



Intelligences and You











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	Cl	nallenges
Easily recognize number patterns and can make quick, accurate calculations		Struggle with abstract math concepts
Understand the relationship between cause and effectto predict how one thing can affect another		Poor problem-solving ability or develop approaches for re
Can identify all the parts in a system and how they interact		Dislike activities involving pu or formulas
Analyze information to determine what is important versus what is not		Find it hard to categorize an logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas		Not inclined to experiment of things

Famous People with Strong Logical Intelligence

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

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

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

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, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
 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 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	Top Careers for 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) 	 Hunters and Trappers Park Naturalists Sustainability Specialists Veterinarians Environmental Science Teachers, Postsecondary Animal Breeders Farmworkers, Farm, Ranch, and Aquacultural Animals Environmental Science and Protection Technicians, Including Health Forest and Conservation Workers 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	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 clear 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

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

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Kinesthetic Intelligence









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

Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	 Do not use movement or physical precision for self- expression — through dance, painting or handmade
Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
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Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
	Intelligence
Kinesthetic İntelligence Michael Jordan (basketball player)	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
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

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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 Can work with shape, size, position and location to solve problems and design, arrange or build things 	 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
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

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Interpersonal Intelligence









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

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
 others Notice and understand people's needs, perspectives, emotions and motivations Connect and interact with people quickly and easily Form and maintain lasting relationships Able to lead, influence and inspire others 	 Do not notice or respond appropriately to others' feelings, motivations or behaviors Not good at collaborative work Uncomfortable interacting with people whose experiences, views and beliefs differ from own Don't see the humor in things that others find funny
Famous People with Strong Interpersonal Intelligence Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) Ellen DeGeneres (comedian, talk-show host)	 Top Careers for Interpersonal Intelligence Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists Lodging Managers Arbitrators, Mediators, and Conciliators Public Relations and Fundraising Managers Transportation Managers
	9. Emergency Management Directors
	10. Counseling Psychologists

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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 carefullyEthical and objective, aware of how personal viewpoints can be biased or unfair	 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)	Top Careers for Intrapersonal Intelligence 1. Gaming Supervisors
☐ Mohandas Ghandi (lawyer, ideological leader) ☐ Helen Keller (speaker,	 Judges, Magistrate Judges, and Magistrates Child, Family, and School Social Workers Chief Executives
author) Terry Fox (athlete, humanitarian)	 Education Administrators, Preschool and Childcare Center/Program
a.mamaaa.n	6. Postmasters and Mail Superintendents7. Psychiatric Aides8. Producers
	9. Transportation Managers10. Sales Managers

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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 William Shakespeare (author, playwright)	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, Postsecondary

Rate your profile:

How well does it match you?

Developing Your Intelligences





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

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 Kinesthetic Intelligences

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

Logical and Musical Intelligences

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

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

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

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

П	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 Spatial Intelligences

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

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 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

Existential and Linguistic Intelligences

- Read about different philosophies, such as ontology, cosmology, realism, idealism, Hellenistic philosophy, analytic philosophy, postmodernism, theosophy or any other theories that may interest you
- Use existential ideas as topics for projects and assignments. Writing or speaking on a difficult subject for a general audience is a great way to develop your linguistic skills
- For more advanced reading levels and existential discussion, try books from authors such as Chomsky, Emerson, Kierkegaard, Tolstoy, Dostoyevsky and Camus, all of whom excel in both existential and linguistic intelligence

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

Musical

Advice for Learning



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

Recommendations

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

Musical and 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 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

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 Logical Intelligences

- Paerticipate in regular aerobic exercise. It has been shown to improve cognitive brain function, which controls your ability to think and remember
- To be more mentally alert, do your favorite exercise in the morning or around the middle of the day. If you've been exercising strenuously, allow some time to recover before trying to perform logical or mathematical activities
- Try activities that combine a kinesthetic challenge with logical strategy, such as tennis, baseball, golf or billiards

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

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 Logical Intelligences

- Solve logical problems that have a spatial element. You will find examples in areas of interest such as architecture, mechanics, engineering, graphic design, building trades, electronics and landscaping
- Solve visual puzzles and play games that use your natural talent for interpreting images. This gives you practice in gathering information, recognizing patterns, connecting ideas and finding solutions
- When working on difficult mathematical problems, use graphs, charts or other drawings to visualize the problem

