

Multiple Intelligence Report

Exclusively for Marsha Fralick

Overview

What are Multiple Intelligences?

Intelligence is the potential to solve problems and to create ideas and things that are valued in the current culture. A person's intelligence can vary over different areas such as science, art, athletics and social interaction. Research indicates that there are many unique areas of intelligence, and the measure of all those intelligences in a person is his or her multiple intelligence profile.

Your Profile

The intelligence profile shown below is based on how you answered the survey questions. The profile reveals current strength and challenge areas. Strengths usually come from a combination of natural ability and a lot of practice and support in that area. Lower ranked intelligences may exist because the right opportunities to develop them have not been made available. Knowing your intelligence profile will help you to take advantage of your strengths and develop your challenge areas.

Reminders:

- Everybody has all the intelligences.
- Your strengths can be used in many ways to help you be successful.
- Intelligences can always be developed further - both strengths and challenges.
- Profiles *can* change as intelligences are developed.

Intelligence	Score		
	Low	Mid-Range	High
Linguistic			
Naturalist			
Logical-Mathematical			
Interpersonal			
Intrapersonal			
Musical			
Existential			
Spatial			
Bodily-Kinesthetic			

Traits from Your Top Ranked Intelligences:

Linguistic



















- Reading speed and comprehension
- Memory for word-based information
- Ability to change communication style for topic, audience, and purpose
- Creative use of language such as in story-telling, creative writing, humor, and poetry
- Learning new languages and other symbol systems such as computer code and hieroglyphs
- Understanding of vocabulary, sentence structure, grammar, and spelling for clear communication























Naturalist













- Identifying similar and different traits in objects and in living things
- Grouping objects and living things by their traits
- Understanding and determining hierarchies - how different groups should be organized
- Awareness and sensitivity to living things and the environment
- Ability in caring for and interacting with plants, animals and the natural environment

Your Top Careers

Based on your intelligence profile

Your Top 52 Careers	
Career Title	Degree of Match
Archivists	
Editors	
Librarians	
Curators	
Environmental Science and Protection Technicians, Including Health	
Accountants	
Anesthesiologists	
Appraisers and Assessors of Real Estate	
Auditors	
Biological Technicians	
Chemists	
Computer and Information Scientists, Research	
Database Administrators	
Financial Analysts	
Financial Examiners	
Hydrologists	
Insurance Underwriters	
Mathematical Technicians	

Medical and Clinical Laboratory Technologists	
Nuclear Engineers	
Occupational Health and Safety Technicians	
Statisticians	
Agricultural Sciences Teachers, Postsecondary	
Agricultural Technicians	
Animal Scientists	
Biological Science Teachers, Postsecondary	
Dietitians and Nutritionists	
Forestry and Conservation Science Teachers, Postsecondary	
Geographers	
Library Science Teachers, Postsecondary	
Nursing Instructors and Teachers, Postsecondary	
Pharmacists	
Soil and Water Conservationists	
Accountants and Auditors	
Agricultural Inspectors	
Assessors	
Biologists	
Bookkeeping, Accounting, and Auditing Clerks	
Budget Analysts	
Chemical Technicians	

Coroners	
Environmental Scientists and Specialists, Including Health	
Food Scientists and Technologists	
Geological and Petroleum Technicians	
Geological Sample Test Technicians	
Geophysical Data Technicians	
Materials Scientists	
Medical Scientists, Except Epidemiologists	
Microbiologists	
Personal Financial Advisors	
Treasurers and Controllers	
Zoologists and Wildlife Biologists	



Linguistic Intelligence

Description

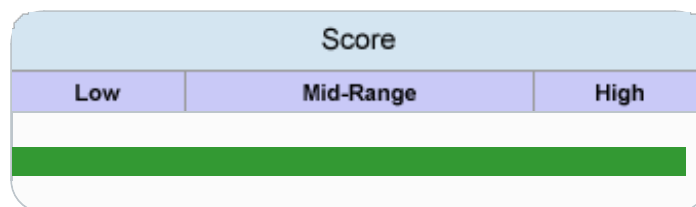
Linguistic intelligence helps you to understand and use language properly in reading, writing, speaking, including sign language and Braille. It also affects vocabulary and the ability to understand and use humor, create pictures using words, notice language patterns, and recognize relationships between words. Linguistic intelligence is one of the main intelligences linked with succeeding in school.

Famous People with Strong Linguistic Intelligence:

- **William Shakespeare** (author, playwright)
- **Barack Obama** (lawyer, U.S. president)
- **Maya Angelou** (poet, author)
- **Noam Chomsky** (linguist, philosopher)
- **Jean-François Champollion** (linguist who first deciphered Egyptian hieroglyphs)

Linguistic Intelligence and You

Your assessment indicates that you are ***strongly*** oriented towards linguistic intelligence.



Academic Ability

This means that you are likely talented in the areas of languages, grammar and vocabulary. Linguistic intelligence also plays an important role in other activities such as communication, creativity, and **semantic memory**. Therefore, you probably enjoy activities like reading, writing and wordplay. You also likely do well in your English class or at least find it one of your better subjects in school. In fact, you probably do well in school overall because linguistic ability is very helpful when writing tests in most subjects, especially when combined with a strong logical mathematical intelligence.

Communication Preferences

Your communication skills are enhanced by your linguistic ability. Although you may have a preferred method of communication, whether verbal, written, or even sign language, you are likely comfortable with more than one form. Your linguistic ability also helps you to both understand language and create it yourself. In other words, your talent should apply to reading as much as it does to writing, speaking and listening. However, there are other traits and intelligences that can affect which communication methods you prefer. For

example, an extraverted personality type with interpersonal and musical intelligence (for pacing and tone) may enjoy discussions and debates on difficult topics. Meanwhile, an introvert with strong intrapersonal intelligence may prefer reading advanced psychology textbooks.

Understanding Language Styles

You are likely also comfortable with different styles of communication such as **rhetoric** or persuasive language, where the purpose is to influence or convince an audience. You probably also explain things well, or have good **technical** communication skills. And, more than most, you may enjoy creative uses of language such as **poetry** and **humor**, which tend to entertain, as well as express or inspire emotion. Whatever style you use, your natural ability with **semantics** and **syntax** allows you to be highly creative in your communication. Of course, these communication styles can be combined and do not necessarily describe all the possibilities out there. They are only mentioned here to demonstrate the potential of your strong linguistic ability.

Knowledge and Memory

Because knowledge and memory are closely tied to linguistic intelligence, your ability to comprehend language quickly and efficiently allows you to process a lot of information and remember a high percentage of its meaning. You can probably accurately recite lines from your favorite books, movies and songs quite easily.

In the Learning Environment

Using language to communicate well is very important in both school and whenever you're learning something new. Improving your linguistic skills will allow you to better understand others and communicate more clearly. It will also help you to remember more information so that you can easily share what you've learned.

Below are ways to use and improve your linguistic intelligence. Make sure you discuss with your teachers and counselors where and when you should use the following strategies.

- Underline, highlight, or write down any new or unfamiliar words you come across in your reading. Look up these words as soon as you are able. Remember, many textbooks and electronic devices have glossaries. Even after you have looked them up, review their definitions when you prepare for a test.
- Take every chance you get to read aloud, especially books that you find easier - e.g. stories for a little brother or sister, or volunteer to read to students in lower grade levels or children at the library. This will improve your flow, pronunciation, and confidence. You can also practice scanning ahead of where you are reading to figure out how you can change your tone and pace to match the story. This will allow you to add the appropriate emotion and suspense to the stories you read.
- Before you start reading, make sure you know the goals and main concept of the chapter. Textbooks very often start chapters with an outline or some key questions. Spend the time to understand these lead-ins. If you are reading a novel, think about the last chapter before starting a new one. This will help your mind to better grasp the new information you are reading.
- Take elective classes like creative writing, speech and debate, drama, computer programming, and foreign languages. These classes can help your linguistic intelligence. Each of these examples uses language in creative and specific ways

that encourage you to learn more about **semantics**, **syntax**, and **phonology**.

- Every day, try to find time for one or more fun or interesting language activities. Below are some examples of linguistic-based activities that some students enjoy.
- Playing Scrabble with friends
- Online sites like **Free Rice**, **Lumosity's Word Bubbles**, **Dictionary.com's Flashcards**, and **WordPlays.com**
- Volunteer or ask about writing for the school paper or media club.
- Enter poetry, essay, or speech and debate contests.

Developing Your Linguistic Intelligence

Whether you are reading a textbook, writing an essay, sending an email, doing an interview or speaking to an audience, there are many opportunities to practice and develop your linguistic skills.

Read More

Reading can improve your linguistic skills in understanding and interpretation. However, the quality of what you read is key. Reading Facebook updates and text messages all day won't be of much help. There are books of every sort and subject that have been recognized for the quality of writing. There are also many topics covered in respected magazines and periodicals - both online and paper-based. Simply figure out which topics you're most interested in, and take it from there.

When choosing your reading material, libraries are a great place to start. Talk to the librarian or your English teacher for help finding high quality material. For motivation, think about which linguistic skills you want to improve the most. If you want to understand and share facts with others, try reading journalistic writing in newspapers and magazines. If you want to learn how to write more poetically and use creative language to stir emotions, check out novels, plays and poetry.

