Multiple Intelligences

Samriddhi
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Intelligences and You

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

- [ ] Relate well to 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

Challenges

- [ ] Difficulty building and maintaining social relationships
- [ ] 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 Conciliators
7. Public Relations and Fundraising Managers
8. Transportation Managers
9. Emergency Management Directors
10. Counseling Psychologists

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

- [ ] Sensitive to nature — feel a concern for, and connection to, living things and the natural environment
- [ ] 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

Challenges

- [ ] Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
- [ ] Don't notice similarities between seemingly different objects
- [ ] Unable to identify the sights and sounds of nature — birds and their songs, for example, or the appearance of plants, rocks or cloud formations
- [ ] Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences
- [ ] Unaware of gradual shifts in the weather and the effects of factors such as temperature, humidity, wind and pressure
- [ ] Not concerned about environmental protection, pollution controls or water quality

Famous People with Strong Naturalist Intelligence

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

Top Careers for Naturalist Intelligence

1. Hunters and Trappers
2. Park Naturalists
3. Sustainability Specialists
4. Veterinarians
5. Environmental Science Teachers, Postsecondary
6. Animal Breeders
7. Farmworkers, Farm, Ranch, and Aquacultural Animals
8. Environmental Science and Protection Technicians, Including Health
9. Forest and Conservation Workers
10. Fishers and Related Fishing Workers

Existential

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

- [ ] Summarize details to understand a larger concept — putting together the elements of a career plan or game strategy, for example
- [ ] See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example
- [ ] 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

Challenges

- [ ] Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clear and final answers
- [ ] Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
- [ ] 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

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

Top Careers for Existential Intelligence

1. Clergy
2. Political Science Teachers, Postsecondary
3. Sociologists
4. Advanced Practice Psychiatric Nurses
5. Training and Development Specialists
6. Directors, Religious Activities and Education
7. Sociology Teachers, Postsecondary
8. Philosophy and Religion Teachers, Postsecondary
9. Social Work Teachers, Postsecondary
10. History Teachers, Postsecondary

Intrapersonal

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

- [ ] Well aware of personal abilities, challenges, feelings and attitudes
- [ ] Set realistic goals, able to focus and stay on track
- [ ] In control of emotions, good at handling high-stress situations
- [ ] Make decisions thoughtfully and carefully
- [ ] Ethical and objective, aware of how personal viewpoints can be biased or unfair

Challenges

- [ ] Give little thought to personal goals and abilities when making decisions
- [ ] Unaware of how mood, attitude and tone of voice can affect other people
- [ ] Allow personal opinions to negatively affect decisions and interactions with others
- [ ] Set unrealistic goals and make limited progress, often giving up
- [ ] Don't understand how to recognize and manage own emotions

Famous People with Strong Intrapersonal Intelligence

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

Top Careers for Intrapersonal Intelligence

1. Gaming Supervisors
2. Judges, Magistrate Judges, and Magistrates
3. Child, Family, and School Social Workers
4. Chief Executives
5. Education Administrators, Preschool and Childcare Center/Program
6. Postmasters and Mail Superintendents
7. Psychiatric Aides
8. Producers
9. Transportation Managers
10. Sales Managers

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

- [ ] Know how to use vocabulary, sentence structure, grammar and spelling for clear communication
- [ ] 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

Challenges

- [ ] Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
- [ ] 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

- [ ] 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)

Top Careers for Linguistic Intelligence

1. Interpreters and Translators
2. Technical Writers
3. Lawyers
4. Political Scientists
5. Speech-Language Pathologists
6. Neuropsychologists and Clinical Neuropsychologists
7. Training and Development Specialists
8. Soil and Plant Scientists
9. Foreign Language and Literature Teachers, Postsecondary
10. English Language and Literature Teachers, Postsecondary

Logical

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

- [ ] Easily recognize number patterns and can make quick, accurate calculations
- [ ] Understand the relationship between cause and effect — to predict how one thing can affect another
- [ ] Can identify all the parts in a system and how they interact
- [ ] Analyze information to determine what is important versus what is not
- [ ] Able to work with abstract concepts and use symbols to represent concrete ideas

