





Intelligences and You











Musical Intelligence



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

 Strengths □ Enjoy a wide range of different types of music □ Use music to influence mood, build motivation and boost productivity □ Easily pick up on the beat or chords in music and recognize different instruments by their sounds □ Notice and use different tones in speech to impart emotion, emphasis or meaning □ Sing well, can play one or more instruments and could easily learn another □ Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things 	 Challenges □ Enjoy only a few types of music □ Music has little effect on mood, motivation and emotions □ Difficulty identifying sounds of different musical instruments □ Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm □ Do not sing well and would have trouble learning to play an instrument □ Do not remember melodies and lyrics of songs
Famous People with Strong Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer- songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer) ☐ Adele Adkins (singer-songwriter)	Top Careers for Musical Intelligence 1. Music Composers and Arrangers 2. Art, Drama, and Music Teachers, Postsecondary 3. Music Therapists 4. Physicists 5. Singers 6. Music Directors 7. Musicians, Instrumental 8. Poets, Lyricists and Creative Writers 9. Actors 10. Dancers

Kinesthetic

Kinesthetic Intelligence









This intelligence provides you with the mind and body coordination needed to move your body and other objects. It influences small movements, such as using your fingers to play a musical instrument, and large movements, such as running and catching a ball. Kinesthetic intelligence also affects certain mental abilities such as visualizing and remembering complex movements.

Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	 Do not use movement or physical precision for self- expression — through dance, painting or handmade
Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong	Top Careers for Kinesthetic
Kinesthetic Intelligence	Intelligence
	Intelligence
Kinesthetic İntelligence Michael Jordan (basketball player)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence 1. Fallers 2. Fence Erectors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	 Intelligence Fallers Fence Erectors Tire Builders Rail Car Repairers Dancers Athletes and Sports Competitors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	 Intelligence Fallers Fence Erectors Tire Builders Rail Car Repairers Dancers Athletes and Sports Competitors Municipal Firefighters Fitness Trainers and Aerobics Instructors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	 Intelligence Fallers Fence Erectors Tire Builders Rail Car Repairers Dancers Athletes and Sports Competitors Municipal Firefighters

Naturalist

Naturalist Intelligence









Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes and so on. It also allows one 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 viewed as being "in tune" with nature.

Strengths Challenges	
Sensitive to nature — feel a concern for, and connection to, living things and the natural environment Difficulty identifying or grouping plants, animal objects in the natural environment, as well as manufactured objects like cars and clothing	als and
 Observe similarities and differences in plants, animals and natural formations, as well as in manufactured objects Organize and group things according to their traits Enjoy growing plants, taking care of animals or learning about the natural environment Aware of subtle changes in the weather, climate and seasons Have an interest in conservation and recycling Don't notice similarities between seemingly displayed objects Unable to identify the sights and sounds of natibirds and their songs, for example, or the appear plants, rocks or cloud formations Feel uncomfortable in a natural environment fear wild animals, dislike insects, sand and dirt, urban conveniences Unaware of gradual shifts in the weather and to of factors such as temperature, humidity, wind pressure Not concerned about environmental protection pollution controls or water quality 	ture — earance of — may , and miss the effects I and
Famous People with Strong Naturalist Intelligence Charles Darwin (geologist, naturalist) Top Careers for Naturalist Intelligence	
 Jane Goodall (biologist, conservationist) Jacques Cousteau (marine ecologist, filmmaker) Hunters and Trappers Park Naturalists Sustainability Specialists 	
Chico Mendes (human rights activist, environmentalist) Steve Irwin "The Crocodile Hunter" (naturalist, 4. Veterinarians 5. Environmental Science Teachers, Postsecond 6. Animal Breeders	
environmentalist) 7. Farmworkers, Farm, Ranch, and Aquacultura 8. Environmental Science and Protection Techn Including Health	
9. Forest and Conservation Workers	

Interpersonal

Interpersonal Intelligence









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.