Expand Your Vocabulary

When writing, use online dictionaries and thesauruses to help with your vocabulary, then, review what you have written once you're done. When it's appropriate, follow-up conversations with an email to recap what was discussed. This will force you to think about communicating the same meaning in two different ways. Practice speeches using different words with different emphases before an actual presentation. For more advanced development, learn about how words carry different **connotations**, which is their meaning beyond the exact definitions. You can also play with **syntax** - how words are arranged in a sentence, and **pragmatics** - how the context of words affects their meaning.

Explore Humor

Finally, a fun and challenging use of linguistics is found in humor. Humor uses all the subtleties of linguistics to achieve its goal. For example, irony, sarcasm, and satire mean the opposite of what is being said. For these forms of humor, sensitivity to context and **intonation** are very important. Also, due to the subtext, word choice and sentence structure are important too. Learn to enjoy different types of humor and practice being funny yourself. Note that humor is sometimes a tricky form of communication that also utilizes interpersonal, kinesthetic and other intelligences.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. But, remember that intelligences are almost never used individually. Your effectiveness in almost any situation depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strengths to help develop your other intelligences. See below for specific strategies on using linguistic intelligence to help develop the other intelligences.

Spatial

Start developing your spatial intelligence by trying to visualize the same level of detail and accuracy in your mental pictures that you would otherwise write or describe.

- Read books and other materials that use descriptive imagery, such as materials on nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and other works of fiction. Try to create mental pictures of what you are reading. Over time, increase the amount of detail you have in your mental pictures - add color, depth, and background. As you get better, imagine how it would look as you moved through areas and how things would appear from different angles.
- Try games like scavenger hunts and geocaching, use word-based clues to help people get to the goal.

Bodily-Kinesthetic

A word-based blueprint can provide a huge help when developing bodily-kinesthetic intelligence.

- Read a book about an inspirational athlete, especially books that provide a first person view of what some athletes call "flow" or being "in the zone". Some examples are, *Born to Run*, by Christopher McDougall, and *For the Love of the Game: My Story* - Michael Jordan.
- Linguistic intelligence can affect ability to perform sign language. Sign language also requires a certain level of coordination, and learning it will improve arm and hand dexterity.



Naturalist Intelligence

Description

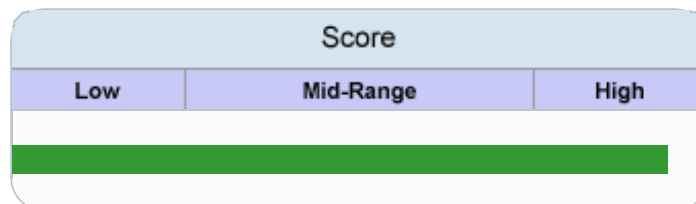
Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes, etc. It also allows you to see the connections between different parts of the environment, to easily recognize when environmental changes happen, and to understand what impacts those changes might have. People with a strong naturalist intelligence are typically seen as "in tune" with nature.

Famous People with Strong Naturalist Intelligence:

- **Charles Darwin** (geologist, naturalist)
- **Jane Goodall** (biologist, conservationist)
- **Jacques Cousteau** (marine ecologist, filmmaker)
- **Chico Mendes** (human rights activist, environmentalist)
- **Steve Irwin** "The Crocodile Hunter" (naturalist, environmentalist)

Naturalist Intelligence and You

Your assessment indicates that you are ***strongly*** oriented towards naturalist intelligence.



Observation and Categorization

This means that you likely have a strong ability to identify and group objects in the environment. For example, you are quick to notice most differences between animals, plants, and natural formations, as well as those between man-made objects like cars or clothing. In fact, you may even find small differences between objects that are otherwise very similar. You can probably also spot hard-to-see similarities between two different objects. For example, you might be able to recognize the similarities between a human hand and a whale fin (also known as **homology**) and understand why those relationships occur.

Connection to Nature

You feel very comfortable when out in nature, even in a wild environment. Things like insects, sand and dirt usually do not bother you much, nor are you overly fearful of predatory animals. Instead you are able to adapt your behavior to be more in tune with nature. You are able to quickly learn and recognize the different sounds of the wilderness.

You rarely miss the conveniences of civilization, and likely feel much more relaxed when you are away from society for some time.

Awareness of Weather and Climate

This intelligence also applies to awareness of weather. You can probably sense looming changes more quickly and easily than most people, and so you are rarely caught off-guard by the weather. This is due to your keen awareness of small shifts in the environment. You may even notice how animals and plants alter their behavior just before certain changes in weather and climate.

Protecting the Environment

You probably put some time and effort into understanding, protecting and bettering nature and living things in the environment. You may be involved in community restoration projects, wildlife protection programs, pollution clean-up projects and much more. You likely try to live in harmony with your environment by choosing to do things like recycle, compost, bike or walk more, use eco-conscious products, grow your own food, etc. Your concerns for the environment may be focused locally, globally, or both.

While you already have a strong naturalist intelligence, you can still benefit from further development of this orientation. Continue to take part in activities that engage your naturalist intelligence, and add new activities to strengthen it even more.

In the Learning Environment

Naturalist intelligence is especially useful in science class when dealing with subjects like biology, ecology, geology, and astronomy. However, there is potential for this intelligence in other areas as well.

Below are some ways to use and improve your naturalist intelligence at school and whenever you're learning something new. Make sure you discuss with your teachers and counselors where and when you can use the strategies below or ones that you and your teachers create together.

- Work on assignments in a natural environment that help you focus, such as in your backyard, a park, etc.
- Join or start an environmental project within or outside your school. There are some great ideas and resources on the U.S. [Environmental Protection Agency's](#) websites for [students](#), [community](#), and [internships](#).
- Try to find the connection between what you learn in school to things you already know about the natural environment. Below are some examples.
- Ask your math teacher if you can see some word problems that involve nature. You don't have to solve the problems, just read them for a better understanding before you learn a new concept.
- In English class, ask the teacher what opportunities there are to focus your reading and writing on nature and the environment.
- Government: Find out about the organizations within the government that are responsible for nature and the environment.
- History: Look at how conditions in the natural environment may have affected a historical event (e.g. Russian winter in WWII) and how an event may have affected the natural environment (e.g. Industrial Revolution)

- Take part in as many school-organized field trips as you can. Outdoor trips are great, but it also helps to go on trips to zoos, museums, galleries, and other environments where you get to use your senses to identify and classify objects.
- Take advantage of classes like Outdoor Recreation and Leadership when available. Or, ask your counselors and principal about adding similar courses to the timetable.

Developing Your Naturalist Intelligence

Spend Time in Nature

Developing your naturalist intelligence can be very useful in what you do in school, work and life. One of the best ways to improve your naturalist intelligence is to simply spend time in a natural environment. As you experience nature, pay attention to the animals, plants, and other objects that surround you. Note the differences and similarities. Try to imagine how each living thing fits into its environment. Also, try to imagine how the rocks and landscape were formed. If you live in the city, take advantage of any small pockets of nature available. Grow some plants in a window sill. Earn some money walking dogs and observe the behaviors of the dogs carefully. Challenge yourself to find as many weather clues that show seasonal change as you can. Once you are comfortable with making these types of observations, try to group or categorize the things according to your observations.

Practice Categorization

The grouping of natural objects is something our brains are designed to do. It may have helped our ancestors to survive by knowing what to eat, what to avoid, and how to tell friend from foe. Grouping non-living objects by their features also uses and develops your naturalist intelligence. So, if you prefer, try categorizing man-made objects, and remember that it is helpful to use multiple senses in doing so. For example, learn to identify cars by the sound of the engine, colognes and perfumes by their smell, fabrics by their texture, or anything else that interests you.

Get Involved in an Environmental Cause

There are so many causes to choose from, it is very likely that one will interest you. You may join an organization because people you know are involved or because there is a need for some special skill that you have. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself. To help you get started, check out this very useful website from the U.S. **Environmental Protection Agency**. It has sections for **students**, **community**, and **internships**.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. Remember that intelligences are almost never used individually. Your effectiveness in almost any situation depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strength to help develop your other intelligences. See below for specific strategies on using naturalist intelligence to help develop your other intelligences.

Spatial

Naturalist and spatial intelligences support each other quite well and are often seen in art

depicting nature. Spatial intelligence helps artists understand how to compose the art, using lines, color, and space. Naturalist intelligence helps artists appreciate the small details in the environment, which allows the artist to bring an image to life.

- Take time to view different forms of art based on an environment you enjoy. Try to develop your appreciation for not only *what* the artist is trying to show, but *how* the artist is showing it.
- Try activities like orienteering, **geocaching**, and adventure racing. These will challenge your ability to visualize paths and judge distances in different environments.

Bodily-Kinesthetic

Your love of nature and the environment means that you probably enjoy being outside, where many bodily-kinesthetic activities take place. Be sure to pay attention to your movements and how you can be more efficient in any of the activities you do.