Challenges

- [ ] Struggle with abstract mathematical and logical concepts
- [ ] Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
- [ ] Dislike activities involving puzzles, strategy, calculations or formulas
- [ ] Find it hard to categorize and organize things in a logical manner
- [ ] Not inclined to experiment or form theories to explain things

Famous People with Strong Logical Intelligence

- [ ] Thomas Edison (inventor, businessman)
- [ ] Albert Einstein (physicist, humanitarian)
- [ ] Florence Nightingale (nurse, statistician)
- [ ] Sherlock Holmes (fictional detective)
- [ ] Bill Gates (businessman, philanthropist)

Top Careers for Logical Intelligence

1. Mathematical Technicians
2. Operations Research Analysts
3. Actuaries
4. Software Developers, Applications
5. Mathematical Science Teachers, Postsecondary
6. Agricultural Engineers
7. Biomedical Engineers
8. Transportation Engineers
9. Manufacturing Engineering Technologists
10. Industrial-Organizational Psychologists

Musical

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

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

- [ ] Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified
- [ ] 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 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
- [ ] Can accurately visualize and estimate distances and measurements

Challenges

- [ ] Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
- [ ] Poor memory for visual details such as locations and what things look like; may also forget faces
- [ ] Dislike puzzles, mazes, building models and other activities that require fitting pieces together
- [ ] Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
- [ ] Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes

Famous People with Strong Spatial Intelligence

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

Top Careers for Spatial Intelligence

1. Civil Drafters
2. Mechanical Drafters
3. Computer Hardware Engineers
4. Agricultural Engineers
5. Commercial and Industrial Designers
6. Biomedical Engineers
7. Architecture Teachers, Postsecondary
8. Pilots, Ship
9. Architectural Drafters
10. Transportation Engineers

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

- [ ] Have good balance and coordination when moving or being physically active
- [ ] Good at hands-on activities, such as using tools and objects to build, create and repair
- [ ] Can analyze complex movements and the steps involved to identify problems and solutions
- [ ] Use movement to express feelings and ideas — through gestures, body language, acting or dance, for example
- [ ] Have good reflexes — react quickly and instinctively

Challenges

- [ ] Avoid activities that require good coordination or complex movements
- [ ] Not interested in playing competitive sports
- [ ] Do not use movement or physical precision for self-expression — through dance, painting or handmade crafts, for example
- [ ] Lack confidence when using tools and other physical objects to complete tasks
- [ ] Unaware of own body language and may miss non-verbal cues from others

Famous People with Strong Kinesthetic Intelligence

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

Top Careers for Kinesthetic Intelligence

1. Fallers
2. Fence Erectors
3. Tire Builders
4. Rail Car Repairers
5. Dancers
6. Athletes and Sports Competitors
7. Municipal Firefighters
8. Fitness Trainers and Aerobics Instructors
9. Athletic Trainers
10. Roustabouts, Oil and Gas

Rate your profile:

How well does it match you?

Developing Your Intelligences

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

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

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

- [ ] 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 Intrapersonal Intelligences

- Practice reflecting, setting goals and making decisions. Combine this with your interpersonal ability to clearly communicate well thought-out ideas and influence others in a positive way
- Learn to recognize your feelings and behavior as conversations unfold. After interacting with other people, reflect on what you saw and heard. How did you feel before, during and after the interaction?
- Talk to people like guidance and career counselors about your strengths and challenges, your goals, and your plans to achieve them

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

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 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 Musical Intelligences

- Listen to or play music in different natural environments. Pay attention to the unique acoustics of each location. How are they similar or different, and why?
- Learn about the different types of wood and fibers used to make woodwinds, drums and stringed instruments. Find out why certain qualities of materials make them suitable for musical instruments
- Spend time in a natural environment on your own and remain completely quiet. Use your naturalist wisdom to focus on the sounds around you, whether they are made by animals or by other natural sources

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 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 Spatial Intelligences

- Some artists use existential questions to inspire their work. Learn about the themes and stories behind works of art by Michelangelo, Salvador Dali and Alberto Giacometti. Then study their techniques and the spatial details of their works, and how those fit into the themes and stories
- Try to depict information in a visual form like a picture, graph or chart. Use your existential intelligence to understand the overall idea and base the visual on that. The process of creating the information in visual form will help develop your spatial intelligence
- Existential and Musical Intelligences

