

Intelligences and You











Intrapersonal Intelligence







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.

Strengths	Challenges
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities when making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
Make decisions thoughtfully and carefully	Set unrealistic goals and make limited progress, often
Ethical and objective, aware of how personal	giving up
viewpoints can be biased or unfair	Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence	Top Careers for Intrapersonal
-	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
	8. Producers
	9. Transportation Managers
	10 Sales Managers

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	Top Careers for Interpersonal
Interpersonal Intelligence	Intelligence
Martin Luther King, Jr. (clergyman, civil rights activist)	Intelligence 1. Marriage and Family Therapists
Martin Luther King, Jr. (clergyman, civil rights activist)Mother Teresa (nun, humanitarian)	•
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists Lodging Managers
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists Lodging Managers Arbitrators, Mediators, and Conciliators
 Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) 	 Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists Lodging Managers Arbitrators, Mediators, and Conciliators Public Relations and Fundraising Managers

William James "will.i.am" Adams Jr. (musician and

Adele Adkins (singer-songwriter)

producer)

Musical Intelligence









creating melodies and rhythms. Challenges Strengths Enjoy a wide range of different types of Enjoy only a few types of music Music has little effect on mood, motivation and Use music to influence mood, build motivation and emotions boost productivity Difficulty identifying sounds of different musical Easily pick up on the beat or chords in music and instruments recognize different instruments by their sounds Not likely to notice or use tone that imparts meaning in Notice and use different tones in speech to impart speech — for example, detecting and using sarcasm emotion, emphasis or meaning Do not sing well and would have trouble learning to Sing well, can play one or more instruments and could play an instrument easily learn another Do not remember melodies and lyrics of Readily recall tunes and lyrics, and can use music, songs rhythms and patterns to remember things **Top Careers for Musical Famous People with Strong** Intelligence Musical Intelligence Jennifer Lopez (musician, 1. Music Composers and Arrangers composer) 2. Art, Drama, and Music Teachers, Postsecondary Elvis Presley (singer-3. Music Therapists songwriter) 4. Physicists Beyoncé Knowles (singer, songwriter and

5. Singers

9. Actors
 10. Dancers

6. Music Directors

7. Musicians, Instrumental

8. Poets, Lyricists and Creative Writers

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,

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.

Strengtns	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
Formaria Danula swith Ctroms	Ton Covers for Vincethetic
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
	Intelligence
Kinesthetic Intelligence 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
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

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 nativities between seemingly displayed objects Unable to identify the sights and sounds of nativities 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	

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 Connect different ideas to envision something new and creative 	 Difficulty understanding perspectives, values and opinions that differ from own Rely on repetition and memory techniques for learning 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

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
Know how to use vocabulary, sentence structure, grammar and spelling for clear communication	Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
 Easily remember word-based information 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 	 Struggle with communication, creativity and memory 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) Barack Obama (lawyer, U.S. president) Maya Angelou (poet, author) Noam Chomsky (linguist, philosopher) Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs) 	 Interpreters and Translators Technical Writers Lawyers Political Scientists Speech-Language Pathologists Neuropsychologists and Clinical Neuropsychologists Training and Development Specialists Soil and Plant Scientists Foreign Language and Literature Teachers, Postsecondary English Language and Literature Teachers,

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
Florence Nightingale (nurse, statistician)	3. Actuaries
Sherlock Holmes (fictional detective)	4. Software Developers, Applications
	5. Mathematical Science Teachers, Postsecondary
Bill Gates (businessman, philanthropist)	6. Agricultural Engineers
	7. Biomedical Engineers
	8. Transportation Engineers
	9. Manufacturing Engineering Technologists
	10. Industrial-Organizational Psychologists

Spatial

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.

Strengths	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	Poor memory for visual details such as locations and what things look like; may also forget faces
Can work with shape, size, position and location to solve problems and design, arrange or build things	Dislike puzzles, mazes, building models and other activities that require fitting pieces together
☐ Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water	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
	10 Transportation Engineers

Rate your profile:

How well does it match you?

Developing Your Intelligences





These are your superpowers -- use your strengths to improve in other 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 Naturalist Intelligences

- Think of the view from a hilltop, the sound of a stream and the smell of a forest. Use these sensory experiences to inspire self-reflection. Start with a focus inward, then shift to the details of the natural environment. Continue to reflect, write your thoughts in a journal, or take time for yourself in nature
- Consider what aspects of the natural environment have a positive effect on you. Look for patterns in these characteristics
- As you begin to appreciate nature, try to learn more through classes, online articles and organizations that interest you

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 Existential Intelligences

- Enhance your exploration of deeper subjects by interacting with people who are spiritual or philosophical. Conversations with them will likely lead to questions of an existential nature
- Read online forums that discuss existential topics. Try to understand the beliefs people are expressing and be sensitive to their views and feelings. If you contribute to the forum, always use caution and avoid providing personal details online