- Sign up for classes like Outdoor Recreation and Leadership when available. Or, ask your counselors and principal about adding a similar course.
- Hike or bike along your favorite trails or in areas that will give your kinesthetic intelligence a workout.
- Start with reasonable challenges at first, and then increase the challenge factor as you develop your bodily-kinesthetic ability. For instance, increase your speed and try more difficult trails with hills, obstacles, and other varied terrain. If you are ready, try rock climbing, river kayaking, or cross-country skiing. In the city, there are advanced options like **free-running** or **parkour**. *Note*.be sure to discuss your activities with a responsible adult and take the recommended safety precautions before you try any of these activities.

usually do well because of your methodical approach and your ability to process a lot of information very quickly. You often think about different strategies to make things more efficient and effective - for school, work *and* play.

Connecting Ideas

You can see patterns and connections between things more quickly and easily than most others, especially when it comes to abstract ideas or lessons in school. For example, you may see the connection between the way a computer stores and indexes information, and the index at the back of a book. This ability to recognize patterns can easily be applied to just about any area: economics, biology, history, logistics, architecture, medicine, language and more.

Finding Balance

With your strong ability to analyze and compare, be careful that you don't get caught up in every curiosity you have at the expense of other responsibilities or other people's feelings. Remember to develop your interpersonal and intrapersonal abilities to keep things in balance, and even *enhance* your logical-mathematical abilities in certain areas. For example, the skills of empathy, perspective and self-knowledge, which are important in building relationships, can also help to make more accurate predictions for situations involving people. The reverse is also true. Our relationships can be studied and improved using logical-mathematical skills. When the emotional world is analyzed using estimations, patterns, and probabilities, it can increase awareness and provide information that supports a better understanding.

In the Learning Environment

Logical-mathematical intelligence is one of the most frequently used intelligences in school. It can be used across all subjects for both finding *and* solving problems. This intelligence also helps with rational decision-making. Good decisions help students have a positive school experience when it comes to course selection, extra-curricular activities, time management, and much more.

Below are ways to use and improve your logical-mathematical intelligence. Make sure you discuss with your teachers and counselors where and when you can use the following strategies.

- Become familiar with the **fallacies of logic** (in other words, incorrect arguments or reasoning) with the goal of improving your critical thinking skills. Practice creating and identifying different statements that have fallacies. Different forms of media often contain fallacies, from newspapers to television shows. Fallacies are most often found in open platforms where anyone can comment, such as online forums and letters to the editor.
- When appropriate, practice thinking out loud, especially when working in groups. Share your problem solving and analytical strategies with others so that they can help you to improve upon them. And, listen to how others think their way through a problem.
- When you watch someone else analyze or solve a problem, ask questions about each of the steps taken. Find out what the person was thinking as he or she solved it. Put some focus on the process of solving the problem, not just the problem itself.
- Get some extra practice, add an element of fun, or challenge your math and logic

skills by visiting one of the recommended websites listed below. Also feel free to find your own website that helps with logic and math. Be sure to check with a teacher or counselor to make sure that the site is one that will provide good support for your logical-mathematical intelligence.

- In any class or subject, try to look for patterns and ways to organize information to make it easier to remember. For example, create acronyms like HOMES to memorize the names of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.
- Try to get information represented in multiple ways. For example, data can be placed in a chart or a graph. Outlines can also be shown as a mind map. Even music can be represented differently, e.g. guitar tab vs. chords. Also, try to create different versions of the same information yourself. If you take notes in outline form, re-write them as a mind map or a chart.

Developing Your Logical-Mathematical Intelligence

There are many fun and interesting ways to develop your logical-mathematical intelligence.

Online Puzzles

There are plenty of websites dedicated to logic puzzles, riddles, and unique math problems. This is a great way to practice your logical-mathematical intelligence because there is so much variety, you get immediate feedback, and many sites are freely available. The only disadvantage is that you are not practicing the intelligence in a real-world situation. However, the flexibility and choice does make it convenient and allows you to select the level of difficulty as you develop your skills. The websites listed below will help get you started.

Practice, Practice, Practice

Math is like any other skill - you will get better if you practice. When dealing with everyday math problems, for example, calculating a tip at a restaurant, first try calculating in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer. It's true that some can learn easier and faster than others, but everybody can improve.

Real-World Examples

Take a little time each week to read or watch a science-based article or story. Pick a topic that somehow relates to the people or things in your life. Get to know some of the theories or facts in the story. Over the next few weeks, try to find real-world situations to the concepts you read about. For example, if you have a cell phone, you can learn about microwave radiation and how it is used to send the signal to and from your phone. Also, learn about how microwaves travel and what materials block or absorb them. Then, you can see where you get the best and worst signals on your phone and try to figure out why.

Strong Reasoning for Valid Conclusions

Logical-mathematical development also involves making accurate conclusions, using reliable and unbiased information. Information needs to be examined at face value and not skewed because you want it to support a certain idea. You can improve your reasoning skills by learning about and avoiding common **logical fallacies**.

Continue to use and build your strengths in this intelligence by trying a wide variety of activities from puzzles, math and strategy games, to business and economic analysis, to medical research and science experiments. Also, remember that nearly all activities use at least several intelligences at once. Take advantage of your strengths and keep improving your other intelligences to get the most of your abilities in all situations. Be sure to look at the strategies below for ways to use your other strengths to help develop your logical mathematical intelligence.

Math and Logic Websites

Khan Academy

This fully-sponsored, ad-free site allows anyone to view videos and practice problems in math and other topics including science, computer programming, finance, humanities, and test prep. Whether you want to browse the site or create an account, everything is free of charge. Creating an account on the site allows you to track your progress and earn badges for achieving certain milestones. The site contains topics for primary school through up to advanced graduate level. This site is highly recommended.

Math Playground

This site is an excellent all-around math site that is supported by ads for educational products. The site appears geared towards younger students, but it actually addresses concepts that apply all the way through post-secondary mathematics. It uses a fun and interactive approach to math and even some computer programming concepts. This is a great site for those who may want to start at a more basic level, but it also contains challenges and fun for those with fairly advanced skills.

The Math Forum

The Math Forum is a research and educational enterprise of the Goodwin College of Professional Studies. This site contains a variety of word problems that you would typically see in school assignments and tests. Each problem includes a full step-by-step explanation of how to come up with a solution for the problem itself and others like it. This site is a great 'next step' once you are comfortable with the basics, or are doing some practice before a big test.

Galileo Network Educational Association

This site contains more off-the-wall and advanced problems for those seeking a challenge as well as those looking for math concepts that are applied to interesting real world problems. The puzzles on this site are the kind often seen at math competitions. Students who are comfortable with math will find the challenges on this site entertaining and helpful in sharpening their skills.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. But, remember that intelligences are almost never used individually. Your effectiveness in almost any situation

depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strengths to help develop your other intelligences. See below for specific strategies on using logical-mathematical intelligence to help develop the other intelligences.

Spatial

Your logical-mathematical strength can be significantly improved by also developing your spatial ability. Spatial intelligence helps you to quickly understand and imagine images and the position of objects within a defined space.

- Attempt to solve logical problems that have a visual-spatial component. Examples include work in architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and much more.
- Visual puzzles use your talent for gathering information and finding answers. Look for patterns and connections in the images and for different possible arrangements.
- Activities like model building, electronic hobby kits, geocaching, orienteering, and some computer games use both spatial and logical-mathematical intelligence.
- When you are working on logical-mathematical problems, try putting the information into visual form. Create a chart or graph, sketch pictures or diagrams to represent the information.

Bodily-Kinesthetic

Logical-mathematical people may enjoy bodily-kinesthetic activities that incorporate strategy, analysis and goal-setting.

- Many team sports use strategy, as well as activities like paintball, golf, and model building.
- Look into fitness programs with the goal of designing the ideal program for you. Carry out the program like an experiment: make observations, record your results, and adjust your method as needed.
- Practice every movement with the goal of feeling coordinated and natural.
- Use mirrors to analyze your movements for correct form.



Interpersonal Intelligence

Description

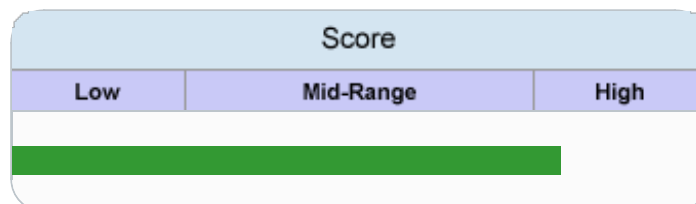
This intelligence includes understanding and working with people, building relationships, seeing the world from others' point of view, communicating well verbally and non-verbally, cooperating in a group, having influence, and responding to the mood, personality and goals of others.

Famous People with Strong Interpersonal Intelligence:

- **Martin Luther King, Jr.** (clergyman, civil rights activist)
- **Mother Teresa** (nun, humanitarian)
- **Oprah Winfrey** (talk-show host, philanthropist)
- **Anthony Robbins** (success coach, professional speaker)
- **Ellen DeGeneres** (comedian, talk-show host)

Interpersonal Intelligence and You

Your assessment indicates that you are **strongly** oriented towards interpersonal intelligence.



Healthy Relationships

With a strong interpersonal intelligence, you are likely very good at building social relationships, as you easily understand and respond well to the feelings, motivations, and behaviors of others. These communication skills are especially important when it comes to maintaining healthy friendships, speaking with authority figures, and building strong family relationships.

