

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

9. Manufacturing Engineering Technologists 10. Industrial-Organizational Psychologists

Spatial

Spatial Intelligence









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

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
 Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things □ Can work with shape, size, position and location to 	Poor memory for visual details such as locations and what things look like; may also forget faces Dislike puzzles, mazes, building models and other
solve problems and design, arrange or build things Have a good sense of direction and can easily navigate	activities that require fitting pieces together Easily lose sense of direction and have trouble
through different environments, whether on foot, driving or traveling by air or on water	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
Christopher Columbus (explorer, navigator)	5. Commercial and Industrial Designers
	6. Biomedical Engineers
	7. Architecture Teachers, Postsecondary
	8. Pilots, Ship
	9. Architectural Drafters
	10. Transportation Engineers

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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
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Michael Jordan (basketball player)	3.5.0
E Drugg Log (regertial artist)	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

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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	 Difficulty understanding perspectives, values and opinions that differ from own
spirituality 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 Cleray
Aristotle (philosopher, teacher)The Dalai Lama (spiritual leader)	 Clergy Political Science Teachers, Postsecondary
The Dalai Lama (spiritual	2. Political Science Teachers, Postsecondary3. Sociologists
The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author)	 Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses
 The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) 	 Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists
The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author)	 Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education
 The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) 	 Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary
 The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) 	 Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education

10. History Teachers, Postsecondary

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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 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) ☐ Mohandas Ghandi (lawyer, ideological leader) ☐ Helen Keller (speaker, author) ☐ Terry Fox (athlete, humanitarian)	 Top Careers for Intrapersonal Intelligence 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
	8. Producers9. Transportation Managers10. Sales Managers

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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

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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
	 Emergency Management Directors Counseling Psychologists

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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 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 	 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
	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)	 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	 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	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers

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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	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

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Developing Your Intelligences



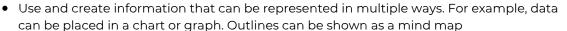


Your moderate strengths can often be developed more easily than weaker areas.

Logical

Advice for Learning





- 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 Existential Intelligences

- If you like to explore scientific concepts, extend your exploration to include existential topics for example, the parallel universe theory, the big bang theory or the theory of relativity. Remember, for existential questions, you do not have to reach a final answer
- When learning new information, resist the urge to quickly scan and look for patterns. Instead, take some time to understand the context and why you are learning it in the first place

Logical and Intrapersonal Intelligences

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

Spatial

Advice for Learning



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

Recommendations

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

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

Spatial and Interpersonal Intelligences

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

Spatial and 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

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

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

be	st 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 Musical Intelligences

- Try watching and playing instruments that require a lot of coordinated movement, such as drums, guitar, piano or violin
- Take part in fitness classes or routines that use music for motivation and a sense of timing and rhythm. Think about how the music influences your movements and keeps you moving
- Take a dance class and pay close attention to the music that is used. Listen for changes in tempo, pitch and volume and think about how those connect to the steps and movements of the dance

Existential

Advice for Learning

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

Recommendations

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

Existential and Logical Intelligences

- Existential intelligence encourages an interest in many deep and important topics. Use your logical intelligence to look for patterns in those topics and practice good reasoning skills
- Ask existential questions that relate to your math and science studies For example, to better understand algebra, ask questions like, "What is algebra?", "What is it useful for?" and "Why am I supposed to do it this way?"
- When learning new information, take time to understand the context. Think about why you are learning it. Write down questions that arise. Then, seek to answer these questions it can help you remember the information

Existential and Spatial Intelligences

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

Intrapersonal

Advice for Learning





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

Recommendations

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 Spatial Intelligences

- Express your emotions and inner thoughts in new and creative ways by exploring different forms of visual art, such as painting, photography or sculpting
- Spend some time in a museum or gallery, or look at art displays in your school. Study the different spatial forms and use them to inspire self-reflection
- When finding your way around somewhere, shift away from your inward focus and concentrate on your surroundings. Good observational skills seeing and remembering what is around you will help you develop a better sense of direction and improve your map reading ability

Naturalist

Advice for Learning





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

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.
 Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape were formed
 Practice grouping objects — both natural and non-living ones — according to their features. This is called categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds of their song, perfumes by their smell and fabrics by their texture
 Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that