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
 others Notice and understand people's needs, perspectives, emotions and motivations Connect and interact with people quickly and easily Form and maintain lasting relationships Able to lead, influence and inspire others 	 Do not notice or respond appropriately to others' feelings, motivations or behaviors Not good at collaborative work Uncomfortable interacting with people whose experiences, views and beliefs differ from own Don't see the humor in things that others find funny
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)	Top Careers for Interpersonal Intelligence 1. Marriage and Family Therapists 2. Educational, Guidance, School, and Vocational Counselors 3. Patient Representatives 4. Psychiatrists 5. Lodging Managers 6. Arbitrators Mediators and Consiliators
	 6. Arbitrators, Mediators, and Conciliators 7. Public Relations and Fundraising Managers 8. Transportation Managers 9. Emergency Management Directors 10. Counseling Psychologists

Existential Intelligence









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.

Strengths	Challenges
Summarize details to understand a larger concept — putting together the elements of a career plan or game strategy, for example	Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clea and final answers
See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality	Difficulty understanding perspectives, values and opinions that differ from ownRely on repetition and memory techniques for learning
Connect different ideas to envision something new and creative	rather than looking for ways to relate facts to a larger concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
 Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) Jane Addams (philosopher, activist) 	 Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary Philosophy and Religion Teachers, Postsecondary Social Work Teachers, Postsecondary
	10. History Teachers, Postsecondary

Intrapersonal

Intrapersonal Intelligence









ways for self-improvement, and build self-confidence. Challenges Strengths Well aware of personal abilities, challenges, feelings Give little thought to personal goals and abilities when making decisions Set realistic goals, able to focus and stay on ☐ Unaware of how mood, attitude and tone of voice can affect other people In control of emotions, good at handling high-stress Allow personal opinions to negatively affect decisions situations and interactions with others Set unrealistic goals and make limited progress, often Make decisions thoughtfully and carefully giving up Ethical and objective, aware of how personal Don't understand how to recognize and manage own viewpoints can be biased or unfair emotions **Top Careers for Intrapersonal** Famous People with Strong **Intrapersonal Intelligence** Intelligence Confucius (philosopher, teacher) 1. Gaming Supervisors Sigmund Freud (neurologist, psychoanalyst) 2. Judges, Magistrate Judges, and Magistrates Mohandas Ghandi (lawyer, ideological leader) 3. Child, Family, and School Social Workers Helen Keller (speaker, 4. Chief Executives author) 5. Education Administrators, Preschool and Childcare Terry Fox (athlete, Center/Program humanitarian)

6. Postmasters and Mail Superintendents

7. Psychiatric Aides

10. Sales Managers

9. Transportation Managers

8. Producers

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

Linguistic

Linguistic Intelligence









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.

Strengths	Challenges
	Have difficulty with grammar, vocabulary, reading,
grammar and spelling for clear communication	writing, new languages and word-based puzzles
Easily remember word-based information	Struggle with communication, creativity and memory
 Good at learning new languages and other symbol systems, such as computer code and hieroglyphs Use language creatively for such things as storytelling, writing, using humor and composing poetry Can tailor communication style depending on topic, audience and purpose 	for general facts Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material Don't pick up on subtle forms of humor, such as irony, sarcasm and satire Have trouble remembering things that are read or heard
Famous People with Strong Linguistic Intelligence	Top Careers for Linguistic Intelligence
William Shakespeare (author, playwright)	1. Interpreters and Translators
Barack Obama (lawyer, U.S. president)	2. Technical Writers
Maya Angelou (poet,	3. Lawyers
author)	4. Political Scientists
Noam Chomsky (linguist, philosopher)	5. Speech-Language Pathologists
Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs)	6. Neuropsychologists and Clinical Neuropsychologists
	7. Training and Development Specialists
	8. Soil and Plant Scientists
	Foreign Language and Literature Teachers, Postsecondary
	 English Language and Literature Teachers, Postsecondary

	•
-	100
Log	IC.A

Logical Intelligence









This intelligence includes the ability to reason inductively (make conclusions based on observations) and deductively (make conclusions based on hypotheses). This intelligence also involves finding relationships between abstract ideas (numbers, for example), recognizing logical sequences and patterns, recognizing problems and solving them. This intelligence is closely linked with being successful in school.