Productive Team Player

You probably prefer to work with others, rather than work alone. You have a lot of potential to be a highly productive member in group projects, and can even help the group to be more successful with your ability to persuade and influence others. Because you quickly learn what motivates others, you can choose from a variety of roles in the group to ensure the best environment for all - whether you are an encourager, harmonizer, follower, opinion-giver, compromiser, etc. The key is to establish clear, helpful goals for each project and to remain focused on those goals throughout. For you, distractions may include getting caught up in socializing or in shifting the team's efforts towards a personal agenda instead of what is best for the group and the overall project.

Helping Others

You likely feel a significant sympathy and empathy for others, as well as a strong desire to help people, and are able to quickly understand exactly what people need. Your ability to persuade and influence can also be a huge help for activities that are charitable or service-oriented. Getting involved in these types of projects can be a great way to direct your abilities towards helping others. However, you may also want to team up with logically minded people to ensure that the work you're doing will give you the results you want.

A Diverse Network

Because you like to get to know and understand others, you may also enjoy interacting with people *besides* your usual friends, such as older mentors, those with skills you'd like to have, or people from other cultural groups. Because these individuals have different interests than you, you can gain new knowledge, skills, and perspectives from them. Also, interacting outside of your peer group can offer a deeper understanding of yourself as part of a larger group and the role you can play in that group.

Understanding Humor

You really enjoy humor in its many forms, whether as obvious slapstick or more subtle in nature. It is also likely that you are able to *be* very funny because humor takes precise delivery, as well as comfort and confidence around different audiences. Practicing humor is also a great way to persuade, ease tension, and promote a friendly environment. As someone with a strong interpersonal intelligence, you should continue to practice and develop humor as a useful skill.

In the Learning Environment

This intelligence can play an important role in learning. Any conversation with a teacher, counselor or another student can benefit from the ability to understand each other's points of view and improve communication. Below are ways to use and develop your interpersonal intelligence. Make sure you discuss with your teachers and counselors where and when you can use any of the following strategies.

- Talk to other students, teachers or experts to learn more about topics covered in class. Try to be prepared with good questions.
- Talk to your teacher about working in pairs or groups, or possibly even doing multi-class projects, to encourage discussion. Also, form study groups for outside class time.
- Try out different roles in your groups for different projects, e.g. researcher, recorder, reporter, etc.
- Look for ***safe*** online forums and discussions on topics covered in school.
- Get involved in a social cause that relates to a class topic.
- Learn about 'listening skills' and practice them every chance you get.

Developing Your Interpersonal Intelligence

Improve Your Relationships

One way to develop your interpersonal intelligence is to work on your current relationships. There are many tools available to help improve relationship skills at school and in your

personal life. For example, a personality type assessment is one approach that has proven very useful. However, because some resources are better than others, make sure the ones you use are of good quality, whether they are books, courses, videos or websites. If possible, get feedback from people who have used that resource before.

Observe Others

Leading or participating in groups is always more enjoyable and successful when you are able to read others' body language and communicate accordingly. Whether you are in a group or one-on-one situation, the key is to pay careful attention to facial expression, body positioning, and to just listen and observe. Learn what motivates others and adapt your role to one that works best for the situation - whether as an encourager, harmonizer, follower, opinion-giver, compromiser, etc. Then, you can suggest your ideas to the group in a way that will have the impact you want.

Help Others

Getting involved in charity work and service-oriented activities are excellent ways to express and develop your interpersonal intelligence. These types of projects improve your ability to feel empathy, understand others' points of view, and build your communication skills.

Expand Your Network

While it is fun and easy interacting with friends who have views and interests similar to your own, it does limit your exposure to new ideas from others outside of your group. Try interacting with people of different ages, skill sets, and other cultural groups to broaden your horizons.

Learn Humor

Another good way to develop your interpersonal abilities is to watch and attempt different forms of humor. To be funny requires being able to read your audience well and deliver lines with precise pace, timing, and clarity. Comedians typically use a strong combination of verbal and non-verbal communication. Humor can also help with persuasion and tact in a group setting. Learning how to be funny in a positive way can dramatically improve your interpersonal intelligence.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. But, remember that intelligences are almost never used individually. Your effectiveness in almost any situation depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strengths to help develop your other intelligences. See below for specific strategies on using interpersonal to help develop the other intelligences.

Spatial

Your ability to communicate with and understand others can be used to learn spatial awareness.

- Talk to people with a strong ability in spatial activities. For example, visual artists,

architects, designers, navigation specialists, etc. Ask them how they visualize things and what helps them to do so.

- Get involved in organized group activities that have a strong spatial aspect, such as courses in photography, orienteering or geocaching, art, interior design, landscaping, and even woodworking. In the beginning, you may be more interested in simply socializing with others, but over time, you can learn the skills that will develop your spatial intelligence.

Bodily-Kinesthetic

For those with good interpersonal abilities, getting involved in group activities is a great way to build bodily-kinesthetic intelligence.

- Team sports, running groups, or groups that hand-build things all allow your senses to be focused and for you to perform movements with specific goals.
- Talk to friends and others who are very involved in kinesthetic activities to understand what motivates them. This may help motivate you for more physical activity.



Intrapersonal Intelligence

Description

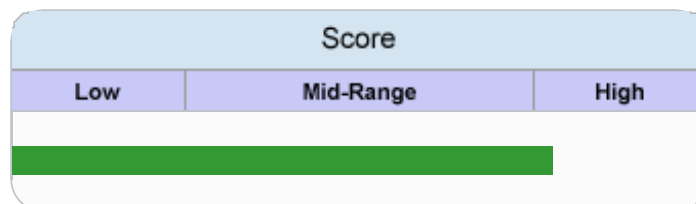
Intrapersonal intelligence includes the ability to understand oneself - emotions, fears, motivations, strengths, and weaknesses. This intelligence allows you to reflect upon your own thinking and behavior, learn from that reflection, find ways for self-improvement, and build self-confidence.

Famous People with Strong Intrapersonal Intelligence:

- **Confucius** (philosopher, teacher)
- **Sigmund Freud** (neurologist, psychoanalyst)
- **Mohandas Ghandi** (lawyer, ideological leader)
- **Helen Keller** (speaker, author)
- **Terry Fox** (athlete, humanitarian)

Intrapersonal Intelligence and Marsha

His assessment indicates that he is **strongly** oriented towards intrapersonal intelligence.



Reflection and Decision-Making

This means that you are often reflective and able to analyze your own thoughts and behaviors in an objective and constructive way. You think carefully about your decisions, often weighing the pros and cons of each option. This leaves you better prepared for the consequences of your decisions.

Strengths and Challenges

You have a good awareness of the strengths and challenges you have at school and in your personal life. In fact, much of this report may seem familiar to you. You probably enjoy taking assessments like this one and are driven to explore and understand yourself better and how you fit into the world around you. Maintain your awareness and continue to use resources like self-assessments to compare with your own beliefs about your strengths and challenges.

Self-Awareness

Your strong self-awareness may make you more conscious of your impact on those around you, and of the social role you play at school and in your personal life. When directed in a

positive way, you may find that you often take on a helpful and caring role among the people you know and in the community. Also, you can probably adjust your mood, your tone of voice, and how you carry yourself to improve communication with others. You likely also have a strong awareness of your own biases. We all carry biases that come from our personal character and life experience. However, you can prevent them from blinding your judgment if you are aware of them. Maintaining objectivity allows you to see other viewpoints and make positive connections with more people. And, when you combine good interpersonal skills with your intrapersonal intelligence, you may find that you are more able to influence and persuade others.

Goals

You probably set goals for yourself that are quite challenging, but realistic for your abilities. While others may get side-tracked, you tend to keep a strong focus on your goals until they are achieved. By knowing how you work best and what obstacles you should avoid, you tend to perform tasks more efficiently. At school, you will feel more satisfied when you have time at the start *and* end of each project or assignment to think about what you did well and what you could improve. You will also feel more comfortable when you take time to plan out how you can avoid mistakes of the past and repeat your successes in the future.

Confidence and Emotions

You carry a strong inner confidence that is very useful when working on your own or in a group. You are also highly aware of your feelings and what factors can trigger different emotions for you. Your confidence and self-awareness may allow you to deal with difficult situations better than most. Whenever you experience drama, you are usually able to keep your emotions in check, and as a result, make better decisions. However, remember to be sensitive to the emotions of others. Not everybody is fully aware of how their emotions can affect their behavior.

If you are not already doing so, spend time meditating, keeping a journal, blogging about your experiences, or any other self-reflective activities. These provide an opportunity for self-analysis, and more easily allow you to take the next steps of setting goals and following them through. Also, remember to communicate what you know about yourself to others, when appropriate. For example, if you take on a certain role in a group project, tell your classmates *why* you feel that role is best for you. Not only will others better understand the reasons for your decisions, but they may also pick up on the benefits of a strong self-awareness.

In the Learning Environment

Intrapersonal intelligence is important for understanding how you learn best and what may prevent you from learning. It can also keep you on track with your goals, help you to adjust your mood, and boost your confidence so that you can have the best student experience possible. Below are some of the ways to use and develop intrapersonal intelligence. Make sure you discuss with your teacher/counselor where and when you can use any of the following strategies.

- Take self-assessments like this one to help you determine what your strengths and challenges are.
- Create a plan of how to use your strengths in the various areas of school. Some may be obvious such as using logical-mathematical intelligence in math class. Others may

need more thought such as using your musical intelligence in P.E. It can be done - with a little creativity and some help from other sections in this report.

