

Intelligences and You











Intrapersonal Intelligence



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

 Strengths Well aware of personal abilities, challenges, feelings and attitudes Set realistic goals, able to focus and stay on track In control of emotions, good at handling high-stress situations Make decisions thoughtfully and carefully Ethical and objective, aware of how personal viewpoints can be biased or unfair 	 Challenges □ Give little thought to personal goals and abilities when making decisions □ Unaware of how mood, attitude and tone of voice can affect other people □ Allow personal opinions to negatively affect decisions and interactions with others □ Set unrealistic goals and make limited progress, often giving up □ Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence Confucius (philosopher, teacher) Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian)	 Top Careers for Intrapersonal Intelligence 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 Transportation Managers Sales Managers

Naturalist

Naturalist Intelligence









Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes and so on. It also allows one to see the connections between different parts of the environment, to easily recognize when environmental changes happen, and to understand what impacts those changes might have. People with a strong naturalist intelligence are typically viewed as being "in tune" with nature.

Strengths	Challenges
Sensitive to nature — feel a concern for, and connection to, living things and the natural environment	Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
 Observe similarities and differences in plants, animals and natural formations, as well as in manufactured objects Organize and group things according to their traits Enjoy growing plants, taking care of animals or learning about the natural environment Aware of subtle changes in the weather, climate and seasons Have an interest in conservation and recycling 	 Don't notice similarities between seemingly different objects Unable to identify the sights and sounds of nature — birds and their songs, for example, or the appearance of plants, rocks or cloud formations Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences Unaware of gradual shifts in the weather and the effects of factors such as temperature, humidity, wind and pressure Not concerned about environmental protection, pollution controls or water quality
Famous People with Strong Naturalist Intelligence	Top Careers for Naturalist Intelligence
 Charles Darwin (geologist, naturalist) Jane Goodall (biologist, conservationist) Jacques Cousteau (marine ecologist, filmmaker) Chico Mendes (human rights activist, environmentalist) Steve Irwin "The Crocodile Hunter" (naturalist, environmentalist) 	 Hunters and Trappers Park Naturalists Sustainability Specialists Veterinarians Environmental Science Teachers, Postsecondary Animal Breeders Farmworkers, Farm, Ranch, and Aquacultural Animals Environmental Science and Protection Technicians, Including Health Forest and Conservation Workers Fishers and Related Fishing Workers

Interpersonal Intelligence









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

 Relate well to 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 	 Difficulty building and maintaining social relationships Do not notice or respond appropriately to others' feelings, motivations or behaviors Not good at collaborative work Uncomfortable interacting with people whose experiences, views and beliefs differ from own Don't see the humor in things that others find funny
Famous People with Strong Interpersonal Intelligence ☐ Martin Luther King, Jr. (clergyman, civil rights activist) ☐ Mother Teresa (nun, humanitarian) ☐ Oprah Winfrey (talk-show host, philanthropist) ☐ Anthony Robbins (success coach, professional speaker) ☐ Ellen DeGeneres (comedian, talk-show host)	 Top Careers for Interpersonal Intelligence Marriage and Family Therapists Educational, Guidance, School, and Vocational Counselors Patient Representatives Psychiatrists Lodging Managers Arbitrators, Mediators, and Conciliators
	7. Public Relations and Fundraising Managers8. Transportation Managers9. Emergency Management Directors10. Counseling Psychologists

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.

St	trengths	Cha	allenges
	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 cleas and final answers
	See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example	r	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and now 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	r	Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept
E	amous People with Strong xistential Intelligence	_	o Careers for Existential elligence
E		Int	elligence
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual	Int o	
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader)	1. 2.	elligence Clergy
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author)	1. 2. 3.	Clergy Political Science Teachers, Postsecondary
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist)	1. 2. 3. 4.	elligence Clergy Political Science Teachers, Postsecondary Sociologists
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author)	1. 2. 3. 4. 5.	Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist)	1. 2. 3. 4. 5. 6.	Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist)	1. 2. 3. 4. 5. 6. 7.	Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education
E	xistential Intelligence Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist)	1. 2. 3. 4. 5. 6. 7. 8.	Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary

10. History Teachers, Postsecondary

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
Christopher Columbus (explorer, havigator)	6. Biomedical Engineers
	7. Architecture Teachers, Postsecondary
	8. Pilots, Ship
	9. Architectural Drafters
	10. Transportation Engineers

Musical

Musical Intelligence









This intelligence includes the ability to play an instrument or sing, as well as a number of other skills such as: recognizing tones, patterns, rhythms, beats and sounds; enjoying and analyzing music; understanding musical structures; and, creating melodies and rhythms.

