas of ancient and modern philosophers \_\_\_\_\_ Learning new things is easier when I understand their importance

\_\_\_\_\_ I wonder if there are other forms of intelligent life in the universe

\_\_\_\_\_ Studying history or ancient culture helps give me perspective or understanding about our world

#### \_\_\_\_\_ TOTAL for Section 4

\_\_\_\_\_ I learn best interacting or working with others

\_\_\_\_\_ The more people involved in a project or work, the better I like it

\_\_\_\_\_ Study groups are very good and productive for me

\_\_\_\_\_ I enjoy on-line chat rooms, e-mailing, text messaging my friends

\_\_\_\_\_ Participating in politics is important to me

\_\_\_\_\_ TV and radio talk shows are enjoyable

\_\_\_\_\_ I am a “team player”

\_\_\_\_\_ I dislike working alone

\_\_\_\_\_ Clubs and co-curricular activities are fun

\_\_\_\_\_ I pay attention to social issues and causes

##### \_\_\_\_\_ TOTAL for Section 5

\_\_\_\_\_ I enjoy making things with my hands

\_\_\_\_\_ Sitting still for long periods of time is difficult for me

\_\_\_\_\_ I enjoy outdoor games and sports

\_\_\_\_\_ I value non-verbal communication such as sign language or body language

\_\_\_\_\_ A fit body is important for a fit mind

\_\_\_\_\_ Arts and crafts are enjoyable pastimes

\_\_\_\_\_ Expression through dance is beautiful

\_\_\_\_\_ I like working with tools

\_\_\_\_\_ I live an active lifestyle

\_\_\_\_\_ I learn best by doing or “hands-on” activities

###### \_\_\_\_\_ TOTAL for Section 6

\_\_\_\_\_ I enjoy reading all kinds of different materials

\_\_\_\_\_ Taking notes helps me remember and understand things better

\_\_\_\_\_ I faithfully contact friends through letters and/or e-mail

\_\_\_\_\_ It is easy for me to explain my ideas to others

\_\_\_\_\_ I like to keep a journal

\_\_\_\_\_ Word puzzles like crosswords and jumbles are fun

\_\_\_\_\_ I write for pleasure

\_\_\_\_\_ I enjoy playing with words like puns as a source of humor and fun

\_\_\_\_\_ Foreign languages interest me

\_\_\_\_\_ Debates and public speaking are activities I would like to participate in

\_\_\_\_ TOTAL for Section 7

**\_\_\_\_\_** I am very aware of my moral beliefs and values

\_\_\_\_\_ I learn best when I have an emotional attachment to the subject

\_\_\_\_\_ Fairness is important to me

\_\_\_\_\_ My attitudes can have an effect on how well I learn

\_\_\_\_\_ Social justice and equality issues concern me

\_\_\_\_\_ Working alone can be just as productive as working in a group

\_\_\_\_\_ I need to know why I should do something before I agree to do it

\_\_\_\_\_ When I believe in something I will give 100% of my effort to it

\_\_\_\_\_ I like to be involved in causes and projects that help other people

\_\_\_\_\_ I am willing to protest or sign a petition to correct something I believe is wrong or unjust

\_\_\_\_\_ TOTAL for Section 8

\_\_\_\_\_ I can imagine ideas in my mind

\_\_\_\_\_ Rearranging the furniture in a room is fun for me

\_\_\_\_\_ I enjoy creating art using a variety of materials and ideas

\_\_\_\_\_ I remember things better when I use graphic or visual organizers

\_\_\_\_\_ Performance art (singing, dancing, acting) can be very satisfying

\_\_\_\_\_ Spreadsheets are great for making charts, graphs and tables

\_\_\_\_\_ Three dimensional puzzles bring me much enjoyment

\_\_\_\_\_ Music videos are very stimulating and fun

\_\_\_\_\_ I can recall or remember things in“mental” pictures\_\_\_\_\_ I am good at reading maps and blueprints

\_\_\_\_\_ TOTAL for Section 9

|  |  |  |  |
| --- | --- | --- | --- |
| **Section**  | **Total Points**  | **Multiply**  | **Score**  |
| **1: Naturalist**  |   | X 10  |   |
| **2: Musical**  |   | X 10  |   |
| **3: Logical**  |   | X 10  |   |
| **4: Existential**  |   | X 10  |   |
| **5: Interpersonal**  |   | X 10  |   |
| **6: Kinesthetic**  |   | X 10  |   |
| **7: Verbal**  |   | X 10  |   |
| **8: Intrapersonal**  |   | X 10  |   |
| **9: Visual**  |   | X 10  |   |