- Write down some strategies that you feel will help you avoid or improve your challenge areas. Review these strategies often as they are often forgotten the minute a challenging situation arises.
- Keep a journal or personal blog about your experience at school. Try to record your feelings and thoughts close to the time that they occur. Re-read your journal at a later time so that you can be more objective when analyzing your thoughts.
- Take time to reflect before and after each learning experience. Talk to your teachers for suggestions about what questions might spark good reflection.
- When receiving feedback on your schoolwork, remind yourself that the feedback is an opportunity to improve your skills. It is not meant to judge you as a person.
- Learn about and practice good decision-making skills. Talk to teachers, counselors, and use other resources such as this [website](#).
- Practice mental breaks. Even if just for a few seconds, these short inner time-outs can help you get yourself in check whenever you're feeling frustrated, angry, upset, or any other negative emotion that may interfere with learning or your ability to perform. Athletes often do this in the middle of a big game; the same strategy works for learning and test preparation.

This intelligence, especially when combined with a strong interpersonal intelligence, can make you a better communicator. When you can understand and manage your own feelings well, it is easier to imagine what it is like for others. Sympathy and empathy are powerful tools for communicating with people so that they understand you and respond positively. Also, when you spend time self-reflecting, you are more energized to engage the outside world and are better able to help others. These abilities to communicate, influence, and help others also improves your ability to take on leadership roles.

Developing Your Intrapersonal Intelligence

Reflect

The most basic way to improve your intrapersonal intelligence is to take time to reflect on your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? Analyze your strengths and weaknesses. Taking the time to reflect on your behaviors and feelings outside of the moments they occur makes it easier for you to see things more clearly. Doing so will help you to better understand yourself, allowing you to create plans for self-improvement that will really work.

Reflection can be done just by thinking about a situation or by writing out your thoughts. Writing often works best, as it gives you a chance to review your thoughts later on. You will also need to find the time and place to reflect. Ideally, it is best to reflect when there are few distractions. Some people find it easier while exercising, or simply walking from place to place. If you take the bus or get a ride to school, that might be a good time. You may prefer a serene setting like a park or just a quiet room. Sometimes, your teachers may give you time in class to reflect on something specific. Whatever you use, just remember to make at least some time to do it.

If you find it difficult to focus on self-reflection, there are many methods and resources that can help. Assessments like this one are good tools to help with self-analysis. You can also try meditation, self-help books, courses and seminars, or seek other professional guidance. Use the strategies shown in the section below on how to take advantage of other areas to

develop intrapersonal intelligence. Then, based on your self-analysis, create goals and realistic plans to achieve them.

Set Goals

Some advice to get you started with goal-setting is to remember the 4 R's. *Record* your goals. Make your goals *realistic*. Be specific with your goals so that you can *recognize* when they have been accomplished. Try to have a *range* of goals, from short-term to long-term, and from easy to more challenging. As you achieve your goals and develop your abilities, you will start to notice your self-confidence strengthen. You can then take on more and more challenging goals. Ultimately, your goals should be your own, but sometimes it helps talking about them to people like teachers, counselors, friends and family.

Be Self-Aware

Beyond understanding your past situations, intrapersonal intelligence also relates to being aware of your impact in the present. At any moment in time, you have an impact on your own future, the people around you, and sometimes even on the people and places where you are not present. For example, you may be trying to finish a conversation with a friend while you are late for class. Your friend may see your body language as expressing a desire to leave, while your teacher may see your absence as a sign of disrespect. Meanwhile, in your rush to get to class, you forget your notebook and are unable to take the notes you will need to study. You may be able to fix things later on, but being more aware of your impact during or even beforehand may allow you to avoid these issues altogether. Practice being self-aware. Try to predict how your actions or inactions will affect others and your own future.

Apply What You Learn

Reflection and goal-setting may seem like a lot of time spent on yourself, however, it is highly constructive time. Understanding your own feelings allows you to better sympathize and empathize with others - to appreciate what they feel. Spending time on yourself can also leave you more energized, self-confident, and focused in dealing with other activities. Finally, a strong self-awareness allows you to take advantage of your strengths for better results whenever you put your help into action, whether that is at school or in your personal life.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. But, remember that intelligences are almost never used individually. Your effectiveness in almost any situation depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strengths to help develop your other intelligences. See below for specific strategies on using intrapersonal to help develop the other intelligences.

Spatial

Move from reflection to expression, finding the connection between your 'self' and what you observe or create. You can make connections between the spatial qualities of things and your thoughts and emotions. For example, a home can convey coziness; a piece of fashion can express confidence and pride, etc.

- Express your emotions and inner thoughts in new and creative ways by exploring different forms of visual art, such as painting, photography, sculpting, etc.
- Spend some reflective time in a museum, gallery, or even looking at your school's art display. Use the different spatial forms to inspire self-reflection. If art is not your thing, you can replace it with architecture, or other man-made or natural structures. You can even spend some quiet time working on a puzzle.
- The spatial ability to navigate and move around a map requires good observational skills - to see and remember what is around you. Because your intrapersonal intelligence is more of an inward focus, when you are trying to get around, shift your focus to what is around you.

Bodily-Kinesthetic

If you have high intrapersonal intelligence, try physical activities that focus on self-awareness.

- Activities such as **yoga** or **tai chi** put a lot of focus on self-awareness and being conscious of your positions and movements.
- Practice every movement with the goal of feeling coordinated and natural.



Musical Intelligence

Description

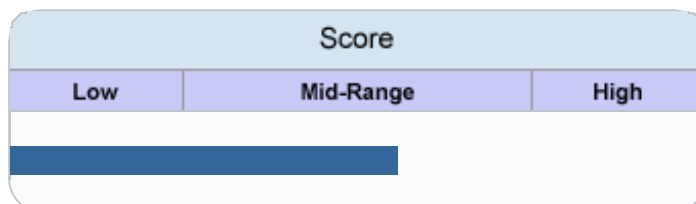
This intelligence includes the ability to play an instrument or sing, as well as a number of other skills such as: recognizing various tones, patterns, rhythms, beats, and sounds; enjoying and analyzing music; understanding musical structures; and creating melodies and rhythms.

Famous People with Strong Musical Intelligence:

- **Wolfgang Amadeus Mozart** (musician, composer)
- **Elvis Presley** (singer-songwriter, dancer)
- **Aretha Franklin** (singer-songwriter, pianist)
- **William James "will.i.am" Adams Jr.** (record producer, composer)
- **Adele Adkins** (singer-songwriter, instrumentalist)

Musical Intelligence and You

Your assessment indicates that you are *moderately* oriented towards musical intelligence.



This means that you are probably involved in some activities and skills that focus on musical intelligence, but don't necessarily consider yourself musically gifted.

Listening to Music

When you listen to music, you may be missing some of the less obvious parts, such as **tempo** changes, **timbre**, and **dynamics** within a song. You may not be able to tell apart all the different instruments and melodies within a song either. While you can probably hear the difference between notes that are close together on the musical scale, you probably would have trouble copying an exact note with an instrument or your voice. And, while nearly everyone enjoys listening to music, those with less developed musical intelligence usually listen to fewer styles of music than those who are more musical.

Music and Emotions

For you, music has about an average connection to emotion. Those with a highly developed musical intelligence usually experience strong connections between the parts of the brain that notice things like **pitch** and rhythm, and the parts of the brain involved with emotions. These connections allow people to use music to influence their emotions. For

example, music can be used to produce calm when stressed, or to get motivated before a physical challenge. You can probably already do this to some degree, but you may be better able to do this if you develop your musical intelligence further.

Music and Memory

Although you can probably remember most melodies and lyrics of your favorite songs, you may need to hear the song again to remember certain parts. Strong linguistic intelligence helps for lyrics too. Other memories can also have a powerful connection to music. For example, those with a strong musical intelligence will find that a song can trigger a lot of detailed memories about the time and place they often heard it. While you may find that music can certainly stir up memories, you probably cannot remember quite as many details.

Patterns and Language

Good speakers often use **intonation** (changes in pitch) to express emotion, emphasis, and other meaning in their speech. Some languages even use **tone** to tell different words apart (e.g. Chinese). You likely have some ability with this and can develop it further by listening carefully for others' intonation and being aware of your intonation when speaking yourself. Improving your musical intelligence can help you understand and express more in everyday speech. Of course, linguistic intelligence plays a large role as well.

You may feel like you have some talent for music, but that it may take too much time and effort to develop your skills further. However, musical development is not limited to learning how to read music or play an instrument. It can also help in areas such as math, language, memory, emotions, and more. See below to discover more ways to improve your musical intelligence.

In the Learning Environment

There is a pretty obvious connection between musical intelligence and classes such as Music, Band and Choir. However, there are many less obvious areas in which musical intelligence either can be *used* as a strength or *improved* when it is not as strong.

Below are ways to use and develop your musical intelligence at school or when learning something new. Make sure you discuss with your teacher/counselor where and when you can use any of the following strategies.