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

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

Intrapersonal and Interpersonal Intelligences

- You are able to reflect, set goals and make decisions. Use your abilities to clearly communicate well thought-out ideas and influence others in a positive way
- Focus on listening and paying attention to others. Reflect on what you see and hear, similar to the way in which you think about your own thoughts and actions
- Resist the urge to make recommendations for improvement, even if asked. It is better that others discover their own paths to self-improvement or to seek professional guidance

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

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 Naturalist Intelligences

- Read books or articles or listen to presentations on topics related to nature. As you learn more, select an environment or cause that interests you, such as mountains, oceans, clean energy or wildlife preservation. Deepen your understanding of this issue by reading more detailed accounts and attending speaking events that appeal to your linguistic abilities
- If you enjoy writing, try using nature for inspiration. As you write, look for patterns in the natural environment and think about how different elements can be categorized
- Join a naturalist or environmental interest group and volunteer to help with newsletters, outreach and other forms of communication

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

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

Recommendations

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

- You have an ability to recognize patterns in abstract concepts like numbers and scientific principles. Practice applying this ability to patterns in physical objects in the environment
- Learn about scientific discoveries of the natural world in fields such as ecology, geology, meteorology or astronomy. Look for information that uses statistics, measurements and other methods to show clear comparisons
- Learn about the classification of living things and how each organism is ranked and grouped (into kingdom, genus or species, for example). Study the logical sequence of that hierarchy

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

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

Musical and Naturalist Intelligences

- Listen to or play music in different natural environments. Take note of the unique acoustics in each setting
- Learn about the types of wood and fibers used to make musical instruments – for example, woodwinds, drums or strings. Find out what qualities of these materials make them suitable for this purpose
- Spend time quietly in a natural environment. Focus on the sounds, whether they are made by animals or by other natural sources

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 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 Naturalist Intelligences

- If you enjoy art, select subjects from nature and try creating realistic-looking pieces. Observe the fine details of a natural object and apply your understanding of composition – lines, color and space – to bring the artwork to life
- Pursue hobbies such as gardening, flower arranging or landscape design. You will learn about nature and natural objects while employing your keen senses of color, imagination and visual detail
- Take part in activities like orienteering, geocaching and adventure racing. They use your ability to visualize paths and judge distances, while you observe and analyze landmarks in different environments

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

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

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 Naturalist Intelligences

- When participating in outdoors activities, be aware of your surroundings. Noticing the sights, sounds and smells around you while doing something you enjoy can improve your appreciation of nature and the environment
- Participate in an activity you do often and know well, so that it doesn't require your full attention. When you take a break, stop and carefully observe your setting. Take note of similarities and differences in the objects around you
- As you get used to one environment, try activities in different environments. Try to make connections between them

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

Your EI score is a blend of your interpersonal and intrapersonal intelligences scores. EI 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 ○ ○ ○ ○ ○ Strength

Assertive: honest, direct and willing to stand up for yourself

Challenge ○ ○ ○ ○ ○ Strength

Composed: think carefully before reacting and resist being impulsive

Challenge ○ ○ ○ ○ ○ Strength

Content: happy and satisfied with your life

Challenge ○ ○ ○ ○ ○ Strength

Empathic: intensely aware of needs and feelings — your own, and other people's

Challenge ○ ○ ○ ○ ○ Strength

Expressive: can communicate your emotions to others in a healthy way

Challenge ○ ○ ○ ○ ○ Strength

Influential: can guide other's emotions in a purposeful way

Challenge ○ ○ ○ ○ ○ Strength

Intimate: build and maintain healthy and close personal relationships

○ ○ ○ ○ ○

Optimistic: have a positive outlook on life	○ ○ ○ ○ ○ Challenge Strength
Perceptive: keenly aware of your emotions and those of other people	○ ○ ○ ○ ○ Challenge Strength
Regulated: able to manage your emotions and behavior in a variety of situations	○ ○ ○ ○ ○ Challenge Strength
Resilient: can deal with pressure and stress in a healthy way	○ ○ ○ ○ ○ Challenge Strength
Motivated: persist and overcome difficulties to achieve goals	○ ○ ○ ○ ○ Challenge Strength
Connected: build social connections with many different people	○ ○ ○ ○ ○ Challenge Strength

Recommendations

The following recommendations are based on your results. Select the ones you think would work best for you.