Strengths	Challenges
Easily recognize number patterns and can make quick, accurate calculations	Struggle with abstract mathematical and logical concepts
☐ Understand the relationship between cause and effect — to predict how one thing can affect another	Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
Can identify all the parts in a system and how they interact	Dislike activities involving puzzles, strategy, calculations or formulas
Analyze information to determine what is important versus what is not	Find it hard to categorize and organize things in a logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas	Not inclined to experiment or form theories to explain things
Famous People with Strong Logical Intelligence	Top Careers for Logical Intelligence
Thomas Edison (inventor, businessman)	1. Mathematical Technicians
Albert Einstein (physicist, humanitarian)	Operations Research Analysts
Hullialitaliali)	•
Florence Nightingale (nurse, statistician)	3. Actuaries
•	3. Actuaries4. Software Developers, Applications
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary
Florence Nightingale (nurse, statistician)	3. Actuaries4. Software Developers, Applications5. Mathematical Science Teachers, Postsecondary6. Agricultural Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers Transportation Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers

$\overline{}$. •	
	\sim	$\overline{}$	+ 1	a
_	()	$\boldsymbol{-}$		$\boldsymbol{\neg}$
\sim	\sim	u	C.	u

Spatial Intelligence









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.

Strengtns	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
 Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things □ Can work with shape, size, position and location to 	Poor memory for visual details such as locations and what things look like; may also forget faces Dislike puzzles, mazes, building models and other
solve problems and design, arrange or build things Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water	activities that require fitting pieces together Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
Can accurately visualize and estimate distances and measurements	Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes
Famous People with Strong Spatial Intelligence	Top Careers for 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) 	 Civil Drafters Mechanical Drafters Computer Hardware Engineers Agricultural Engineers Commercial and Industrial Designers Biomedical Engineers Architecture Teachers, Postsecondary Pilots, Ship Architectural Drafters Transportation Engineers

Rate your profile:

How well does it match you?



Very Accurate

Developing Your Intelligences





These are your superpowers -- use your strengths to improve in other areas.

Musical

Advice for Learning





- Take any kind of music, singing or dance class. If you play an instrument, learn to play another, unrelated type of instrument
- Take speech and debate, poetry or creative writing class. Pay attention to the rhythm and patterns in speech and writing. Try reading and writing different things with varying paces and different tone
- When working on assignments, playing sports or working with your hands, try to move and work with a rhythm that suits the activity
- Take a drama class and learn how actors use tone and rhythm to convey more meaning than words alone can do
- If permitted, include music in your presentations or projects. Be sure to select music that complements your assignment. Don't just pick your current favorites, unless they are relevant!

Recommendations

e following recommendations are based on your results. Consider each and select the ones you think would work st for you.
Listen carefully to music. Try to identify different instruments or tracks, and follow the rhythm and pitch for each
Play games that center around making music. There are many games that allow you dance, sing or play a simulated instrument to popular music
Learn to create music. Try singing along to music at first, then afterwards on your own. Or, try playing along to music and then on your own. There are many websites and YouTube videos that provide step-by-step instructions for different instruments and popular songs
Use background sound to focus. Try listening to different types of music during an activity to learn which ones work best for you. You may also find that silence, or white noise, in the background works best at times

Musical and Existential Intelligences

- When listening to music, try to determine the overall theme of a song, or even a whole album. Think of why certain sounds and rhythms were used, and how they relate to the theme
- Think about why music exists. What is its historical basis? What purpose does it serve? These questions may lead to deeper questions that are unrelated to music. Explore those questions as well
- Consider music in different cultures. Think about how people use music from hymns to chants to drumming to explore existential questions and responses

Musical and Interpersonal Intelligences

- Communicate with others. At first, communicate through or about music, then gradually move on to other topics. Pay attention to what others are saying and try to see their point of view
- Talk about your favorite music with friends. Discuss what you like about music and compare different songs in terms of the rhythm, instruments and other aspects
- Whether solo or in a group, perform musically for different audiences. Once comfortable playing for others, work on trying to read and respond to the audience's reactions

Kinesthetic

Advice for Learning



- Actively use your body and your five senses to "learn by doing". Use hands-on activities, such as manipulating objects or conducting experiments, to learn new concepts. You remember information better when it is related to an activity
- Try to remain active when you're concentrating on learning something. For example, you could squeeze a stress ball while watching a presentation
- 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
- Get involved in coaching or assisting. This gives you the chance to design plays or routines, or to analyze and instruct on proper movement for the activity