Strengths	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
Musical Intelligence Jennifer Lopez (musician,	Intelligence
Musical Intelligence Jennifer Lopez (musician, composer)	Intelligence 1. Music Composers and Arrangers
Musical Intelligence Jennifer Lopez (musician, composer) Elvis Presley (singer-	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress)	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists
 Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer) 	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers Music Directors
 Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer) 	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers Music Directors Musicians, Instrumental

Kinesthetic

Kinesthetic Intelligence









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

Challenges
Avoid activities that require good coordination or complex movements
Not interested in playing competitive sports
Do not use movement or physical precision for self- expression — through dance, painting or handmade
crafts, for example
Lack confidence when using tools and other physical objects to complete tasks
Unaware of own body language and may miss non- verbal cues from others
Top Careers for Kinesthetic Intelligence
Intelligence
Intelligence 1. Fallers
Intelligence 1. Fallers 2. Fence Erectors
Intelligence 1. Fallers
Intelligence 1. Fallers 2. Fence Erectors
Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders
Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers
Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers
Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors
Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors 7. Municipal Firefighters
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Logical Intelligence









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

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

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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
	Have difficulty with grammar, vocabulary, reading,
grammar and spelling for clear communication	writing, new languages and word-based puzzles
Easily remember word-based information	Struggle with communication, creativity and memory
 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 	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)	1. Interpreters and Translators
Barack Obama (lawyer, U.S. president)	2. Technical Writers
Maya Angelou (poet,	3. Lawyers
author)	4. Political Scientists
Noam Chomsky (linguist, philosopher)	5. Speech-Language Pathologists
Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs)	6. Neuropsychologists and Clinical Neuropsychologists
deciphered Egyptian merogryphis)	7. Training and Development Specialists
	8. Soil and Plant Scientists
	Foreign Language and Literature Teachers, Postsecondary
	 English Language and Literature Teachers, Postsecondary

Rate your profile:

How well does it match you?

Developing Your Intelligences





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

Intrapersonal

Advice for Learning





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

Recommendations

be	st for you.
	Spend time on yourself. Understanding your own feelings can help you sympathize and empathize with others, to appreciate what they feel. It can also help you feel more energized, self-confident and focused
	Take time to reflect. Consider your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? You may want to try meditation, self-help books or courses that can help with self-analysis
	Set specific, realistic goals. Make sure they range from short-term to long-term and easy to more difficult. As you achieve them and your confidence increases, take on greater challenges
	Practice being self-aware. Try to predict how your actions — or inactions — will affect you, and other people, in future

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

Intrapersonal and Existential Intelligences

- Use your deep sense of self-awareness to tackle tough questions about existence. Try reflecting on questions of a personal nature, such as "What is my purpose in life?" and "How do I want to be remembered - what difference will I make to my community or the world at large?"
- Consider general existential questions that are not necessarily centered on you. Talk to others about their thoughts and attitudes

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

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

Naturalist and Kinesthetic Intelligences

- Spend time outdoors pursuing sports or other kinesthetic activities. Pay attention to your movements and think about how you can be more efficient in each step or motion
- When available, take classes like outdoor recreation and leadership. Outside of class, hike or bike along your favorite trails or in areas that will give your kinesthetic intelligence a workout
- Set physical challenges for yourself, increasing the difficulty as your ability improves

Naturalist and Musical Intelligences

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

Interpersonal

Advice for Learning





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

Recommendations

best for you.

