

Intelligences and You





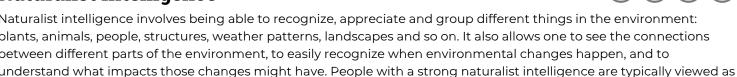




Naturalist

Naturalist Intelligence

environmentalist)



maturarist interrigence	
between different parts of the environment, to easily reco	scapes and so on. It also allows one to see the connections
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	Don't notice similarities between seemingly different objects
objects Organize and group things according to their traits	Unable to identify the sights and sounds of nature — birds and their songs, for example, or the appearance of plants, rocks or cloud formations
 Enjoy growing plants, taking care of animals or learning about the natural environment Aware of subtle changes in the weather, climate and 	Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences
seasons Have an interest in conservation and recycling	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)	 Hunters and Trappers Park Naturalists Sustainability Specialists
 Jacques Cousteau (marine ecologist, filmmaker) Chico Mendes (human rights activist, environmentalist) Steve Irwin "The Crocodile Hunter" (naturalist, 	4. Veterinarians5. Environmental Science Teachers, Postsecondary6. 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

	•			•
	IDO		c+	1
	ing	u	> L	ı
_	··· · · · ·		_	

Linguistic Intelligence









Linguistic intelligence helps you to understand and use language properly in reading, writing, speaking, including sign language and Braille. It also affects vocabulary and the ability to understand and use humor, create pictures using words, notice language patterns, and recognize relationships between words. Linguistic intelligence is one of the main intelligences linked with succeeding in school.

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

r	١t	0	rı	n	0	rs	OI	na	ı
	ľ	\sim		\sim	<u> </u>	. –	\smile	ııu	1











to the mood, personality and goals of others. Challenges Strengths Relate well to Difficulty building and maintaining social relationships Do not notice or respond appropriately to others' Notice and understand people's needs, perspectives, feelings, motivations or behaviors emotions and motivations Not good at collaborative Connect and interact with people quickly and work easily Uncomfortable interacting with people whose Form and maintain lasting experiences, views and beliefs differ from own relationships Don't see the humor in things that others find Able to lead, influence and inspire funny others **Famous People with Strong Top Careers for Interpersonal Interpersonal Intelligence** Intelligence Martin Luther King, Jr. (clergyman, civil rights activist) 1. Marriage and Family Therapists Mother Teresa (nun, 2. Educational, Guidance, School, and Vocational humanitarian) Counselors Oprah Winfrey (talk-show host, philanthropist) 3. Patient Representatives Anthony Robbins (success coach, professional 4. Psychiatrists speaker) 5. Lodging Managers Ellen DeGeneres (comedian, talk-show host) 6. Arbitrators, Mediators, and Conciliators 7. Public Relations and Fundraising Managers

8. Transportation Managers

10. Counseling Psychologists

9. Emergency Management Directors

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

Intr	ape	ersc	na
	\sim \sim \sim		







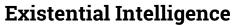


Intrapersonal Intelligence

Intrapersonal intelligence includes the ability to understand oneself -- emotions, fears, motivations, strengths and weaknesses. This intelligence allows you to reflect upon your own thinking and behavior, learn from that reflection, find ways for self-improvement, and build self-confidence.

Strengths	Challenges
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities when making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
 Make decisions thoughtfully and carefully Ethical 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)	Top Careers for Intrapersonal Intelligence
 Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian) 	 Gaming Supervisors Judges, Magistrate Judges, and Magistrates Child, Family, and School Social Workers Chief Executives Education Administrators, Preschool and Childcare Center/Program Postmasters and Mail Superintendents Psychiatric Aides Producers
	9. Transportation Managers10. Sales Managers