Recommendations

best for you.
 When practicing a new movement, repeat it several times. This helps your nerves and muscles learn the proper patterns for the activity
 Think about your body's movement during an activity. Concentrate on how your limbs and muscles move when participating in swimming, martial arts, surfing, acting or dancing, for example
 Focus on the goals of each movement during an activity. Through repeated practice, your muscles will become trained to carry out the correct movements automatically. This will allow you to focus more on the overall goal, such as winning a race

The following recommendations are based on your results. Consider each and select the ones you think would work

Kinesthetic and Intrapersonal Intelligences

- Get plenty of regular exercise. It has been shown to improve mood and overall mental health
- Try reflecting while participating in physical activities that you find repetitive or automatic. During challenging or complex activities, focus on your movements and think about how to improve your ability
- Start a program to develop your strength, speed or other kinesthetic abilities. Be honest about your current ability, set goals for improvement, and stick with it until you achieve your goals. Afterwards, apply this method to other areas of self-improvement

Kinesthetic and Linguistic Intelligences

- When writing or speaking, create more vivid pictures for your audience by using words that are body or actionoriented. For example, a person can be "gripped" with panic, experience "spine tingling" excitement or have "gutwrenching" anxiety
- Read a book about an inspirational athlete, especially one that provides a first-person view of what some athletes call flow or being "in the zone"

Naturalist

Advice for Learning





- Work on assignments in a natural environment that helps you focus in your backyard, for example, or at a park or beach
- Take part in school field trips. In addition to outdoor experiences, go on trips to science museums, art galleries and other environments where you can use your senses to identify and classify objects
- Join or start an environmental project, at school or in your community
- In class, look for ways to incorporate nature and the environment. For example, you could write a paper about how weather conditions have affected worldwide events

Recommendations

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape were formed
 Practice grouping objects — both natural and non-living ones — according to their features. This is called

The following recommendations are based on your results. Consider each and select the ones you think would work

Practice grouping objects — both natural and non-living ones — according to their features. This is called categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds of their song, perfumes by their smell and fabrics by their texture

Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

Naturalist and Logical Intelligences

- Practice applying your ability in pattern recognition (such as seeing patterns in physical objects in the environment) to abstract concepts like numbers and scientific principles
- Study the scientific discoveries of the natural world. Find out how they were made, what methods were used, and how they connect to other scientific theories. Apply similar methods to make your own observations in nature
- Get involved with a group or organization that focuses on the natural environment. Help with tasks that require using logical-mathematical intelligence. For example, you could assist with cataloguing and organizing items or accounting and budgeting

Naturalist and Spatial Intelligences

- Seek out an aspect of nature you enjoy in different forms of art. For example, if you enjoy the ocean, it could be a sculpture of a whale, a painting of the seaside or a carving of a dolphin made of mahogany wood. Consider how the artist has chosen to depict the subject through their choice of color, angles, perspective, materials, lines and shapes
- Try activities like orienteering, geocaching and adventure racing. These will get you out into different environments and challenge your ability to visualize paths and judge distances

Interpersonal

Advice for Learning





- Learn how to be a good listener. Practice "active listening" and use every conversation as an opportunity to better understand other people's points of view
- Talk to other students, teachers or experts to learn more about topics covered in class. Try to be prepared with good questions
- Ask your teacher about working in pairs or groups, or participating in projects with other classes, to encourage discussion. Outside of class, join or form a study group
- Get involved in a social cause that relates to a topic you're studying, or volunteer to mentor other students in a subject you know well
- Take part in role playing, presentations, debates and group activities

Recommendations

best for you.