Naturalist and Logical Intelligences

you gradually learn about and appreciate the cause itself

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

Naturalist and Spatial Intelligences

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

Interpersonal

Advice for Learning





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

Recommendations

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 —

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

Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy,
understand others' points of view and build your communication skills

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

and provide support, encouragement, an opinion or advice, for example

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 Spatial Intelligences

- Talk to visual artists, architects, designers, navigation specialists or other people with a strong ability in spatial activities. Ask them to describe how they visualize things and what helps them to do so
- Get involved in group activities with a strong spatial aspect, such as photography clubs, orienteering or geocaching events, landscaping, art or interior design courses. As you learn how to think in spatial terms, discuss your ideas with the group, ask relevant questions about angles, colors, design, directions or proportions, for instance and be sure to listen to what they say

Musical

Advice for Learning





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

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

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

Recommendations

be	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 Spatial Intelligences

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

Linguistic

Advice for Learning





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

Recommendations

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

Linguistic and 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 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

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.

ma way that holps you.	
Most Recent Results	
Your El score is a blend of your interpersonal and intrapersonal intelligences.	l intelligences scores. El relates closely to these two
Your results indicate that emotional intelligence is likely a challe others are thinking or feeling. At times, you may not realize that it difficult to describe how you are feeling or to convince others are all things that can be learned and enhanced. The informatic intelligence.	at your mood is affecting your thoughts. You may also find s 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 what update 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 O O Strength
Assertive: honest, direct and willing to stand up for yourself	OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
Composed: think carefully before reacting and resist being im	npulsive OOOOO
Content: happy and satisfied with your life	OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
Empathic: intensely aware of needs and feelings — your own, other people's	, and OOOOO OOC
Expressive: can communicate your emotions to others in a he way	ealthy OOOO O
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	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 accomplish in the next year Volunteer to help others. This is especially effective if you are able to in 					
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

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Photonics Technicians	Manufacturing	
Electronic Home Entertainment Equipment Installers and Repairers	Manufacturing	
Electronics Engineering Technicians	Manufacturing	
Radio Mechanics	Manufacturing	
Tool and Die Makers	Manufacturing	
Mapping Technicians	Architecture and Construction	
Computer Numerically Controlled Machine Tool Programmers, Metal and Plastic	Manufacturing	
Camera and Photographic Equipment Repairers	Manufacturing	
Prepress Technicians and Workers	Arts, Audio/Video Technology and Communications	
Mechanical Drafters	Manufacturing	
Patternmakers, Metal and Plastic	Manufacturing	
Structural Metal Fabricators and Fitters	Architecture and Construction	
Electronic Drafters	Manufacturing	
Floor Layers, Except Carpet, Wood, and Hard Tiles	Architecture and Construction	
Gem and Diamond Workers	Manufacturing	
Watch Repairers	Manufacturing	
Electrical and Electronics Installers and Repairers, Transportation Equipment	Transportation, Distribution and Logistics	
Non-Destructive Testing Specialists	Manufacturing	
Automotive Engineering Technicians	Manufacturing	
Dental Laboratory Technicians	Manufacturing	
Civil Engineering Technicians	Architecture and Construction	
Jewelers	Manufacturing	
Precious Metal Workers	Manufacturing	
Locksmiths and Safe Repairers	Manufacturing	
Motorboat Mechanics and Service Technicians	Transportation, Distribution and Logistics	
Manufacturing Production Technicians	Manufacturing	
Model Makers, Metal and Plastic	Manufacturing	
Electrical Engineering Technicians	Manufacturing	
Computer, Automated Teller, and Office Machine Repairers	Manufacturing	
Repairers		