		•					
ᆫ	V	IS:	⊢ ⁄	~ r	↑ 1	١	\neg
	А	יכו	וכ	-: I	- 11	u	α











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	 Difficulty understanding perspectives, values and opinions that differ from own
Connect different ideas to envision something new and creative	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)	1. Clergy
The Dalai Lama (spiritual leader)	Political Science Teachers, Postsecondary
Deepak Chopra (doctor, speaker/author)	3. Sociologists
Ralph W. Emerson (essayist, transcendentalist)	4. Advanced Practice Psychiatric Nurses
Jane Addams (philosopher, activist)	5. Training and Development Specialists
	6. Directors, Religious Activities and Education
	7. Sociology Teachers, Postsecondary
	8. Philosophy and Religion Teachers, Postsecondary

10. History Teachers, Postsecondary

Mucical	
Musicai	











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 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 	 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	Top Careers for Musical Intelligence
Famous People with Strong Musical Intelligence Jennifer Lopez (musician, composer) Elvis Presley (singer-songwriter) Beyoncé Knowles (singer, songwriter and actress)	Top Careers for Musical Intelligence 1. Music Composers and Arrangers 2. Art, Drama, and Music Teachers, Postsecondary 3. Music Therapists 4. Physicists 5. Singers

\sim			
(ра	+1-	∖ I
_	l)a	110	-11
\sim	\sim	CIC	,

Spatial Intelligence









Spatial intelligence includes the ability to identify objects accurately, change and recreate images, and recognize how shapes and objects relate to each other. While this intelligence is typically applied through visual means, spatial intelligence does not only rely on vision. It can also be used through touch and sometimes even hearing.

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things	Poor memory for visual details such as locations and what things look like; may also forget faces
Can work with shape, size, position and location to solve problems and design, arrange or build things	Dislike puzzles, mazes, building models and other activities that require fitting pieces together
☐ Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water	Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
Can accurately visualize and estimate distances and measurements	Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes
Famous People with Strong Spatial Intelligence	Top Careers for Spatial Intelligence
Frank Lloyd Wright (architect, interior designer)	1. Civil Drafters
Michelangelo (artist, engineer)	2. Mechanical Drafters
Steven Spielberg (film director, video game designer)	3. Computer Hardware Engineers
✓ Vera Wang (fashion designer)	4. Agricultural Engineers
	5. Commercial and Industrial Designers
Christopher Columbus (explorer, navigator)	6. Biomedical Engineers
	7. Architecture Teachers, Postsecondary
	8. Pilots, Ship
	9. Architectural Drafters

Kinesthetic	1
Milestrictic	

Kinesthetic Intelligence









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

Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	 Do not use movement or physical precision for self- expression — through dance, painting or handmade
Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Michael Jordan (basketball player)	2.5.0
Druggel on (recential autist)	1. Fallers
Bruce Lee (martial artist)	
Bruce Lee (martial artist)	2. Fence Erectors
Paula Abdul (dancer, choreographer)	2. Fence Erectors3. Tire Builders
Paula Abdul (dancer, choreographer)	3. Tire Builders
Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist)	3. Tire Builders4. Rail Car Repairers
Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	3. Tire Builders4. Rail Car Repairers5. Dancers
Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	3. Tire Builders4. Rail Car Repairers5. Dancers6. Athletes and Sports Competitors
Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	 Tire Builders Rail Car Repairers Dancers Athletes and Sports Competitors Municipal Firefighters

		•
10	\sim	ıca
\	74	ıca
	\sim	











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

Strengths	Challenges
Easily recognize number patterns and can make quick, accurate calculations	Struggle with abstract mathematical and logical concepts
 Understand the relationship between cause and effect to predict how one thing can affect another 	Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
Can identify all the parts in a system and how they interact	Dislike activities involving puzzles, strategy, calculations or formulas
Analyze information to determine what is important versus what is not	Find it hard to categorize and organize things in a logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas	Not inclined to experiment or form theories to explain things
Famous People with Strong Logical Intelligence	Top Careers for Logical Intelligence
Thomas Edison (inventor, businessman)	1. Mathematical Technicians
Albert Einstein (physicist, humanitarian)	2. Operations Research Analysts
Florence Nightingale (nurse, statistician)	3. Actuaries
Sherlock Holmes (fictional detective)	4. Software Developers, Applications
Bill Gates (businessman, philanthropist)	5. Mathematical Science Teachers, Postsecondary
Bill Gates (businessman, priliantinopist)	6. Agricultural Engineers
	7. Biomedical Engineers
	8. Transportation Engineers
	9. Manufacturing Engineering Technologists
	10. Industrial-Organizational Psychologists

Rate your profile:

How well does it match you?