The following recommendations are based on your results. Consider each and select the ones you think would work

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed — and provide support, encouragement, an opinion or advice, for example
Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy, understand others' points of view and build your communication skills
Expand your network. Interact with people of different ages, cultures and skill sets

Interpersonal and Kinesthetic Intelligences

- · Get involved in group activities such as team sports, running clubs or groups that hand-build things. All of these activities train your senses to be focused and require you to perform movements with specific goals
- Talk to people who are active in sports or other kinesthetic activities about what motivates them. It may prompt you to get more involved in physical activity

Interpersonal and Musical Intelligences

- Learn to appreciate different styles of music and the various elements that combine to make music. Attend performances or listen to recordings with knowledgeable people who can explain the type of music and how it is made
- · Talk about your favorite songs or musical styles with friends. Discuss what you like about music and compare different songs in terms of the rhythm, instruments and other aspects
- If you are learning to play an instrument, talk to others about tips and tricks they use to learn musical skills. You may also be able to find online discussion forums to ask for advice. If contributing online, take care not to provide your personal information

Existential

Advice for Learning

- When learning something new, think about how the topic fits into the greater scheme of things. What role does it play? Why is it important? How is it relevant to you, your community or the world?
- Look for ways to connect new concepts to what you already know. Ask yourself, what other subjects or ideas are similar to this one? What larger themes or groups could this topic fit under?
- Think about multiple points of view. For example, consider how your feelings about fossil fuels might compare to those of an oilfield worker or an environmentalist. How about the views of people in other jobs or in other countries? Try to understand perspectives on all sides of an idea or issue

Recommendations

e following recommendations are based on your results. Consider each and select the ones you think would work st for you.
Talk to people who regularly explore deep topics, such as religious leaders, counselors, university professors or sociologists. Ask, respectfully, questions about life, why we exist and why the world works the way it does. Seek multiple sources to learn different points of view
Be willing to question your own beliefs and to be open to new possibilities. You don't have to believe everything you hear! But through questioning and adding to what you know, you will gain a better understanding of yourself, others and the world around you
Don't be disappointed if answers to your questions are unavailable or lead to more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity

Existential and Kinesthetic Intelligences

- Take part in yoga, tai chi, martial arts and other activities that have a spiritual nature. They allow you to contemplate and consider the wider world while you develop your mind-body connectedness
- Investigate flow state and how to achieve it. Athletes describe being in a flow state during peak motivation, performance and mental focus. In this state, their senses are heightened and they can act instinctively

Existential and Musical Intelligences

- As you listen to music, try to determine what the overall theme is, whether it's a single song or an entire album. Think about why certain sounds and rhythms were used, and how a story may be told by the individual aspects of the music
- Explore music through history and across different cultures. From hymns to chants to drumming, people have posed existential questions and responses through music. Try to find out why music exists. What purpose does it serve?

Your moderate strengths can often be developed more easily than weaker areas.

Intrapersonal

Advice for Learning





- Learn about and practice good decision making and setting realistic goals. Check your progress regularly
- Build awareness of your feelings, attitudes and behavior. Keep a journal or blog and record your thoughts about your experiences at school. Later, review and reflect on what you've written. Try to analyze your thoughts objectively
- When receiving corrective criticism, remind yourself that feedback is intended to help you improve your skills. It's not meant to judge you as a person
- Monitor and manage negative emotions. If you notice yourself feeling frustrated, angry or upset, take a mental "time out". A brief pause to step back from the situation, calm down and gather your thoughts, even if just for a few seconds, can help you regain control

Recommendations

be	st for you.
	Spend time on yourself. Understanding your own feelings can help you sympathize and empathize with others, to appreciate what they feel. It can also help you feel more energized, self-confident and focused
	Take time to reflect. Consider your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? You may want to try meditation, self-help books or courses that can help with self-analysis
	Set specific, realistic goals. Make sure they range from short-term to long-term and easy to more difficult. As you achieve them and your confidence increases, take on greater challenges
	Practice being self-aware. Try to predict how your actions — or inactions — will affect you, and other people, in future

The following recommendations are based on your results. Consider each and select the ones you think would work

Intrapersonal and Kinesthetic Intelligences

- Try physical activities that focus on self-awareness. Activities such as yoga or tai chi require being conscious of your positions and movements
- Set a goal to take up an activity or accomplish a certain level of physical achievement. Be sure it is realistic and record your progress as you work towards it. As you accomplish your goals, set more challenging ones

Intrapersonal and Musical Intelligences

- Try using music as a tool to influence your mood. Use your self-knowledge and awareness of your feelings. Think about the kind of music you enjoy listening to and how it affects you. Eventually, you can try creating your own music to suit your mood or to change it
- Consider why certain music might affect your mood. What instruments are being used? What effect does rhythm have? What style of music appeals to you or turns you off, and why?