- When working on assignments, try listening to quiet music in the background. Experiment with different styles to find music that helps you focus and inspires you to complete your work. While this strategy will only do a little to develop your musical intelligence, it may motivate musically-oriented people to complete non-musical activities.
- Pay close attention to the **prosody** (tone, rhythm and emphasis) in other people's speech. Prosody affects the meaning of what is said. Prosody is often used to express emotion, sarcasm, contrast or importance. Developing this skill allows you to get more meaning out of what people say and can even reveal things that are unsaid.
- Practice finding rhythm in what you read, especially in creative forms like poetry. This can make reading more enjoyable and help you find more meaning in the text. You may notice that good writers will change the rhythm of their writing to match the different moods in a story. This will also help your linguistic intelligence.
- In addition to the two points above, try to write with a rhythm that flows and try using

prosody in your speech. This will help people listen and understand what you are communicating because you are tapping into more than one intelligence - linguistic and musical.

- When working on assignments, playing sports, or working with your hands, try to move and work with a rhythm that suits the activity. It may help to have a song in your head. Try different tunes until you find one that works best. For example, when running, you may want to listen to fast-paced dance music. Meanwhile when studying, you may prefer instrumental music without any distracting lyrics.

Developing Your Musical Intelligence

Music is much more than just a hobby or entertainment; it is deeply rooted into our biology and culture. Regardless of ability, all of our brains are wired to notice and understand music. Music plays a big role in nearly every human culture around the world, going back as far as 40,000 years. Also, music has been shown to trigger various emotional centers in our brain. So, it is no wonder that developing your musical intelligence can improve your ability to process information, form and recall memories, interact with others, and adjust your emotions.

Using Music to Focus

The easiest way to begin developing your musical intelligence is to try out different types of background music or white noise to help you focus during an activity. For tasks that need a lot of mental effort, background music is usually most helpful when it is without lyrics, is somewhat energizing, at low volume, and not distracting. Different personalities and different activities will work better with different types of music. Experiment with a few types and decide on which ones work best for you. Also, remember that some people and activities still work best with silence.

Listening to Music

You should also listen to music when you are *not* working on another task, and you can focus entirely on the music. At these times, practice your listening skills by analyzing the music you hear. Pay attention to different tempos, levels of pitch, instrument types, repeating patterns, and any gradual or sudden changes. Also, try to listen to a variety of musical styles, rhythms and sounds.

Making Music

And, of course, learning to produce music is an excellent way to develop this intelligence. You can choose to take singing or instrument lessons, or try a self-taught method. There are plenty of tools to help you learn on your own, such as books, videos and online resources. Even instrument-based video games can help you develop a sense of timing and rhythm. As your musical intelligence develops, it can be of much help to your work habits and personal life.

Using Your Strengths to Develop Musical Intelligence

The following intelligences have been identified as strengths for you and can help you develop your musical intelligence.

Linguistic

Use your ability to express yourself through words as a starting place to develop your ability to express yourself with music.

- Read the lyrics of your favorite song without the music, while looking for meaning in the words. Then, listen to the complete song and for any additional meaning that the music brings. What do different aspects of the music add to the song? Does the tempo quicken to build excitement? What emotion is felt during an instrument solo?
- Learn how to say some simple lyrics in rhythm, even if you are off-key, mimicking the artist. First try it with the existing lyrics, and then write your own lyrics to the same music.
- Read books about music and musicians, as well as music magazines and online articles by music journalists and critics. As your knowledge of music grows, you can try writing your own articles.
- Take a poetry or creative writing class.

Naturalist

To better appreciate music and how it is produced, put sound and music into a more natural context.

- Listen to or play music in different natural environments and pay attention the unique acoustics of each location.
- Learn about the different types of wood and fibers used to make musical instruments (e.g. **woodwinds** or **strings**) and why they are used.
- Try being quiet in a natural environment and use your naturalist wisdom to focus on the sounds around you, whether they are made by animals or by other natural sources. The **British Library** has an excellent website that allows you to listen to many sounds of nature right from your computer.
- Learn how different animals produce the noises that they do, and compare their bodies with the structures of musical instruments (e.g. **birds** and **whales**).

Logical-Mathematical

Math and music are more closely connected than most people realize. Music is very much about patterns, sequences of notes, and changes in vibration, a lot of which can be analyzed and understood through logical and mathematical analysis.

- When working on logical-mathematical activities, try listening to music that helps you focus. Listening to Baroque music and taking part in formal musical training has been shown to help with math and reasoning.
- Learn basic note patterns in terms of pitch and length. Also, learn about how different instruments produce sound (e.g. **wind**, **strings** and **percussion**). Then, pick an instrument and play with the **musical scales**.
- Try music-based video games or other computer-based methods of music production and editing, both of which tend to focus on the logical-mathematical side of music.



Existential Intelligence

Description

Existential intelligence is the ability to see the big picture in everything - the relationships and connections, vastness and limitations, and how everything fits together. This intelligence is used in considering questions about our existence, such as purpose, life, death, and our place in the universe.

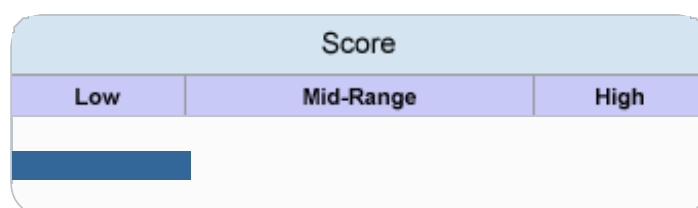
NOTE: Existential Intelligence should not be confused with existentialism. Existentialism is an area of philosophy dealing with certain views on human existence. Philosophers who examine and promote existentialist theories would certainly use their existential intelligence. However, the intelligence can be applied to other areas as well.

Famous People with Strong Existential Intelligence:

- **Aristotle** (philosopher, teacher)
- The **Dalai Lama** (spiritual leader)
- **Deepak Chopra** (doctor, speaker/author)
- **Ralph W. Emerson** (essayist, transcendentalist)
- **Jane Addams** (philosopher, activist)

Existential Intelligence and You

Your assessment indicates that you are *moderately* oriented towards existential intelligence.



Questioning

People with strong existential intelligence tend to question actions and established rules or policies. However, this is not always because they disagree. It is more out of curiosity and a quest to find deeper meaning. The questions are often, "What purpose does this have?" or, "How does this fit with everything else?"

You may occasionally enjoy thinking about questions like this, but don't bother asking them aloud. Instead you mostly focus on more immediate and down-to-earth activities such as assignments, daily routine, and your relationships. While you may be uncomfortable with questions that have no clear answer, you are usually willing to accept partial answers. Also, you usually consider different possibilities for questions, but may not like to spend too much time exploring every single option.

The Big Picture

Most of the time, you are able to keep things in perspective. However, you may occasionally get caught up in an idea or task and ignore the larger picture of what you are trying to achieve. You will have more motivation and success in completing tasks if you take the time to understand the connections between all the details and how they fit into the big picture. This will also help you to feel a greater sense of purpose.

Additionally, when faced with a problem, you may sometimes feel stuck or like you have reached a dead end. Try to understand the whole game plan and you will be better able to find alternatives to accomplish the same overall goal.

A strong existential intelligence also helps with awareness and understanding of other viewpoints. At times, you may be less accepting of different values and beliefs other than your own. Rather than seeing others' opinions as right or wrong, try to see them as different options that people adopt based on a combination of their natural traits and life experience.

Memory and Recall

You probably do fine memorizing individual facts. However, you may have better memory and recall if you are able to connect specific facts with broader concepts. Examples of this include preachers and storytellers who can recall fine details from memory when explaining a concept, such as in a sermon or parable.

In the Learning Environment

Existential intelligence is useful in many situations and can help make learning easier and more successful. Asking questions and seeing the big picture helps with understanding new information, remembering it, and in being able to show what you have learned on assignments and tests.

Below are ways to use and develop existential intelligence at school and when learning something new. Make sure you discuss with your teachers and counselors where and when you can use any of the following strategies.

- When learning new topics, ask and think about the following questions:
 - What other topics that I know of are similar to this topic?
 - What are the larger themes that this topic might fit under?
 - How can I connect this to what I know in the real world?
 - Why is this important?
- When reading textbooks or other schoolbooks, read the table of contents (chapter headings) to understand the book order. Before starting a chapter, read the introduction carefully and scan through the subheadings, if applicable. Try to get a sense of what the main idea is for each chapter before starting it. Then, when you read the chapter, think about how each of the smaller points relates back to the main idea.
- Try to imagine multiple points of view when there are people involved. For example, when studying wars in history, try to understand what it was like for people on both sides of the war. For both civilians and soldiers. For leaders and for people following orders. In Literature and Drama classes imagine what it was like for the various characters in the stories. How might each perspective be different?
- Try different note-taking strategies like **mind-mapping**, **outlining**, and **SQ3R** - all of

these strategies help with understanding how smaller, more specific bits of information fit under larger, more general ideas, which can then be related to the bigger questions about existence.

Developing Your Existential Intelligence

Question Others

People with strong existential intelligence like to ask 'why' things are the way they are, or want to understand the purpose behind doing things. However, remember to ask such questions only when it is appropriate and do so respectfully. Even if you are not really curious, asking questions can help you understand how things fit into the bigger picture. As you learn about how stuff connects, hopefully your curiosity will grow, and you will ask questions on deeper topics. Talk to people who explore deep topics on a regular basis such as religious leaders, counselors, university professors, sociologists, etc. Seek multiple sources to get different points of view.