Developing Your Intelligences





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

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. റല

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

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 landscap 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 Existential Intelligences

- Think about the complexities in nature the many individual details that form the whole. Use your knowledge of the natural world to consider questions about the purpose and direction of nature, and our responsibilities to it
- Deepen your spiritual connection to nature. Take time alone in the natural environment to relax, observe and open your mind to what's around you. Think about why you feel happy or at peace in your favorite natural settings

Naturalist and Intrapersonal Intelligences

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

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

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 Musical Intelligences

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

Linguistic and Spatial Intelligences

- Read books and other materials that use descriptive imagery words that describe how things taste, feel, look, move, smell or sound, for example. Try to visualize a mental picture that provides the same level of accuracy as the words you are reading. Over time, increase the amount of detail in your mental pictures, adding color, depth and background
- Participate in scavenger hunts and geocaching events. Use word-based clues to help people reach the goal

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 Kinesthetic Intelligences

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

Interpersonal and 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

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

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 Linguistic Intelligences

- Read more. You may enjoy self-help books or other motivational and psychology-based books
- In a blog or journal, start with what you know and write about yourself your thoughts and feelings, for example. Examine what you have written and think about how you could improve it. You can also ask for feedback from a teacher, counselor or anyone else you trust to provide good advice
- After some inner reflection, express your thoughts in poetry or creative writing

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

Existential

Advice for Learning

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

Recommendations

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

Existential and Naturalist Intelligences

- Think about the complexities in nature. Note the individual details that make up your immediate surroundings and the world beyond. Does nature have goals, direction and purpose? What are our responsibilities? As you consider these questions, spend time in a natural environment to make observations and consider how each element is connected
- Get involved with a naturalist group. You can help the organization gain focus by gathering information from different sources to figure out overall strategies and policies. Spending time with the group will increase your appreciation for naturalist causes
- Study other societies to learn about the role of nature in religion and customs. Many cultures have a strong spiritual connection to nature

Musical

Advice for Learning





- Take any kind of music, singing or dance class. If you play an instrument, learn to play another, unrelated type of instrument
- Take speech and debate, poetry or creative writing class. Pay attention to the rhythm and patterns in speech and writing. Try reading and writing different things with varying paces and different tone
- When working on assignments, playing sports or working with your hands, try to move and work with a rhythm that suits the activity
- Take a drama class and learn how actors use tone and rhythm to convey more meaning than words alone can do

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

• If permitted, include music in your presentations or projects. Be sure to select music that complements your assignment. Don't just pick your current favorites, unless they are relevant!

Recommendations

he	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 Linguistic Intelligences

- Read books about music or musicians. Or, read song lyrics without the music. Think about the techniques the writer has used. Consider word choice, sentence structure, and the way ideas are presented over each paragraph, chapter or the entire work
- Try writing lyrics to songs. Start by rewriting a favorite song with your own words. Then move on to create your own original material. You can also try writing poetry and putting it to music
- Take poetry and creative writing classes. Note the emphasis on rhythm and timing in these works. Read poetry aloud and listen for the cadence (the rhythmic flow) of the writing

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
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 Linguistic Intelligences

- When visualizing something, think of how you would describe it in words. Try to be as detailed and accurate with words as you are with your mental picture
- Improve your vocabulary by reading books and other materials that use descriptive imagery. For example, you could look for materials about nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics or landscaping

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

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 Linguistic Intelligences

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

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

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 Linguistic Intelligences

- Practice your linguistic skills using logic-related activities such as word-based puzzles, Scrabble, crosswords and vocabulary games
- Pay attention to the writing in your textbooks. Think about what the writers are trying to accomplish and examine their use of words, symbols and structure
- Select an issue or theory that you can analyze and reason scientifically. Then discuss, debate or write about it. While you may focus on being correct and precise, remember it's also important to be eloquent and persuasive