Linguistic

Advice for Learning





- Underline, highlight, or write down any new or unfamiliar words you come across in your reading. Look up these words as soon as you can
- Take elective classes like creative writing, speech and debate, drama, computer programming and foreign languages. Outside of class, participate in linguistic-based activities, such as solving crossword puzzles, playing Scrabble with friends or using word game websites like Free Rice and WordPlays.com
- Read aloud. For example, read stories to a sibling, or volunteer to read to younger students or children at the library. This will improve your flow, pronunciation and confidence
- Before you begin reading a text, familiarize yourself with the goals and main concept of the chapter. This will help you to better grasp the new information
- Get involved with the school paper or media club. Enter poetry, essay, or speech and debate contests

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.
 Practice using your linguistic skills at every opportunity — whether reading a book, writing an essay, sending an email, doing an interview or speaking to an audience
 Read a variety of high quality written works. This can improve your ability to understand and interpret different types of writing and the creative use of language. Ask your English teacher or a librarian to help you choose appropriate materials
 Expand your vocabulary when writing and speaking. Use a dictionary and thesaurus to help you identify new words to express what you want to say. Make sure you understand each word's definition and how to use it correctly in a sentence. If using it in a speech, learn the proper pronunciation
 Explore the subtleties of humor. For example, examine the use of irony, sarcasm and satire. Learn to enjoy different types of humor and practice being funny yourself

Linguistic and Kinesthetic Intelligences

- Research and write out a plan to guide your efforts and track your progress as you work towards your personal kinesthetic goals
- Read a book about an inspirational athlete. Books that provide a first-person view of what athletes call "flow" or being "in the zone" are especially helpful
- Learn sign language. In addition to exercising your linguistic skills, it requires a certain level of coordination. It will improve your arm and hand dexterity

Linguistic and Musical Intelligences

- Read the lyrics of your favorite song without the music. Concentrate on the words, looking for meaning. Then listen to the song with the music. Do you notice any additional meaning imparted by the music?
- Practice speaking or singing some simple lyrics in rhythm, mimicking the artist. It doesn't matter if you are off-key. After trying it with the existing lyrics, write your own lyrics to the same music and perform it again
- Increase your understanding by reading books about music and musicians. Check out music magazines and online articles by music journalists and critics. As your knowledge of music grows, you can try writing your own articles

Logical

Advice for Learning





- Use and create information that can be represented in multiple ways. For example, data can be placed in a chart or graph. Outlines can be shown as a mind map
- To improve your critical thinking skills, learn about the "fallacies of logic" (incorrect arguments or reasoning). Practice identifying and creating statements that demonstrate fallacies
- Ask others to help you spot flaws in your problem solving and analytical strategies. When you watch someone else analyze a problem, focus on the process they use to solve it and ask questions about each step
- Look for patterns and ways to organize information to make it easier to remember. For example, you could order items alphabetically or create acronyms for the names of things

The following recommendations are based on your results. Consider each and select the ones you think would work

Recommendations

Try your skill at online puzzles. There are plenty of free websites available offering a variety of logic puzzles, riddles and unique math problems
 Use every opportunity to practice your math skills. For example, when leaving a tip at a restaurant, first try doing the calculation in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer
 Take a little time each week to read or watch a science-based article or story. Get to know some of the theories or facts in the story. Over the next few weeks, try to find real-world situations that relate to those concepts. For example, you can learn about RF radiation and how it is used to send signals to a cell phone
 Learn about common logical fallacies and how to avoid them. This can improve your reasoning skills and help you make more accurate conclusions, using reliable and unbiased information

Logical and Kinesthetic Intelligences

- Pursue activities that combine movement or physical action with strategy, analysis and goal setting. Many team sports, as well as activities like paintball, golf and model building, use strategy, for example
- Design your ideal fitness program. Carry it out like an experiment: make observations, record your results and adjust your method as needed
- Follow a logical sequence of drills a conditioning program to prepare for a certain sport or activity. Use mirrors to analyze your movements for correct form

Logical and Musical Intelligences

- Learn about the connections between music and math. Music is very much about patterns, sequences of notes and changes in vibration. Much of this can be analyzed and understood through logical and mathematical analysis
- When working on logical activities, listen to music that helps you focus. Baroque music, and taking part in formal musical training, have been shown to help with math and reasoning
- Learn basic note patterns in terms of pitch and length. Then select an instrument and experiment with the musical scales

You may find these areas more challenging -- you can develop them using your strengths.