Question Yourself

When learning new information or talking with others, be prepared to question your own beliefs and be open to new possibilities. We all have our own ways of thinking about things, but existential thinking means thinking about the larger society, the world, and even the universe. Remember that other people and cultures can have very different life experiences and so their views can differ from yours. By truly listening to other viewpoints, and not just sticking to your own, you can learn much about the world. You don't have to believe everything you hear, but if you put it all together and add it to what you know, you will have a better idea of the big picture.

Ask Big Questions

Explore questions that stretch beyond your normal daily routine. What is life's purpose? Are we alone in the universe? What is the difference between good and evil, and what lies in the middle? Questions like this may seem like they have nothing to do with your daily life, but thinking about them can help you understand yourself better and how you want to live. For example, having a clear sense of good and evil can help you in making decisions about what you do and what you don't do on a daily basis. Having this knowledge to guide your decisions can also help you feel more confident and fulfilled when you look back on your actions in the future.

Be Comfortable with No Answer

Through questioning, you can learn much about different topics. However, sometimes answers can lead to even more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity. Focus on the journey rather than the destination.

Using Your Strengths to Develop Existential Intelligence

The following intelligences have been identified as strengths for you and can help you develop your existential intelligence.

Linguistic

While existential learners look to find meaning, linguistic people look to express meaning. There are many talented authors who write about existential topics.

- Read resources like **The 10 Big Questions**, *Philosophy: A Beginner's Guide* (Blackwell Publishing, 1999) and the Galilean Library's online section on **philosophy for beginners**. While these may discuss topics already familiar to you, they are good examples of how linguistic intelligence can be used to explain complex topics in a simple way.
- Talk to your English teacher about opportunities to read a novel that would appeal to your existential intelligence.
- Read about different philosophies, such as **ontology**, **cosmology**, **realism**, **idealism**, **Hellenistic philosophy**, **analytic philosophy**, **postmodernism**, **Transcendent theosophy** or any other theories that may interest you. You will be able to take advantage of your existential intelligence as you develop your linguistic skills.
- Talk to your teachers about opportunities to write or speak about your own ideas on existential topics. You can also use a journal, blog, forum, etc. In addition to your teacher's feedback, try to get feedback on your writing from other existential thinkers, and then from those who are less existentially inclined. Existential topics can be one of the more difficult topics to write about clearly. Writing on a difficult topic for a general audience is a great way to develop your writing skills.
- For more advanced reading levels and existential discussion, try books from authors such as **Chomsky**, **Emerson** and **Kierkegaard**, **Tolstoy**, **Dostoyevsky**, and **Camus** all of whom excel in both existential and linguistic intelligence. Their writings will hold interest for your strong existential intelligence while you are exposed to examples of excellent linguistic skills.

Naturalist

Nature is complex, involving many individual details that are part of a much bigger picture. Also, many cultures find a strong spiritual aspect to nature.

- Try to see nature from the big picture point of view. Does nature have goals, direction, and purpose? What are our roles and responsibilities to nature? What defines a living organism? Use your knowledge of nature to support your responses.
- Get involved with a naturalist group in your school or community. While your interest may start with the group's specific cause, try to get information from related but different fields to learn about the bigger picture. You can be the group's information researcher, for example. Then, use that information to help make the decisions about how to best advance the group's cause.

Logical-Mathematical

A strong logical-mathematical intelligence can be a very good partner for existential intelligence. Existential intelligence helps you appreciate and have interest in many deep and important topics. Logical-mathematical intelligence provides good reasoning skills to work through and recognize patterns within those topics. Very often, philosophers utilize strong logical-mathematical intelligence to address various existential questions.

- If your strong logical-mathematical ability drives you to explore scientific concepts, just extend your exploration into the existential topics, where such theories often go. For example, **brain research** has indicated that the 'awareness' center of the brain

may recognize our actions only *after* they are initiated by the subconscious areas of the brain. This can lead to a discussion of whether humans are really master of their own destiny, or are our 'decisions' more based on reactions to our environment? Remember, for existential questions, you do not have to reach a final answer.

- Your logical-mathematical ability may tempt you to quickly scan information (e.g. your textbook) to put your pattern finding skills to work. However, before you try to learn new information, take some time to understand the context and why you are learning it in the first place. What purpose will it serve? Not only will this improve your existential intelligence, but it will also help your logical analysis of the information.



Spatial Intelligence

Description

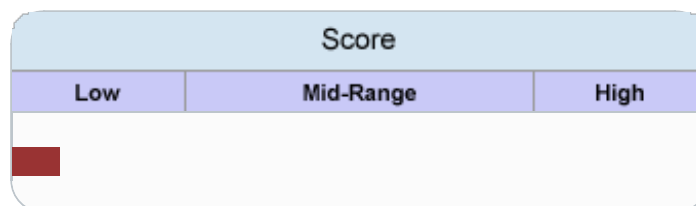
Spatial intelligence includes the ability to identify objects accurately, change and recreate images, and recognize how shapes and objects relate to each other. While this intelligence is typically applied through visual means, spatial intelligence does not only rely on vision. It can also be used through touch and sometimes even hearing.

Famous People with Strong Spatial Intelligence:

- **Frank Lloyd Wright** (architect, interior designer)
- **Michelangelo** (artist, engineer)
- **Steven Spielberg** (film director, video game designer)
- **Vera Wang** (fashion designer)
- **Christopher Columbus** (explorer, navigator)

Spatial Intelligence and You

Your assessment indicates that you are *not* oriented towards spatial intelligence.



Processing Information

You rarely visualize information in the form of pictures or diagrams. When watching or creating presentations, you probably focus on the words for meaning, especially if you have a stronger linguistic intelligence. You may have difficulty learning and remembering information when it is presented visually or as objects you can touch and feel. In these situations, ask the presenter to explain their visuals further. Or when giving presentations, have someone help you create some props or visuals, as your audience is bound to have some spatially-oriented people.

Memory

While you may have a good (linguistic) memory for facts, dates and numbers, your spatial memory is probably less than average. You likely have difficulty remembering details of what things look like or where things are, and you may even forget faces, on occasion. You often run into trouble finding a place, even after being there a few times. And, you may have to go over maps, charts, and diagrams several times before you can really understand the information.

Putting the Pieces Together

You are probably not a big fan of puzzles and mazes, and rarely build models or try other projects that involve shaping and fitting pieces together, like woodworking, jewelry making, or **scrapbooking**. You may have tried activities like these in the past and even had some fun, but you probably do not have a natural talent for them. However, a strong bodily-kinesthetic intelligence can help with the fine motor skills needed in activities like these, and may help you to overcome some of the challenges you have with spatial skills.

Creativity and Art

If you tend to be creative or artistic, you probably stick to artistic media that is not very spatially-oriented, such as sculptures, perspective-style paintings, and landscapes. Instead, you may prefer artistic expression through poetry, dance, and music, for example. When viewing spatially-oriented art, you probably focus more on the subject rather than the **composition**, which is how different elements in a work of art are arranged.

Position and Location

You have probably noticed that you lose your sense of direction more easily than others. You may remember landmarks, but forget how to use them to find your way. It usually takes you a while to get used to finding your way around an area and you may even have difficulty when using maps or returning from someplace new. Finally, you sometimes have trouble with estimating distances and measurements, whether they are distances for travelling or measurements for cooking recipes.

In the Learning Environment

Spatial intelligence can be used and improved in many situations at school.

- Whenever you are taking notes or studying, try using **mind maps**, **concept maps**, charts, diagrams, or even just pictures of the ideas you are learning about.
- Do a lot of visualization - try to imagine what things look like as they are described and how they would look if you changed something. This can be done when your teacher is describing something in a lesson, a scene is described in a book, your coach is describing a new play for your team, you are getting directions on how to go somewhere, or any other situation like that.
- Take elective courses like Art, Marketing and Advertising, Dance, Video Production, Woodworking, or any courses that use **CADD**.
- Find out what assignments and projects your teachers will allow you to hand in as a visual representation. For example, charts, posters, diagrams, dioramas, models, etc.
- For physical activities at school, on teams, or in clubs, find out how you can get involved in coaching or assisting. This can give you the opportunity to design plays or routines, or to help analyze and instruct others on the proper movement for the activity. This can also help with developing kinesthetic intelligence.

Developing Your Spatial Intelligence

Perform Hands-on Activities

While paper and computer-based visual puzzles can be helpful, hands-on activities like completing jigsaw puzzles, designing clothes, working on car engines, choreographing a dance routine, and constructing woodwork projects are especially effective. These activities encourage the use of your other senses like touch and hearing to help observe shape,

distance and direction in a three-dimensional space.

Use Visual Images

When you have the opportunity, use visual presentations to communicate information. For example, create graphs and charts to represent numbers and statistics. Use flow charts and mind maps for studying and taking notes. When taking notes, you can also sketch ideas to help explain the information. If you have trouble creating these visual elements, look at examples on the web or software programs that help create them for you. Just be sure that you understand the connections between the information and the visual representation.

When you are preparing for activities that involve movement, especially complex movements as in sports, try visualizing your actions before the activity. Doing this gets your brain to 'see' the environment and objects in that space (including you) as accurately as possible. This will also help your kinesthetic intelligence.