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

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

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

• Take part in role playing, presentations, debates and group activities

Expand your network. Interact with people of different ages, cultures and skill

Recommendations

sets

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

Interpersonal and Logical Intelligences

- Get involved with groups or online communities. Many massively multiplayer online games rely on logical strategy and interaction with others to achieve success. You can learn logical strategies from others who play the game. Don't spend so much time playing games that you neglect your other responsibilities!
- Join charitable or service-oriented groups that will make use of your interpersonal skills and provide you with tasks that require logical problem solving

Interpersonal and Naturalist Intelligences

- Join an outdoor or environmentalist club that requires someone with your interpersonal skills. You can help the group by hosting public discussions or giving presentations on its behalf
- Get involved with a naturalist cause through an organization like Audubon or the World Wildlife Fund. As you interact with the group's members, learn about the issues and sympathize with their cause, you will begin to appreciate nature on your own

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 Logical Intelligences

- Combine these intelligences to analyze and solve difficult problems. Logical intelligence involves using pattern recognition, reasoning and problem solving. You already use these on a personal level, in your efforts to understand and improve yourself
- When you encounter a difficult mathematical or logical problem, set yourself a challenging goal, maintain your focus, and manage your emotions as you set about solving it
- Improve your skills with logic puzzles and games. Many are freely available online

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

e following recommendations are based on your results. Consider each and select the ones you think would work st 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 Logical Intelligences

- Take a study skills or test prep course. Your linguistic strength will help you quickly understand information from multiple sources and clearly communicate the results
- Get involved in a speech and debate class. Take part in discussions that focus on logical issues or theories
- Develop your skills with word-based logic puzzles, games, riddles. Many are freely available online

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

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 El score is a blend of your interpersonal and intrapersonal intellige intelligences.	ences scores.	El relates	s closely t	o these t	:WO
Your results indicate that emotional intelligence is likely a challenge for others are thinking or feeling. At times, you may not realize that your mit difficult to describe how you are feeling or to convince others to go all are all things that can be learned and enhanced. The information in thi intelligence.	nood is affecti long with you	ng your t r ideas. [thoughts Don't wor	. You ma ry, thoug	y also find gh. These
Emotional Intelligence Traits Read the list of traits related to EI and indicate the degree to which eac update this list as you develop challenges into strengths.	ch is a strengt	h or chal	lenge for	you. Be	sure to
Adaptable: able to deal with new and changing conditions	C hallenge	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	O Strength
Influential: can guide other's emotions in a purposeful way	0	0	0	0	0

Intimate: build and maintain healthy and close personal relationships



Strength

Challenge

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	C hallenge	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	C hallenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the one Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without putti down		would v	vork best	for you.	
 Learn to laugh at yourself and endear yourself to others by showing humility Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such 					
as at a hospital, homeless shelter, or retirement center Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself					
 Learn to say No when you mean it. When you say Yes out of guilt, or M problems than you solve in that moment. There is no need to be mean can realistically accomplish Practice being grateful. While it is important to take responsibility for yourself of the good things in your life. Once a week, write down what place each time, so you can easily review the things you were grateful Move outside of your own perspective. When you are critical of other puthings from your own perspective. Before judging, ask others why they people's backgrounds and about cultures that differ from your own perspective. 	or selfish. difficulties, makes you for in the p people or id y feel the w	Just be a thankfu revious v eas, it is ay they o	as import I. Record week often bed do. Learn	about wi ant to re it in the cause you more ak	emind same u only see
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

Quality Control Analysts	Science, Technology, Engineering and Mathematics	
Food Science Technicians	Agriculture, Food and Natural Resources	
Non-Destructive Testing Specialists	Manufacturing	
Chemical Technicians	Manufacturing	
Medical and Clinical Laboratory Technicians	Health Science	
Computer Operators	Business Management and Administration	
Dietetic Technicians	Health Science	
Electronics Engineering Technicians	Manufacturing	
Biological Technicians	Agriculture, Food and Natural Resources	
Photonics Technicians	Manufacturing	
Stationary Engineers and Boiler Operators	Architecture and Construction	
Traffic Technicians	Transportation, Distribution and Logistics	
Web Administrators	Information Technology	
Document Management Specialists	Information Technology	
Computer Network Support Specialists	Information Technology	
Energy Auditors	Business Management and Administration	
Assessors	Government and Public Administration	
Medical Equipment Repairers	Manufacturing	
Electrical Engineering Technicians	Manufacturing	
Nuclear Monitoring Technicians	Manufacturing	
Geophysical Data Technicians	Agriculture, Food and Natural Resources	
Web Developers	Information Technology	
Electronic Home Entertainment Equipment Installers and Repairers	Manufacturing	
Histotechnologists and Histologic Technicians	Health Science	
Database Administrators	Information Technology	
Pest Control Workers	Agriculture, Food and Natural Resources	
Software Quality Assurance Engineers and Testers	Information Technology	