Spatial

Advice for Learning



- When taking notes or studying, use mind maps, charts, diagrams or pictures to visualize the topics you are learning about. Create sketches or mental images to help you memorize and recall information
- Imagine different ways of seeing things. Visualize how they would look based on a description. Then think about how they would look if you rotated them, or changed a color, shape or other feature
- Take elective courses like art, marketing and advertising, dance, animation, video production, woodworking or design
- When permitted, incorporate visual representations into your assignments and projects. For example, you could make use of charts, posters, diagrams, animations or videos

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.

Practice hands-on activities like completing jigsaw puzzles, designing clothes, working on engines, choreographing a dance routine or constructing woodwork projects. These activities encourage the use of multiple senses, such as vision, touch and hearing, to observe shape, distance and direction in a three-dimensional space. Paper and computer-based visual puzzles can also help, but rely solely on visual observation
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 preparing for activities that involve movement, especially complex moves, visualize your actions before the activity
Practice thinking about composition — the way in which the elements of an image, work of art or other objects are arranged and work together. Photography, art and design courses are an excellent way to get started. Becoming more aware of compositional details can help you become better at understanding and creating visual information

Spatial and Kinesthetic Intelligences

- Before you begin an activity, visualize doing it. Imagine how the movements should be performed. Go back and forth between visualization and physically practicing it until you get it right
- Pursue activities that make use of both intelligences at the same time. Gymnastics, martial arts, skilled trades, and sports that involve catching, throwing and hitting, all require a keen awareness of distance and visual patterns

Spatial and Musical Intelligences

- Spatial intelligence involves the ability to interpret images and physical space around objects. Learn to read music. Your spatial ability will help you to quickly interpret the patterns on the music sheets
- When learning to play an instrument, try visualization. Picture yourself playing the instrument well. Imagine your hands moving the way they need to move, your posture and breathing
- Work on puzzles or other visual games while listening to music. Vary the genres of music that you listen to and take note of how each affects your performance in completing the activity. You can also analyze music videos that focus on a visually artistic theme

Emotional Intelligence (EI)







Emotional Intelligence and You

Emotional intelligence (EI) is your ability to recognize and manage your feelings and behavior, and those of other people, in a way that helps you.

Most Recent Results	
Most Recent Results)

Your El score is a blend of your interpersonal and intrapersonal intelligences scores. El relates closely to these two intelligences.

Your emotional intelligence is currently at a high level. This means you often know what others are thinking or feeling. You usually realize how your mood is affecting your thoughts and you are able to regulate your mood. You are good at describing your feelings and often convince others to go along with your ideas. If you keep developing your emotional intelligence, you can take on leadership positions and have a genuinely positive impact on the people around you. The information in this section will help you in that goal.

Emotional Intelligence Traits

Read the list of traits related to EI and indicate the degree to which each is a strength or challenge for you. Be sure to update this list as you develop challenges into strengths.

Adaptable: able to deal with new and changing conditions	O Challenge	0	O O Strength
Assertive: honest, direct and willing to stand up for yourself	O Challenge	0	O O Strength
Composed: think carefully before reacting and resist being impulsive	O Challenge	0	O O Strength
Content: happy and satisfied with your life	O Challenge	0	O O Strength
Empathic: intensely aware of needs and feelings — your own, and other people's	O Challenge	0	O O Strength
Expressive: can communicate your emotions to others in a healthy way	O Challenge	0	O O Strength
Influential: can guide other's emotions in a purposeful way	O Challenge	0	O O Strength

Intimate: build and maintain healthy and close personal relationships



Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
Regulated: able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	C hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the one: Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without putting down		would v	vork best	for you.	
 Learn to laugh at yourself and endear yourself to others by showing humility Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such 					
as at a hospital, homeless shelter, or retirement center Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself					
 Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you can realistically accomplish Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see things from your own perspective. Before judging, ask others why they feel the way they do. Learn more about 					
people's backgrounds and about cultures that differ from your own. Pr questions respectfully, with the goal of learning about others' views, in:	actice liste	ning mo	re than s	peaking	. Ask

Career and Pathways



The careers listed below are all linked to your assessment results, with the careers at the top being the best match for your profile.