Do: Plot your scores on the bar graph to see your strengths:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 100  |   |   |   |   |   |   |   |   |   |
| 90  |   |   |   |   |   |   |   |   |   |
| 80  |   |   |   |   |   |   |   |   |   |
| 70  |   |   |   |   |   |   |   |   |   |
| 60  |   |   |   |   |   |   |   |   |   |
| 50  |   |   |   |   |   |   |   |   |   |
| 40  |   |   |   |   |   |   |   |   |   |
| 30  |   |   |   |   |   |   |   |   |   |
| 20  |   |   |   |   |   |   |   |   |   |
| 10  |   |   |   |   |   |   |   |   |   |
|   | **Sec. 1 Natural**  | **Sec. 2** **Music**  | **Sec. 3** **Logical**  | **Sec. 4** **Exis- tential**  |  **Sec. 5** **INTER-****personal**  | **Sec.6** **Kines- thetic**  | **Sec. 7** **Verbal**  | **Sec. 8** **INTRA- personal**  | **Sec. 9** **Visual**  |

# Getting Acquainted With Multiple Intelligences\*

According to Dr. Howard Gardner, a Psychologist at Harvard, multiple intelligences are 7-different ways to demonstrate intellectual ability or strength.

 **Naturalist Intelligence** is the ability to appreciate nature and feel a strong interest in preserving our environment. These learners enjoy: hiking and camping, helping care for animalsand plants, love being outdoors and believe that recycling is an important method of preserving life on our planet.  **Possible careers: biologist, botanist, gardener, landscape architect, DNR/Park ranger, farmer, vet, outfitter, travel guide, naturalist.**

 **Musical/Rhythmic Intelligence** is the ability to produce and appreciate music. These musical learners “think” in sounds, rhythms and patterns. Their skills include: singing, whistling, playing musical instruments, recognizing patterns, composing music, and remembering melodies. **Possible careers: composer, conductor, musician, singer, sensitive listener, disc jockey.**

 **Logical or Mathematical Intelligence** is the ability to use reason, logic and numbers.

These learners think in patterns making connections between pieces of information. These learners ask lots of questions and like to do experiments. **Possible careers:** **scientist, engineer,** **computer programmer, mathematician, detective, Secret Service, FBI**

 **Existential Intelligence** is the ability to see your role in the “big picture” of things; where you fit in the world. Existential learners enjoy discussing the big questions about life; religion can be very important. They gain meaning from the study of history and ancient cultures as well as reading the ideas of modern philosophers. Existentialists may enjoy discussing the possibility of other forms of intelligent life existing in the universe.  **Possible careers: spiritual leader, minister,**

 **archaeologist, anthropologist, art historian, environmental planner.**

 **Interpersonal Intelligence**. These learners try to see things from other people’s points of view in order to understand. They often have the ability to sense feelings, intentions and motivations. They use both verbal (speaking) and non-verbal language (eye contact, body language) to communicate. Their skills include: listening, empathy, working with groups, building trust, and peaceful conflict resolution. **Possible careers: counselor, sales, business owner, real estate agent.**

 **Kinesthetic Intelligence** is the ability to control body movements and handle objects skillfully. These learners express themselves through movement. By interacting with the space around them, they are able to remember and process information. Their skills include: physical coordination, crafts, acting, and using their hands to create or build**. Possible careers:**  **athlete, phy. ed. teacher, dancer, actor, firefighter, policeman, surgeon.**

 **Verbal or Linguistic**

**Intelligence** is the ability to use words and language. These learners have highly developed hearing skills and are generally

very good speakers. They think in “words” rather than “pictures”. Their skills include listening, speaking, writing, story telling, teaching, using humor, understanding the meaning of words, remembering information and convincing someone of their point of view. **Possible career interests:** **journalist, author, movie script writer, teacher, lawyer, politician, translator, public speaker.**

 **Intrapersonal Intelligence** is the ability to self-reflect and be aware of one’s “inner state of being”. There learners try to understand their inner feelings, dreams, and relationships with others. Their skills include: recognizing their own strengths and

weaknesses, reflecting and analyzing themselves, awareness of their desires and dreams, evaluating their thinking patterns, reasoning with themselves, and understanding their role in relationship to others. **Possible careers: social science researcher, theorist, philosopher, spiritual leader, psychologist.**



**Visual or Spatial Intelligence**

is the ability to perceive things. These learners tend

to think in “pictures” and need to create vivid mental images in order to retain information.

They enjoy looking at maps, charts, pictures, videosand movies. Their skills include: puzzle

building, reading, writing, understanding charts and graphs, a good sense of direction, sketching, painting, creating visual metaphors and analogies, manipulating images, constructing, fixing, designing practical objects, interpreting visual images. **Possible careers: pilot, navigator, sculptor, visual artist, inventor, architect, interior designer, mechanic, engineer, sailor, commercial or residential painter.**

**We all have SOME of each of these intelligences. Life experience strengthens each one.**