Interpersonal and Linguistic Intelligences

- Before sending a letter or email, review what you have written to see if you can improve the way you've expressed your message
- After sending written communication, ask for feedback on your message. Was it clear? Did it flow well? Seeking this feedback from linguistic individuals is particularly helpful
- Join a club or get together with friends to talk about your favorite books or other written material. Listen to how the others analyze what they've read. Ask questions when you want clarification

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

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

• 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

be	sst 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 Logical Intelligences

- Use music to help you focus. Listening to baroque music and formal musical training have been shown to help with math and reasoning
- Learn about the connections between math and music. Music is very much about patterns and sequences of notes and changes in vibration. Study the mathematical relationships of musical notes on the scale, sound energy and volume, and string length and pitch
- Play music-based video games or use computer programs to produce and edit music

Musical and Spatial Intelligences

- Learn to read music. This requires the ability to quickly interpret the visual patterns of notes and other symbols on music sheets
- Learn about acoustics and how music and sound are affected by physical structure. The structure could be a musical instrument. It could also be a room, concert hall, canyon or other space in which the music is heard
- Work on puzzles, design projects or other spatial-oriented activities while listening to music that helps you focus

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 Interpersonal Intelligences

- You are good at noticing people's posture and body language. Use this to interpret what they might be thinking or feeling
- Change how you react and speak to show that you understand and care about what someone is saying. For example, maintain eye contact and lean forward slightly to show that you are listening
- Get involved in team sports and clubs that focus more on fun and socializing than on competition. Share your techniques and tips with the group

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

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

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

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 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 Interpersonal Intelligences

- Look for ways to make a positive impact by sharing your skills as a naturalist. Volunteer as a guide at a nature center or offer to give presentations on animals, habitat or environmental issues
- Join an environmental or conservation group, where you can discuss your interests with like-minded people
- As your interpersonal skills develop, expand your network and talk to others about your naturalist interests

Naturalist and Intrapersonal Intelligences

- Think of an environment you enjoy. Concentrate on the broad details how would you describe it? Gradually shift your focus inward, to reflect on your thoughts and feelings
- Spend time on your own in a natural environment. Reflect and write about the experience in a journal
- Find an environment that helps you relax, improves your mood or provides inspiration. Think about why you like that particular environment

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

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

- Talk about deep topics with others. This can strengthen relationships and lead to a better understanding of people
- Interact with people who are spiritual or philosophical like you. Think about the person speaking and how their views have been formed
- Read online forums that discuss existential topics. Instead of providing your views, try to understand the beliefs other
 people are expressing. If you contribute to the forum or question others, be sensitive to their views and feelings.
 Always use caution and avoid providing personal details online

Existential and Intrapersonal Intelligences

- When thinking about existential questions, try to focus on those that have a personal nature. For example, "What is my purpose in life?" and "What would I like to be remembered for?"
- When examining your personal motivations, try to reflect more specifically on your goals, relationships and feelings
- Be aware of your thoughts and productivity during class and other work times. Self-monitoring can help you remain on task and keep up with your responsibilities

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 Interpersonal Intelligences

- Express yourself, whether it is through writing, speaking or some other form of communication
- Get involved in speech and debate, or join a group like Toastmasters, which helps people improve their communication and public speaking skills in a highly social environment. You could also participate in an improvisational ("improv") comedy group
- When studying novels at school, or just in talking to people, pay close attention to how others interpret the same written materials you have read

Linguistic and Intrapersonal Intelligences

- Read the works of great thinkers like Aristotle and Einstein, who had the ability to look inward for the solutions to problems
- Record your thoughts and feelings in a journal or blog in a well-articulated manner. Later, when you can be objective, review and analyze those thoughts and feelings
- Try using poetry and creative writing to better understand yourself. Select topics that make you think carefully about your past decisions, current motivations and plans for the future

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

be	st for you.
	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 Interpersonal Intelligences

- Get involved with school or local groups or online communities that engage in logical or mathematical activities
- Take psychology and other social science classes. Learn about the kinds of interactions to which people respond positively, and why
- Try massively multiplayer online games (MMOGs). In many of them, success is accomplished through a combination of logical strategy and interaction with others

Logical and Intrapersonal Intelligences

- Use your skills in pattern recognition, reasoning and problem solving to understand yourself better
- Set goals, make plans and track your progress for specific achievements in school. For example, you could set a goal to achieve certain test scores or grades, get onto a sports team or be elected to student council
- Think of your emotions and innermost thoughts as puzzles to be analyzed. The clues are your behaviors and feelings in different situations. Just as puzzle-solving benefits from focus and undivided attention, learning about yourself occurs best during quiet self-reflection

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
П	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
П	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 Interpersonal Intelligences

- Offer to help a classmate, group or team improve their spatial skills. Pay close attention to what is being asked of you. It is an opportunity to practice understanding others better
- Take a course or class where you can pursue a spatial activity with other people around. Some examples are photography, film, orienteering or geocaching, art, interior design, landscaping and woodworking. You should feel comfortable and confident doing the activity. Focus on how you communicate and interact with the others
- Participate in group brainstorming sessions to develop ideas for designs or projects. Listen to others' points of view and ask questions