Intelligences Results

g		
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Surgical Assistants	Health Science	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Dentists, General	Health Science	
Music Therapists	Health Science	
Sports Medicine Physicians	Health Science	
Athletic Trainers	Health Science	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Critical Care Nurses	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Surgeons	Health Science	
Physical Therapists	Health Science	
Adapted Physical Education Specialists	Education and Training	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Respiratory Therapists	Health Science	
Respiratory Therapy Technicians	Health Science	
Oral and Maxillofacial Surgeons	Health Science	
Veterinarians	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	

Nurse Anesthetists	Health Science	
Recreational Therapists	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Registered Nurses	Health Science	
Anesthesiologists	Health Science	
Occupational Therapists	Health Science	
Radiologic Technologists	Health Science	
Clinical Nurse Specialists	Health Science	
Diagnostic Medical Sonographers	Health Science	
Midwives	Health Science	
Municipal Firefighters	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Logging Workers	Agriculture, Food and Natural Resources	
Farm and Home Management Advisors	Education and Training	
Exercise Physiologists	Health Science	
Acute Care Nurses	Health Science	
Nurse Practitioners	Health Science	
Career/Technical Education Teachers, Secondary School	Education and Training	
Curators	Education and Training	
Musicians, Instrumental	Arts, Audio/Video Technology and Communications	
Nurse Midwives	Health Science	
Choreographers	Arts, Audio/Video Technology and Communications	
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Archeologists	Science, Technology, Engineering and Mathematics	
Radiation Therapists	Health Science	
Community Health Workers	Human Services	
Prosthodontists	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Obstetricians and Gynecologists	Health Science	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Ophthalmologists	Health Science	YOU

Flight Attendants	Transportation, Distribution and Logistics	
Police Detectives	Law, Public Safety, Corrections and Security	
Anesthesiologist Assistants	Health Science	
Urologists	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Ship and Boat Captains	Transportation, Distribution and Logistics	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Photographers	Arts, Audio/Video Technology and Communications	
Emergency Management Directors	Government and Public Administration	
Coaches and Scouts	Education and Training	
Pilots, Ship	Transportation, Distribution and Logistics	
Dermatologists	Health Science	
Aquacultural Managers	Agriculture, Food and Natural Resources	
Chefs and Head Cooks	Hospitality and Tourism	
Commercial Pilots	Transportation, Distribution and Logistics	
Chiropractors	Health Science	
Coroners	Government and Public Administration	
Physical Medicine and Rehabilitation Physicians	Health Science	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	
Athletes and Sports Competitors	Hospitality and Tourism	
Family and General Practitioners	Health Science	
Fitness and Wellness Coordinators	Education and Training	
Podiatrists	Health Science	
Psychiatric Technicians	Health Science	
Biofuels Production Managers	Business Management and Administration	
First-Line Supervisors of Production and Operating Workers	Manufacturing	
Wind Energy Operations Managers	Business Management and Administration	
Surgical Technologists	Health Science	

Animal Control Workers	Law, Public Safety, Corrections and Security	
Cardiovascular Technologists and Technicians	Health Science	
Physician Assistants	Health Science	
Orthodontists	Health Science	
Biological Science Teachers, Postsecondary	Education and Training	
Naturopathic Physicians	Health Science	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Directors- Stage, Motion Pictures, Television, and Radio	Arts, Audio/Video Technology and Communications	
First-Line Supervisors of Agricultural Crop and Horticultural Workers	Agriculture, Food and Natural Resources	
Internists, General	Health Science	
Correctional Officers and Jailers	Law, Public Safety, Corrections and Security	
Art Therapists	Health Science	
Hearing Aid Specialists	Health Science	
Program Directors	Arts, Audio/Video Technology and Communications	