Developing Emotional Intelligence

- ☐ Develop a sense of humor and try to make people laugh without putting others down
- ☐ 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. Practice listening more than speaking. Ask questions respectfully, with the goal of learning about others' views, instead of trying to make your own point

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

Clinical Nurse Specialists	Health Science	
Nurse Practitioners	Health Science	
Farm and Home Management Advisors	Education and Training	
Nurse Midwives	Health Science	
Physical Medicine and Rehabilitation Physicians	Health Science	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Midwives	Health Science	
Emergency Management Directors	Government and Public Administration	
Obstetricians and Gynecologists	Health Science	
Ophthalmologists	Health Science	
Physician Assistants	Health Science	
Nurse Anesthetists	Health Science	
Anesthesiologists	Health Science	
Veterinarians	Health Science	
Registered Nurses	Health Science	
Urologists	Health Science	
Occupational Therapists	Health Science	
Naturopathic Physicians	Health Science	
Family and General Practitioners	Health Science	
Neurologists	Health Science	
Physical Therapists	Health Science	
Hospitalists	Health Science	
Dermatologists	Health Science	
Critical Care Nurses	Health Science	
Exercise Physiologists	Health Science	
Advanced Practice Psychiatric Nurses	Health Science	
Chiropractors	Health Science	
Oral and Maxillofacial Surgeons	Health Science	
Allergists and Immunologists	Health Science	
Internists, General	Health Science	
Neuropsychologists and Clinical Neuropsychologists	Human Services	
Radiologists	Health Science	
Podiatrists	Health Science	

First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Environmental Science Teachers, Postsecondary	Education and Training	
Acute Care Nurses	Health Science	
Prosthodontists	Health Science	
Dentists, General	Health Science	
Dietitians and Nutritionists	Health Science	
Anthropologists	Science, Technology, Engineering and Mathematics	
Informatics Nurse Specialists	Information Technology	
Instructional Coordinators	Education and Training	
Preventive Medicine Physicians	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Respiratory Therapy Technicians	Health Science	
Pathologists	Health Science	
Chief Sustainability Officers	Business Management and Administration	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Psychiatrists	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Health Specialties Teachers, Postsecondary	Education and Training	
Pediatricians, General	Health Science	
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics	
Optometrists	Health Science	
General and Operations Managers	Business Management and Administration	
Biological Science Teachers, Postsecondary	Education and Training	
Sports Medicine Physicians	Health Science	
Surgeons	Health Science	
Pharmacists	Health Science	
Management Analysts	Business Management and Administration	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Education Administrators, Elementary and Secondary School	Education and Training	
Career/Technical Education Teachers, Secondary School	Education and Training	
Agricultural Sciences Teachers, Postsecondary	Education and Training	

Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Nuclear Medicine Physicians	Health Science	
Orthodontists	Health Science	
Social and Community Service Managers	Human Services	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Adapted Physical Education Specialists	Education and Training	
Clinical Psychologists	Human Services	
Occupational Health and Safety Specialists	Government and Public Administration	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration	
Urban and Regional Planners	Government and Public Administration	
Archeologists	Science, Technology, Engineering and Mathematics	
Industrial Production Managers	Business Management and Administration	
Geothermal Production Managers	Business Management and Administration	
Security Managers	Business Management and Administration	
Community Health Workers	Human Services	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Curators	Education and Training	
Natural Sciences Managers	Agriculture, Food and Natural Resources	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Respiratory Therapists	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Forestry and Conservation Science Teachers, Postsecondary	Education and Training	
Medical and Health Services Managers	Health Science	
Quality Control Systems Managers	Business Management and Administration	
Recreational Therapists	Health Science	
Biofuels Production Managers	Business Management and Administration	
Coroners	Government and Public Administration	
Loss Prevention Managers	Business Management and Administration	

Police Detectives	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Industrial-Organizational Psychologists	Human Services	
Athletic Trainers	Health Science	
Education Administrators, Postsecondary	Education and Training	
Patient Representatives	Business Management and Administration	
Orthotists and Prosthetists	Health Science	