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

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

	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
П	Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy,

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

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

Interpersonal and Linguistic Intelligences

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

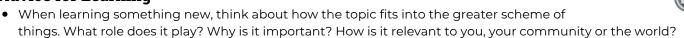
Interpersonal and Logical Intelligences

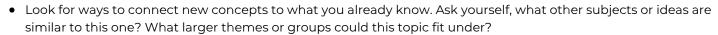
- Get involved with groups or online communities. Many massively multiplayer online games rely on logical strategy and interaction with others to achieve success. You can learn logical strategies from others who play the game. Don't spend so much time playing games that you neglect your other responsibilities!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

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

Existential

Advice for Learning





• 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

ne 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, other and the world around you
Don't be disappointed if answers to your questions are unavailable or lead to more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity

Existential and Intrapersonal Intelligences

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

Existential and 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

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 Intrapersonal Intelligences

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

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

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

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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 Intrapersonal Intelligences

- Use music to explore your personal thoughts. When singing, playing or creating a piece of music, reflect on what the piece means to you. How does it make you feel?
- Try using music to change your mood to energize or calm yourself, for instance. Think about why you connect with music in different situations. What instruments are being played? Does the rhythm or tempo have an effect?
- Use music to practice setting goals. For example, challenge yourself to play increasingly difficult pieces of music or learn to play a new instrument. Monitor your progress regularly and take time to reflect on what you've learned

Musical and Naturalist Intelligences

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

Kinesthetic

Advice for Learning



- Actively use your body and your five senses to "learn by doing". Use hands-on activities, such as manipulating objects or conducting experiments, to learn new concepts. You remember information better when it is related to an activity
- Try to remain active when you're concentrating on learning something. For example, you could squeeze a stress ball while watching a presentation
- Take short breaks to get up and move around or stretch during class time
- Complete reports and other assignments by acting out skits or building models
- Get involved in coaching or assisting. This gives you the chance to design plays or routines, or to analyze and instruct on proper movement for the activity

Recommendations

best for you. When practicing a new movement, repeat it several times. This helps your nerves and muscles learn the proper patterns for the activity Think about your body's movement during an activity. Concentrate on how your limbs and muscles move when participating in swimming, martial arts, surfing, acting or dancing, for example Focus on the goals of each movement during an activity. Through repeated practice, your muscles will become trained to carry out the correct movements automatically. This will allow you to focus more on the overall goal, such as winning a race

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

Kinesthetic and Intrapersonal Intelligences

- Get plenty of regular exercise. It has been shown to improve mood and overall mental health
- Try reflecting while participating in physical activities that you find repetitive or automatic. During challenging or complex activities, focus on your movements and think about how to improve your ability
- Start a program to develop your strength, speed or other kinesthetic abilities. Be honest about your current ability, set goals for improvement, and stick with it until you achieve your goals. Afterwards, apply this method to other areas of self-improvement

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

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 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

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

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 Intrapersonal Intelligences

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

Linguistic and Naturalist Intelligences

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

Emotional Intelligence (EI)



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Emotional Intelligence and You

Emotional intelligence (EI) is your ability to recognize and manage your feelings and behavior, and those of other people, in a way that helps you.

Most Recent Results	

Your El score is a blend of your interpersonal and intrapersonal intelligences scores. El relates closely to these two intelligences.

Your emotional intelligence is currently at a high level. This means you often know what others are thinking or feeling. You usually realize how your mood is affecting your thoughts and you are able to regulate your mood. You are good at describing your feelings and often convince others to go along with your ideas. If you keep developing your emotional intelligence, you can take on leadership positions and have a genuinely positive impact on the people around you. The information in this section will help you in that goal.

Emotional Intelligence Traits

Read the list of traits related to EI and indicate the degree to which each is a strength or challenge for you. Be sure to update this list as you develop challenges into strengths.

Adaptable: able to deal with new and changing conditions	O Challenge	0	0	0	O Strength
Assertive: honest, direct and willing to stand up for yourself	Challenge	0	0	0	O Strength
Composed: think carefully before reacting and resist being impulsive	O Challenge	0	0	0	O Strength
Content: happy and satisfied with your life	O Challenge	0	0	0	O Strength
Empathic: intensely aware of needs and feelings — your own, and other people's	O Challenge	0	0	0	O Strength
Expressive: can communicate your emotions to others in a healthy way	O Challenge	0	0	0	O Strength
Influential: can guide other's emotions in a purposeful way	Challenge	0	0	0	Strength