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

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.

in a way that helps you.		
Most Recent Results		
Your El score is a blend of your interpersonal and intrapersona intelligences.	al intelligences scores. El relates closely to these two	
Your results indicate that emotional intelligence is likely a chall others are thinking or feeling. At times, you may not realize that it difficult to describe how you are feeling or to convince other are all things that can be learned and enhanced. The informat intelligence.	nat your mood is affecting your thoughts. You may also finers to go along with your ideas. Don't worry, though. These	
Emotional Intelligence Traits Read the list of traits related to EI and indicate the degree to wupdate this list as you develop challenges into strengths.	which each is a strength or challenge for you. Be sure to	
Adaptable: able to deal with new and changing conditions	Challenge Strengt	th
Assertive: honest, direct and willing to stand up for yourself	OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	:h
Composed: think carefully before reacting and resist being in	mpulsive OOOOO	ih
Content: happy and satisfied with your life	Challenge Strengt	ih
Empathic: intensely aware of needs and feelings — your own other people's	n, and Challenge Challenge Strengt	ih
Expressive: can communicate your emotions to others in a howay	nealthy OOOO O	- ih
Influential: can guide other's emotions in a purposeful way	00000	

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	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	C hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the ones Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without puttir down		would v	vork best	for you.	
Learn to laugh at yourself and endear yourself to others by showing humility Write out your thoughts and create a plan for self-improvement. Make 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 people's backgrounds and about cultures that differ from your own. Pr questions respectfully, with the goal of learning about others' views, ins	actice liste	ning mo	re than s	peaking	. Ask

Career and Pathways



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

Intelligences Results

gg		
Statement Clerks	Transportation, Distribution and Logistics	
Data Entry Keyers	Business Management and Administration	
Bakers	Hospitality and Tourism	
Counter Attendants, Cafeteria, Food Concession, and Coffee Shop	Hospitality and Tourism	
Word Processors and Typists	Business Management and Administration	
Cooks, Short Order	Hospitality and Tourism	
Payroll and Timekeeping Clerks	Business Management and Administration	
Medical Records and Health Information Technicians	Health Science	
Weighers, Measurers, Checkers, and Samplers, Recordkeeping	Manufacturing	
Cooks, Fast Food	Hospitality and Tourism	
Court Clerks	Government and Public Administration	
Shampooers	Human Services	
Billing, Cost, and Rate Clerks	Transportation, Distribution and Logistics	
Nonfarm Animal Caretakers	Agriculture, Food and Natural Resources	
Gaming Change Persons and Booth Cashiers	Hospitality and Tourism	
Bookkeeping, Accounting, and Auditing Clerks	Business Management and Administration	
Locker Room, Coatroom, and Dressing Room Attendants	Human Services	
Ushers, Lobby Attendants, and Ticket Takers	Hospitality and Tourism	
Food Servers, Nonrestaurant	Hospitality and Tourism	
Security Guards	Law, Public Safety, Corrections and Security	
Food Preparation Workers	Hospitality and Tourism	
Crossing Guards	Law, Public Safety, Corrections and Security	
File Clerks	Business Management and Administration	
Library Assistants, Clerical	Business Management and Administration	