Plumbers	Architecture and Construction	
Nanotechnology Engineering Technicians	Manufacturing	
Aircraft Structure, Surfaces, Rigging, and Systems Assemblers	Manufacturing	
Weatherization Installers and Technicians	Architecture and Construction	
Maintenance Workers, Machinery	Manufacturing	
Drilling and Boring Machine Tool Setters, Operators, and Tenders, Metal and Plastic	Manufacturing	
Cartographers and Photogrammetrists	Science, Technology, Engineering and Mathematics	
Automotive Specialty Technicians	Transportation, Distribution and Logistics	
Gas Plant Operators	Manufacturing	
Maintenance and Repair Workers, General	Manufacturing	
HelpersPipelayers, Plumbers, Pipefitters, and Steamfitters	Architecture and Construction	
Control and Valve Installers and Repairers, Except Mechanical Door	Architecture and Construction	
Outdoor Power Equipment and Other Small Engine Mechanics	Manufacturing	
Civil Drafters	Architecture and Construction	
Traffic Technicians	Transportation, Distribution and Logistics	
Sheet Metal Workers	Architecture and Construction	
Printing Press Operators	Arts, Audio/Video Technology and Communications	
Computer Network Support Specialists	Information Technology	
Mathematical Technicians	Science, Technology, Engineering and Mathematics	
Layout Workers, Metal and Plastic	Manufacturing	
Riggers	Architecture and Construction	
Machinists	Manufacturing	
Signal and Track Switch Repairers	Transportation, Distribution and Logistics	
Surveying Technicians	Architecture and Construction	
Electronic Equipment Installers and Repairers, Motor Vehicles	Transportation, Distribution and Logistics	
Chemical Technicians	Manufacturing	
Medical Equipment Repairers	Manufacturing	
Electrical and Electronic Equipment Assemblers	Manufacturing	
Mechanical Door Repairers	Architecture and Construction	
Radio, Cellular, and Tower Equipment Installers and Repairers	Manufacturing	

Solar Photovoltaic Installers	Architecture and Construction	
Electric Motor, Power Tool, and Related Repairers	Manufacturing	
Patternmakers, Wood	Manufacturing	
Glass Blowers, Molders, Benders, and Finishers	Manufacturing	
Home Appliance Repairers	Manufacturing	
Geographic Information Systems Technicians	Information Technology	
Geological Sample Test Technicians	Agriculture, Food and Natural Resources	
HelpersRoofers	Architecture and Construction	
Multiple Machine Tool Setters, Operators, and Tenders, Metal and Plastic	Manufacturing	
Paving, Surfacing, and Tamping Equipment Operators	Architecture and Construction	
Forging Machine Setters, Operators, and Tenders, Metal and Plastic	Manufacturing	
HelpersCarpenters	Architecture and Construction	
Appraisers, Real Estate	Government and Public Administration	
Tile and Marble Setters	Architecture and Construction	
Upholsterers	Manufacturing	
Sewers, Hand	Manufacturing	
Construction Carpenters	Architecture and Construction	
Electromechanical Equipment Assemblers	Manufacturing	
Quality Control Analysts	Science, Technology, Engineering and Mathematics	
Electrical and Electronics Repairers, Commercial and Industrial Equipment	Manufacturing	
Gas Compressor and Gas Pumping Station Operators	Transportation, Distribution and Logistics	
Plating and Coating Machine Setters, Operators, and Tenders, Metal and Plastic	Manufacturing	
Industrial Engineering Technicians	Manufacturing	
Electromechanical Engineering Technologists	Manufacturing	
Tailors, Dressmakers, and Custom Sewers	Human Services	
Cooling and Freezing Equipment Operators and Tenders	Manufacturing	
Avionics Technicians	Transportation, Distribution and Logistics	
Bus and Truck Mechanics and Diesel Engine Specialists	Transportation, Distribution and Logistics	
Bicycle Repairers	Transportation, Distribution and Logistics	
Timing Device Assemblers and Adjusters	Manufacturing	
Security and Fire Alarm Systems Installers	Manufacturing	

Lathe and Turning Machine Tool Setters, Operators, and Tenders, Metal and Plastic	Manufacturing	
Tool Grinders, Filers, and Sharpeners	Manufacturing	
Precision Agriculture Technicians	Science, Technology, Engineering and Mathematics	
Electrical and Electronics Repairers, Powerhouse, Substation, and Relay	Manufacturing	
Farm Equipment Mechanics and Service Technicians	Agriculture, Food and Natural Resources	
Food Science Technicians	Agriculture, Food and Natural Resources	
Computer Operators	Business Management and Administration	
Stone Cutters and Carvers, Manufacturing	Manufacturing	
Architectural Drafters	Architecture and Construction	