Intimate: build and maintain healthy and close personal relationships

Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
Regulated: able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	C hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the ones Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without puttir down		would v	vork best	for you.	
 Learn to laugh at yourself and endear yourself to others by showing humility Write out your thoughts and create a plan for self-improvement. Make 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

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Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Prosthodontists	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Surgical Assistants	Health Science	
Pilots, Ship	Transportation, Distribution and Logistics	
Respiratory Therapy Technicians	Health Science	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Respiratory Therapists	Health Science	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Radiation Therapists	Health Science	
Chefs and Head Cooks	Hospitality and Tourism	
Dentists, General	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Veterinarians	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Nurse Anesthetists	Health Science	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Radiologic Technologists	Health Science	

Million -	Lincible Colours	
Midwives	Health Science	
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics	
Critical Care Nurses	Health Science	
Athletic Trainers	Health Science	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Industrial Production Managers	Business Management and Administration	
Geothermal Production Managers	Business Management and Administration	
Anesthesiologist Assistants	Health Science	
Emergency Management Directors	Government and Public Administration	
Fashion Designers	Arts, Audio/Video Technology and Communications	
Oral and Maxillofacial Surgeons	Health Science	
Physical Therapists	Health Science	
Biofuels Production Managers	Business Management and Administration	
Biomass Power Plant Managers	Business Management and Administration	
Police Detectives	Law, Public Safety, Corrections and Security	
Photographers	Arts, Audio/Video Technology and Communications	
Ship and Boat Captains	Transportation, Distribution and Logistics	
Anesthesiologists	Health Science	
Orthodontists	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Park Naturalists	Science, Technology, Engineering and Mathematics	
General and Operations Managers	Business Management and Administration	
Acute Care Nurses	Health Science	
First-Line Supervisors of Logging Workers	Agriculture, Food and Natural Resources	
Diagnostic Medical Sonographers	Health Science	
Psychiatric Technicians	Health Science	
Community Health Workers	Human Services	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	

Career/Technical Education Teachers, Secondary School	Education and Training		
First-Line Supervisors of Production and Operating Workers	Manufacturing		
Hydroelectric Production Managers	Business Management and Administration		
Registered Nurses	Health Science		
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources		
Surgical Technologists	Health Science		
Adapted Physical Education Specialists	Education and Training		
Aquacultural Managers	Agriculture, Food and Natural Resources		
Commercial Pilots	Transportation, Distribution and Logistics		
Chiropractors	Health Science		
Government Property Inspectors and Investigators	Government and Public Administration		
Occupational Therapists	Health Science		
Nuclear Medicine Technologists	Health Science		
Flight Attendants	Transportation, Distribution and Logistics		
Directors- Stage, Motion Pictures, Television, and Radio	Arts, Audio/Video Technology and Communications		
Career/Technical Education Teachers, Middle School	Education and Training		
Food Service Managers	Hospitality and Tourism		
Foresters	Agriculture, Food and Natural Resources		
Curators	Education and Training		
Nurse Midwives	Health Science		
Cardiovascular Technologists and Technicians	Health Science		
Orthotists and Prosthetists	Health Science		
Air Traffic Controllers	Transportation, Distribution and Logistics		
Quality Control Systems Managers	Business Management and Administration		
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	**********	
Immigration and Customs Inspectors	Law, Public Safety, Corrections and Security		
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics		

Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Dermatologists	Health Science	
Animal Control Workers	Law, Public Safety, Corrections and Security	
Aviation Inspectors	Government and Public Administration	
Sports Medicine Physicians	Health Science	
Security Managers	Business Management and Administration	
First-Line Supervisors of Construction Trades and Extraction Workers	Architecture and Construction	
Residential Advisors	Human Services	
Recreational Therapists	Health Science	
First-Line Supervisors of Agricultural Crop and Horticultural Workers	Agriculture, Food and Natural Resources	
Pharmacists	Health Science	
Urologists	Health Science	
Hearing Aid Specialists	Health Science	
Fire Inspectors	Law, Public Safety, Corrections and Security	
Coroners	Government and Public Administration	
Correctional Officers and Jailers	Law, Public Safety, Corrections and Security	
Veterinary Technologists and Technicians	Health Science	
Ophthalmologists	Health Science	
Physical Therapist Assistants	Health Science	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	