Cooks, Private Household	Hospitality and Tourism	
Cooks, Restaurant	Hospitality and Tourism	
Barbers	Human Services	
Models	Marketing	
Food and Tobacco Roasting, Baking, and Drying Machine Operators and Tenders	Manufacturing	
Combined Food Preparation and Serving Workers, Including Fast Food	Hospitality and Tourism	
Inspectors, Testers, Sorters, Samplers, and Weighers	Manufacturing	
Dining Room and Cafeteria Attendants and Bartender Helpers	Hospitality and Tourism	
Order Clerks	Business Management and Administration	
Manicurists and Pedicurists	Human Services	
Graders and Sorters, Agricultural Products	Agriculture, Food and Natural Resources	
Medical Transcriptionists	Health Science	
Photographic Process Workers and Processing Machine Operators	Manufacturing	
Farm Labor Contractors	Agriculture, Food and Natural Resources	
Order Fillers, Wholesale and Retail Sales	Business Management and Administration	
Marking Clerks	Business Management and Administration	
Title Examiners, Abstractors, and Searchers	Law, Public Safety, Corrections and Security	
Gaming and Sports Book Writers and Runners	Hospitality and Tourism	
Insurance Claims Clerks	Finance	
Hosts and Hostesses, Restaurant, Lounge, and Coffee Shop	Hospitality and Tourism	
Cashiers	Marketing	
Legal Secretaries	Law, Public Safety, Corrections and Security	
Cargo and Freight Agents	Transportation, Distribution and Logistics	
Library Technicians	Education and Training	
Insurance Policy Processing Clerks	Finance	
Cleaners of Vehicles and Equipment	Transportation, Distribution and Logistics	
Janitors and Cleaners, Except Maids and Housekeeping Cleaners	Hospitality and Tourism	
Tax Preparers	Finance	

Gaming Cage Workers	Hospitality and Tourism	
Baristas	Hospitality and Tourism	
Door-To-Door Sales Workers, News and Street Vendors, and Related Workers	Marketing	
Telemarketers	Marketing	
Transportation Vehicle, Equipment and Systems Inspectors, Except Aviation	Government and Public Administration	
Counter and Rental Clerks	Marketing	
Laundry and Dry-Cleaning Workers	Human Services	
Switchboard Operators, Including Answering Service	Business Management and Administration	
Tapers	Architecture and Construction	
Nursery Workers	Agriculture, Food and Natural Resources	
Receptionists and Information Clerks	Business Management and Administration	
Secretaries and Administrative Assistants, Except Legal, Medical, and Executive	Business Management and Administration	
Cleaning, Washing, and Metal Pickling Equipment Operators and Tenders	Manufacturing	
Maids and Housekeeping Cleaners	Hospitality and Tourism	
Shoe and Leather Workers and Repairers	Manufacturing	
Farmworkers and Laborers, Crop	Agriculture, Food and Natural Resources	
Solderers and Brazers	Manufacturing	
Court Reporters	Law, Public Safety, Corrections and Security	
Parking Lot Attendants	Transportation, Distribution and Logistics	
Correspondence Clerks	Business Management and Administration	
Electromechanical Equipment Assemblers	Manufacturing	
Postal Service Clerks	Business Management and Administration	
Painting, Coating, and Decorating Workers	Manufacturing	
Bridge and Lock Tenders	Transportation, Distribution and Logistics	
Stock Clerks, Sales Floor	Business Management and Administration	
Packers and Packagers, Hand	Transportation, Distribution and Logistics	
Computer, Automated Teller, and Office Machine Repairers	Manufacturing	
Cooks, Institution and Cafeteria	Hospitality and Tourism	

Dietetic Technicians	Health Science	
Interviewers, Except Eligibility and Loan	Business Management and Administration	
Transportation Attendants, Except Flight Attendants	Transportation, Distribution and Logistics	
Shipping, Receiving, and Traffic Clerks	Business Management and Administration	
Office Clerks, General	Business Management and Administration	
Ophthalmic Laboratory Technicians	Manufacturing	
Meter Readers, Utilities	Business Management and Administration	
License Clerks	Government and Public Administration	
Couriers and Messengers	Transportation, Distribution and Logistics	
Funeral Attendants	Human Services	
Mail Clerks and Mail Machine Operators, Except Postal Service	Business Management and Administration	
Proofreaders and Copy Markers	Arts, Audio/Video Technology and Communications	
Precious Metal Workers	Manufacturing	
Amusement and Recreation Attendants	Hospitality and Tourism	
Driver/Sales Workers	Marketing	
Cytotechnologists	Health Science	
Timing Device Assemblers and Adjusters	Manufacturing	
Human Resources Assistants, Except Payroll and Timekeeping	Business Management and Administration	
Camera and Photographic Equipment Repairers	Manufacturing	
Waiters and Waitresses	Hospitality and Tourism	