Spatial and Intrapersonal Intelligences

- Use your strength in visualization to connect with your inner self. If you were to draw a sketch of your feelings, what would it look like?
- Express your emotions in new and creative ways. Explore different forms of visual art, such as painting, photography and sculpting, or create your own functional objects
- Spend some time in a museum or gallery. Use the different art forms to inspire self-reflection

Emotional Intelligence (EI)



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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

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	Challenge	0	0	0	O Strength
Assertive: honest, direct and willing to stand up for yourself	Challenge	0	0	0	O Strength
Composed: think carefully before reacting and resist being impulsive	Challenge	0	0	0	O Strength
Content: happy and satisfied with your life	Challenge	0	0	0	O Strength
Empathic: intensely aware of needs and feelings — your own, and other people's	Challenge	0	0	0	O Strength
Expressive: can communicate your emotions to others in a healthy way	Challenge	0	0	0	O Strength
Influential: can guide other's emotions in a purposeful way	Challenge	0	0	0	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 ones Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without puttir 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 accomplish in the next year Volunteer to help others. This is especially effective if you are able to int 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. Practice listening more than speaking. Ask questions respectfully, with the goal of learning about others' views, instead of trying to make your own point				. 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

intelligences Results		1
Surgeons	Health Science	
Sports Medicine Physicians	Health Science	
Oral and Maxillofacial Surgeons	Health Science	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Dentists, General	Health Science	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Nurse Anesthetists	Health Science	
Ophthalmologists	Health Science	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Athletic Trainers	Health Science	
Anesthesiologists	Health Science	
Physical Medicine and Rehabilitation Physicians	Health Science	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Clinical Nurse Specialists	Health Science	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Coaches and Scouts	Education and Training	
Obstetricians and Gynecologists	Health Science	
Physical Therapists	Health Science	
Veterinarians	Health Science	
Emergency Management Directors	Government and Public Administration	
Prosthodontists	Health Science	
Nurse Practitioners	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Neuropsychologists and Clinical Neuropsychologists	Human Services	
Urologists	Health Science	

Occupational Therapists	Health Science		
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security		
Neurologists	Health Science		
Farm and Home Management Advisors	Education and Training		
Archeologists	Science, Technology, Engineering and Mathematics	*•••••	
Nursing Instructors and Teachers, Postsecondary	Education and Training		
Nurse Midwives	Health Science		
Music Therapists	Health Science		
Critical Care Nurses	Health Science		
Adapted Physical Education Specialists	Education and Training		
Midwives	Health Science		
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics		
Education Administrators, Elementary and Secondary School	Education and Training	*•••••	
Registered Nurses	Health Science		
Exercise Physiologists	Health Science		
Career/Technical Education Teachers, Secondary School	Education and Training		
Curators	Education and Training		
Orthotists and Prosthetists	Health Science		
Radiologists	Health Science		
Surgical Assistants	Health Science		
Family and General Practitioners	Health Science		
Pilots, Ship	Transportation, Distribution and Logistics		
Chiropractors	Health Science		
Respiratory Therapy Technicians	Health Science		
Informatics Nurse Specialists	Information Technology		
Acute Care Nurses	Health Science		
Recreational Therapists	Health Science		
Internists, General	Health Science		
Commercial Pilots	Transportation, Distribution and Logistics		
Ship and Boat Captains	Transportation, Distribution and Logistics		
Industrial Production Managers	Business Management and Administration		
Pathologists	Health Science		
Dermatologists	Health Science		
	Arts, Audio/Video Technology and		. 1

Podiatrists	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Hospitalists	Health Science	
Respiratory Therapists	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Anesthesiologist Assistants	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Instructional Coordinators	Education and Training	
Physician Assistants	Health Science	
Manufacturing Engineers	Science, Technology, Engineering and Mathematics	
Fire Investigators	Law, Public Safety, Corrections and Security	
Nuclear Medicine Physicians	Health Science	
Preventive Medicine Physicians	Health Science	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Allergists and Immunologists	Health Science	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Police Detectives	Law, Public Safety, Corrections and Security	
Municipal Firefighters	Law, Public Safety, Corrections and Security	
Social and Community Service Managers	Human Services	
Chief Sustainability Officers	Business Management and Administration	
Environmental Science Teachers, Postsecondary	Education and Training	
Urban and Regional Planners	Government and Public Administration	
Agricultural Sciences Teachers, Postsecondary	Education and Training	
Chief Executives	Business Management and Administration	
Advanced Practice Psychiatric Nurses	Health Science	
Biological Science Teachers, Postsecondary	Education and Training	
Art Therapists	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Anthropologists	Science, Technology, Engineering and Mathematics	

Geothermal Production Managers	Business Management and Administration	
Orthodontists	Health Science	
Environmental Engineers	Agriculture, Food and Natural Resources	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Psychiatrists	Health Science	
Community Health Workers	Human Services	
Pediatricians, General	Health Science	
Security Managers	Business Management and Administration	