Computer Numerically Controlled Machine Tool Programmers, Metal and Plastic	Manufacturing	
Geological Sample Test Technicians	Agriculture, Food and Natural Resources	
Cytotechnologists	Health Science	
Cartographers and Photogrammetrists	Science, Technology, Engineering and Mathematics	
Freight and Cargo Inspectors	Government and Public Administration	
Water and Wastewater Treatment Plant and System Operators	Agriculture, Food and Natural Resources	
Security Guards	Law, Public Safety, Corrections and Security	
Power Plant Operators	Manufacturing	
Nanotechnology Engineering Technicians	Manufacturing	
Online Merchants	Business Management and Administration	
Home Appliance Repairers	Manufacturing	
Computer Network Architects	Information Technology	
Agricultural Inspectors	Government and Public Administration	
Audio and Video Equipment Technicians	Arts, Audio/Video Technology and Communications	
Electrical and Electronics Installers and Repairers, Transportation Equipment	Transportation, Distribution and Logistics	
Computer, Automated Teller, and Office Machine Repairers	Manufacturing	
Power Distributors and Dispatchers	Manufacturing	
Gas Plant Operators	Manufacturing	
Social Science Research Assistants	Science, Technology, Engineering and Mathematics	
Radio Mechanics	Manufacturing	
Environmental Engineering Technicians	Agriculture, Food and Natural Resources	
Production, Planning, and Expediting Clerks	Manufacturing	
Agricultural Technicians	Agriculture, Food and Natural Resources	
Chemical Plant and System Operators	Manufacturing	
Order Clerks	Business Management and Administration	
Network and Computer Systems Administrators	Information Technology	
Petroleum Pump System Operators, Refinery Operators, and Gaugers	Manufacturing	

Library Assistants, Clerical	Business Management and Administration	
Cytogenetic Technologists	Health Science	
Pesticide Handlers, Sprayers, and Applicators, Vegetation	Agriculture, Food and Natural Resources	
Electromechanical Equipment Assemblers	Manufacturing	
Construction and Building Inspectors	Government and Public Administration	
Prepress Technicians and Workers	Arts, Audio/Video Technology and Communications	
Radio, Cellular, and Tower Equipment Installers and Repairers	Manufacturing	
Computer User Support Specialists	Information Technology	
Precision Agriculture Technicians	Science, Technology, Engineering and Mathematics	
Electromechanical Engineering Technologists	Manufacturing	
Wholesale and Retail Buyers, Except Farm Products	Marketing	
Budget Analysts	Finance	
Gaming Surveillance Officers and Gaming Investigators	Law, Public Safety, Corrections and Security	
Freight Forwarders	Transportation, Distribution and Logistics	
Nuclear Power Reactor Operators	Manufacturing	
Opticians, Dispensing	Health Science	
Bus and Truck Mechanics and Diesel Engine Specialists	Transportation, Distribution and Logistics	
Weatherization Installers and Technicians	Architecture and Construction	
Automotive Engineering Technicians	Manufacturing	
Office Machine Operators, Except Computer	Business Management and Administration	
Pharmacy Technicians	Health Science	
Cooks, Institution and Cafeteria	Hospitality and Tourism	
Remote Sensing Technicians	Science, Technology, Engineering and Mathematics	
Pharmacy Aides	Health Science	
Massage Therapists	Human Services	
Telecommunications Engineering Specialists	Information Technology	
Electrical and Electronics Repairers, Powerhouse, Substation, and Relay	Manufacturing	
Insurance Appraisers, Auto Damage	Finance	
Civil Engineering Technicians	Architecture and Construction	
Computer Programmers	Information Technology	

Logistics Analysts	Transportation, Distribution and Logistics	
Chemical Equipment Operators and Tenders	Manufacturing	
Airfield Operations Specialists	Transportation, Distribution and Logistics	
Cooks, Private Household	Hospitality and Tourism	
Manufacturing Production Technicians	Manufacturing	
Hazardous Materials Removal Workers	Agriculture, Food and Natural Resources	
Home Health Aides	Health Science	
Animal Trainers	Hospitality and Tourism	
Archivists	Education and Training	
Gem and Diamond Workers	Manufacturing	
Electro-Mechanical Technicians	Manufacturing	
Avionics Technicians	Transportation, Distribution and Logistics	
Software Developers, Applications	Information Technology	
Library Technicians	Education and Training	
Bioinformatics Technicians	Government and Public Administration	
Industrial Engineering Technologists	Manufacturing	