

MULTIPLE INTELLIGENCES: UNDERSTANDING MYSELF

You are unique, **no one** else in the world is exactly like you.

You have your own special individual

- talents, abilities and characteristics
- habits and interests
- strengths and areas to improve upon

Often your abilities may be judged in terms of your Intelligence Quotient, **IQ**

- it is basically a test of Maths and English
- research has shown very clearly that your IQ only contributes between 4 to 10% to being successful.

You also possess a set of specific intelligences called **Multiple Intelligences**

- you have your own personal mix of them
- understanding your individual make-up will enhance your progress considerably.
- there are 8 of these intelligences

Give yourself a rating using

- 1** = Not me
- 2** = Sometimes me
- 3** = Yes me

and add them up for each intelligence

Verbal/Linguistic Intelligence

Strength in this area lies in

- I express myself well verbally and in written form
- I enjoy explaining things
- I enjoy discussing issues
- I enjoy conversation
- I enjoy writing letters, essays and stories
- I have a good vocabulary
- I enjoy playing word games and doing crosswords and word puzzles
- I enjoy reading and poetry
- I like to keep a personal diary



Score _____

Careers include commentators, journalists, writers, public speakers.

Mathematical/Logical Intelligence

Strength in this area lies in

- I have maths ability and enjoy using numbers
- I am logical in step by step thinking
- I enjoy looking for order and patterns
- I enjoy setting up flowcharts and sequences to follow
- I am organised, keeping a daily "things to do" list
- I enjoy doing logic puzzles and problem solving
- I enjoy following a timetable
- I need to understand the connection between each step
- I enjoy setting up systems



Score _____

Careers include accountants, engineers, mathematicians, analysts.

Visual/Spatial Intelligence

Strength in this area lies in

- I enjoy visualising events and situations
- I picture how plans will look
- I enjoy map reading and navigating
- I enjoy drawing, painting
- I enjoy locating places
- I like to arrange things on shelves and in cupboards
- I have a good understanding of colour combinations
- I observe and watch things
- I enjoy jigsaws



Score _____

Careers include architects, designers, artists, explorers

Acknowledgement: Howard Gardner

"I am I said." Anon.

Musical Rhythmic Intelligence

Strength in this area lies in

- I feel the moods and rhythms of music
- I remember the words of songs and melodies
- I keep time to tunes and harmonies
- My mood changes with the type of music
- I have tunes playing in my mind
- My body moves in unison with beat and rhythm
- I enjoy creating sounds
- I notice changes in pitch and key
- I interpret meaning from music



Score _____

Careers include musicians, singers, conductors, songwriters, composers

Physical/Kinesthetic Intelligence

Strength in this area lies in

- I enjoy moving and not being still
- I understand by doing things, interacting
- I enjoy walking, running, climbing, swimming
- I enjoy hands on activities, building, constructing
- I participate in sport and exercise
- I have good co-ordination
- I think about things when moving
- I enjoy dancing
- I like feeling objects and their coverings, textures



Score _____

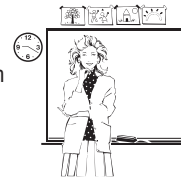
Careers include, athletes, dancers, medical professionals, building and construction

Interpersonal Intelligence

Strength in this area lies in

- I enjoy coaching and teaching others
- I enjoy training and communicating
- I am receptive to others
- I enjoy helping and managing people
- I enjoy others' company

- I feel the moods of others
- I enjoy group activities rather than individual ones
- I am good at listening
- I am able to mediate in conflict situations



Score _____

Careers include, teachers, coaches, sales, counsellors, negotiators

Intrapersonal Intelligence

Strength in this area lies in

- I think independently
- I understand my feelings and moods
- I enjoy privacy, my own company
- I like to think things out alone
- I have a small circle of friends
- I am not influenced by peer group pressure
- I enjoy setting personal goals and planning
- I analyse issues and events
- I prefer to work alone rather than in groups



Score _____

Careers include writers, strategists, analysts

Naturalistic Intelligence

Strength in this area lies in

- I feel part of the environment
- I enjoy gardens and gardening
- I watch and listen to bird life
- I am interested in all environmental issues
- I dislike litter and pollution
- I enjoy nature documentaries
- I enjoy being outside and experiencing nature
- I am receptive to nature's noises, fragrances, breezes
- I enjoy fishing, camping, bushwalking











Score _____

Careers include park rangers, botanists, gardeners

"Wisdom is not knowing what to do now, but what to do next." Anon.

MULTIPLE INTELLIGENCES: MY SCORE AND RANKING

Now add up your score for each intelligence and rank them from 1 to 8. If you have two scores the same, rank the one that you feel suits you better higher.

INTELLIGENCE	SCORE	RANKING	DESCRIPTION IF PREFERRED INTELLIGENCE
 Verbal/Linguistic			People who are skilled using words, either verbal or written to describe their world.
 Mathematical/Logical			People who are logical thinkers and able to see patterns in their world.
 Visual/Spatial			People who are skilled in picturing things and seeing images of what things look like in their world.
 Musical/Rhythmic			People who feel the moods of music, can move with the rhythm and relax in their world through music.
 Physical/Kinesthetic			People who are in tune with their body and like moving and doing things in their world.
 Interpersonal			People who enjoy their world through being with people and doing things with people.
 Intrapersonal			People who keep to themselves and like to think things out about their world themselves.
 Naturalistic			People who are in tune with nature and the weather and enjoy their outside world.

My strongest Intelligence is _____

This means that in my learning I will _____

An Intelligence that I would like to strengthen is why? _____

“Learning is not the filling of the bucket, but the lighting of the fire.” Anon.