Think Composition

Photography, art and design courses are an excellent way to start thinking about **composition**, or how all the different elements of an image, work of art, or other objects are arranged and work together. Composition is also important in film for framing camera angles and editing a sequence of shots. It is also important in graphic design and desktop publishing, where it is usually referred to as **page layout**. Becoming more aware of compositional details can help you understand visual information better and help you create more successful visual communication.

Have Some Adventure

From **orienteering**, **adventure racing** and **geocaching**, to the more recent activity of **City Chase**, there are many opportunities to develop your 'inner compass'. Activities like these can develop your spatial abilities on two levels. First, you have to examine your immediate surroundings, understand how to best move through them, learn how to use landmarks, and compare them with a map or other navigational device. Second, you have to create a mental picture of the area and track your location as you move through it.

Using Your Strengths to Develop Spatial Intelligence

The following intelligences have been identified as strengths for you and can help you develop your spatial intelligence.

Linguistic

Start developing your spatial intelligence by trying to visualize the same level of detail and accuracy in your mental pictures that you would otherwise write or describe.

- Read books and other materials that use descriptive imagery, such as materials on nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and other works of fiction. Try to create mental pictures of what you are reading. Over time, increase the amount of detail you have in your mental pictures - add color, depth, and background. As you get better, imagine how it would look as you moved through areas and how things would appear from different angles.
- Try games like scavenger hunts and geocaching, use word-based clues to help

people get to the goal.

Naturalist

Naturalist and spatial intelligences support each other quite well and are often seen in art depicting nature. Spatial intelligence helps artists understand how to compose the art, using lines, color, and space. Naturalist intelligence helps artists appreciate the small details in the environment, which allows the artist to bring an image to life.

- Take time to view different forms of art based on an environment you enjoy. Try to develop your appreciation for not only *what* the artist is trying to show, but *how* the artist is showing it.
- Try activities like orienteering, **geocaching**, and adventure racing. These will challenge your ability to visualize paths and judge distances in different environments.

Logical-Mathematical

Your logical-mathematical strength can be significantly improved by also developing your spatial ability. Spatial intelligence helps you to quickly understand and imagine images and the position of objects within a defined space.

- Attempt to solve logical problems that have a visual-spatial component. Examples include work in architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and much more.
- Visual puzzles use your talent for gathering information and finding answers. Look for patterns and connections in the images and for different possible arrangements.
- Activities like model building, electronic hobby kits, geocaching, orienteering, and some computer games use both spatial and logical-mathematical intelligence.
- When you are working on logical-mathematical problems, try putting the information into visual form. Create a chart or graph, sketch pictures or diagrams to represent the information.



Bodily-Kinesthetic Intelligence

Description

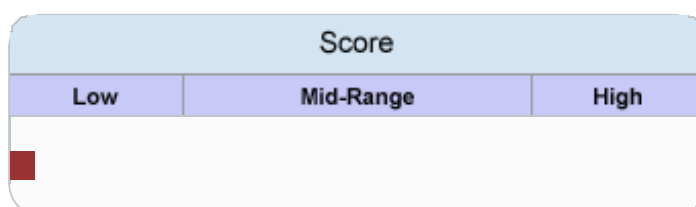
This intelligence provides you with the mind and body coordination needed to move your body and other objects. It affects both **gross** and **fine** motor skills, and the ability to perform and remember complex movements.

Famous People with Strong Bodily-Kinesthetic Intelligence:

- **Michael Jordan** (basketball player)
- **Bruce Lee** (martial artist)
- **Paula Abdul** (dancer, choreographer)
- **David Blaine** (magician, endurance artist)
- **Jim Carrey** (actor, comedian)

Bodily-Kinesthetic Intelligence and You

Your assessment indicates that you are *not* oriented towards bodily-kinesthetic intelligence.



Confidence and Coordination

This means that you tend to avoid activities that require complex coordinated movements, because you may lack complete confidence in your abilities. When you do participate in activities like sports, you would rather play just for fun and not competitively.

You may also avoid other activities like dancing, certain craft skills including painting and woodworking, and projects that require handling tools and objects. Even though these activities use other intelligences such as musical and spatial, a developed bodily-kinesthetic intelligence would definitely improve your performance.

Analyzing Movements

When you do take part in bodily-kinesthetic activities, you probably don't spend much time analyzing the movements that you make. Taking time to observe individual movements and how changing them can affect your performance will develop your bodily-kinesthetic intelligence. You can then better coach yourself and possibly even others in that activity.

Body Language

Bodily-kinesthetic intelligence is associated with reading and controlling body language. Therefore, you might find that you miss certain non-verbal cues from others. You may also express unintended messages with your own body language. This layer of non-verbal communication combines with interpersonal and linguistic intelligences in building strong communication skills.

Use Your Strengths First

Bodily-kinesthetic people learn by doing. Because you are not bodily-kinesthetic, you likely learn best by other methods such as reading, listening, or watching examples. However, this does *not* mean you should avoid physically practicing new skills. It just means you should use your strengths *first*, until you are more comfortable with what you are learning. We remember information best when many methods of learning are used.

In the Learning Environment

There are many opportunities to use bodily-kinesthetic intelligence at school or whenever you are learning something new. Bodily-kinesthetic people learn best when they can use their muscles and senses, in addition to watching and listening. Below are ways to "learn by doing" to improve your bodily-kinesthetic intelligence. Make sure you discuss with your teacher or counselor where and when you should use any of the following strategies.

- Imagine ideas in action when reading or listening to learning material. E.g. atoms spinning, historical battles taking place, numbers changing based on the operation, etc.
- Use gestures when speaking, handle a stress ball or doodle when listening, and sit on an exercise ball instead of a chair.
- Take short breaks to get up and move around or stretch during class time.
- Complete reports and other assignments by acting out skits or building models.
- When possible, use models and other physical objects to learn new concepts.
- For science, take part in labs with hands-on tasks and experiments.
- For language arts, focus on topics for reading and writing that include a lot of action and movement.
- For social studies, attempt re-enactments and use physical objects that can be handled.
- For math, find out which concepts can be applied to the measurement and calculation of your physical abilities. Also, try using physical objects that can demonstrate mathematical concepts.
- For physical activities at school, on teams, or in clubs, find out how you can get involved in coaching or assisting. This can give you the opportunity to design plays or routines, or to help analyze and instruct on proper movement for the activity. This can also help with developing spatial intelligence.

Developing Your Bodily-Kinesthetic Intelligence

Focus on Movement

Whatever your current level, you can always develop your bodily-kinesthetic intelligence further. Pay attention to how movements feel in an activity and always think about the goal of your movements. Also, *expect* to make mistakes! Bodily-kinesthetic intelligence comes from repetition so that your nerves and muscles can learn the proper patterns for movement. Yoga, martial arts, dance, surfing, and certain magic tricks are just a few activities that allow

your senses to be focused on all the details of the activity.

However, more important than the *kind* of activity, is how you focus your senses to the goals of each movement. For example, going for a simple run can help your development *if* you are focused on the movements of your arms and legs, and how changing those movements can affect your speed and efficiency. Through repeated practice your muscles will become trained to automatically carry out the correct movements, allowing you to focus more on the overall goals of the activity, like winning a race. Getting feedback from a trained coach or instructor will ensure that you are practicing the most effective movements.

Using Your Strengths to Develop Bodily-Kinesthetic Intelligence

The following intelligences have been identified as strengths for you and can help you develop your bodily-kinesthetic intelligence.

Linguistic

A word-based blueprint can provide a huge help when developing bodily-kinesthetic intelligence.

- Read a book about an inspirational athlete, especially books that provide a first person view of what some athletes call "flow" or being "in the zone". Some examples are, *Born to Run*, by Christopher McDougall, and *For the Love of the Game: My Story* - Michael Jordan.
- Linguistic intelligence can affect ability to perform sign language. Sign language also requires a certain level of coordination, and learning it will improve arm and hand dexterity.

Naturalist

Your love of nature and the environment means that you probably enjoy being outside, where many bodily-kinesthetic activities take place. Be sure to pay attention to your movements and how you can be more efficient in any of the activities you do.

- Sign up for classes like Outdoor Recreation and Leadership when available. Or, ask your counselors and principal about adding a similar course.
- Hike or bike along your favorite trails or in areas that will give your kinesthetic intelligence a workout.
- Start with reasonable challenges at first, and then increase the challenge factor as you develop your bodily-kinesthetic ability. For instance, increase your speed and try more difficult trails with hills, obstacles, and other varied terrain. If you are ready, try rock climbing, river kayaking, or cross-country skiing. In the city, there are advanced options like **free-running** or **parkour**. *Note.* be sure to discuss your activities with a responsible adult and take the recommended safety precautions before you try any of these activities.

Logical-Mathematical

Logical-mathematical people may enjoy bodily-kinesthetic activities that incorporate strategy, analysis and goal-setting.

- Many team sports use strategy, as well as activities like paintball, golf, and model building.

- Look into fitness programs with the goal of designing the ideal program for you. Carry out the program like an experiment: make observations, record your results, and adjust your method as needed.
- Practice every movement with the goal of feeling coordinated and natural.
- Use mirrors to analyze your movements for correct form.

MI Advantage is a trademark of Human eSources Ltd. in the U.S. and other countries. Copyright © 2011-2014 Human eSources Ltd. All rights reserved.