

## **Intelligences and You**











### **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.

Strength	lS
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	Summarize details to understand a larger concept —
	putting together the elements of a career plan or
	game strategy, for example
П	See things from different points of view —
	understanding others' cultures or values, or both sides
	of a debate, for example
П	Explore questions about human existence through
	study of philosophy, ethics, the arts, or religion and
	spirituality
П	Connect different ideas to envision something new
	and creative

Famous People with Strong Existential Intelligence  Aristotle (philosopher, teacher)
The Dalai Lama (spiritual leader)
Deepak Chopra (doctor, speaker/author)
Ralph W. Emerson (essayist, transcendentalist)
Jane Addams (philosopher, activist)

### **Challenges**

death and the universe. Prefer questions that have clea and final answers
Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
Difficulty understanding perspectives, values and opinions that differ from own
Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept

Not interested in exploring "deep" questions about life,

# Top Careers for Existential Intelligence

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

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

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### **Logical Intelligence**







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

> 9. Manufacturing Engineering Technologists 10. Industrial-Organizational Psychologists

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

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## **Spatial Intelligence**









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

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

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## **Interpersonal Intelligence**









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

Strengths

Relate well to

Difficulty building and maintaining social relationships

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	<ul> <li>Do not notice or respond appropriately to others' feelings, motivations or behaviors</li> <li>Not good at collaborative work</li> <li>Uncomfortable interacting with people whose experiences, views and beliefs differ from own</li> <li>Don't see the humor in things that others find funny</li> </ul>
Famous People with Strong Interpersonal Intelligence	Top Careers for Interpersonal Intelligence
Martin Luther King, Jr. (clergyman, civil rights activist)	Marriage and Family Therapists
Mother Teresa (nun, humanitarian)	<ol><li>Educational, Guidance, School, and Vocational Counselors</li></ol>
Oprah Winfrey (talk-show host, philanthropist)	3. Patient Representatives
Anthony Robbins (success coach, professional speaker)	4. Psychiatrists
Ellen DeGeneres (comedian, talk-show host)	5. Lodging Managers
	6. Arbitrators, Mediators, and Conciliators
	7. Public Relations and Fundraising Managers
	8. Transportation Managers
	9. Emergency Management Directors
	10. Counseling Psychologists

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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
<ul><li>☐ Make decisions thoughtfully and carefully</li><li>☐ Ethical and objective, aware of how personal</li></ul>	Set unrealistic goals and make limited progress, often giving up
viewpoints can be biased or unfair	Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence	Top Careers for Intrapersonal Intelligence
<ul> <li>Confucius (philosopher, teacher)</li> <li>Sigmund Freud (neurologist, psychoanalyst)</li> <li>Mohandas Ghandi (lawyer, ideological leader)</li> <li>Helen Keller (speaker, author)</li> <li>Terry Fox (athlete, humanitarian)</li> </ul>	<ol> <li>Gaming Supervisors</li> <li>Judges, Magistrate Judges, and Magistrates</li> <li>Child, Family, and School Social Workers</li> <li>Chief Executives</li> <li>Education Administrators, Preschool and Childcare Center/Program</li> <li>Postmasters and Mail Superintendents</li> <li>Psychiatric Aides</li> <li>Producers</li> <li>Transportation Managers</li> <li>Sales Managers</li> </ol>

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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)	•
Bruce Lee (martial artist)	1. Fallers
Paula Abdul (dancer, choreographer)	2. Fence Erectors
	3. Tire Builders
David Blaine (magician, endurance artist)	4. Rail Car Repairers
☐ Jim Carrey (actor,	5. Dancers
comedian)	C Athlete C
,	<ol><li>Athletes and Sports Competitors</li></ol>
	<ul><li>7. Municipal Firefighters</li></ul>
	7. Municipal Firefighters

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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	<ul><li>Music has little effect on mood, motivation and emotions</li></ul>
<ul> <li>boost productivity</li> <li>Easily pick up on the beat or chords in music and recognize different instruments by their sounds</li> <li>Notice and use different tones in speech to impart emotion, emphasis or meaning</li> <li>Sing well, can play one or more instruments and content easily learn another</li> <li>Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things</li> </ul>	Do not sing well and would have trouble learning to
Famous People with Strong Musical Intelligence	Top Careers for Musical Intelligence
	Intelligence  1. Music Composers and Arrangers
Musical Intelligence  Jennifer Lopez (musician,	<ul><li>Intelligence</li><li>1. Music Composers and Arrangers</li><li>2. Art, Drama, and Music Teachers, Postsecondary</li></ul>
Musical Intelligence  Jennifer Lopez (musician, composer)	<ul><li>Intelligence</li><li>1. Music Composers and Arrangers</li><li>2. Art, Drama, and Music Teachers, Postsecondary</li><li>3. Music Therapists</li></ul>
Musical Intelligence  Jennifer Lopez (musician, composer)  Elvis Presley (singer-songwriter)  Beyoncé Knowles (singer, songwriter and	<ul><li>Intelligence</li><li>1. Music Composers and Arrangers</li><li>2. Art, Drama, and Music Teachers, Postsecondary</li></ul>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer)  ☐ Elvis Presley (singer-songwriter)  ☐ Beyoncé Knowles (singer, songwriter and actress)	<ul><li>Intelligence</li><li>1. Music Composers and Arrangers</li><li>2. Art, Drama, and Music Teachers, Postsecondary</li><li>3. Music Therapists</li></ul>
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	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> </ol>
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)	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> </ol>
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	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> <li>Music Directors</li> </ol>
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)	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> <li>Music Directors</li> <li>Musicians, Instrumental</li> </ol>

### Linguistic

## **Linguistic Intelligence**









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

Strengths	Challenges
☐ Know how to use vocabulary, sentence structure,	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
<ul> <li>Good at learning new languages and other symbol systems, such as computer code and hieroglyphs</li> <li>Use language creatively for such things as storytelling, writing, using humor and composing poetry</li> <li>Can tailor communication style depending on topic, audience and purpose</li> </ul>	for general facts  Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material  Don't pick up on subtle forms of humor, such as irony, sarcasm and satire  Have trouble remembering things that are read or heard
Famous People with Strong Linguistic Intelligence  William Shakospaara (author, playwright)	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 merogryphs/	7. Training and Development Specialists
	8. Soil and Plant Scientists
	<ol><li>Foreign Language and Literature Teachers, Postsecondary</li></ol>
	<ol> <li>English Language and Literature Teachers, Postsecondary</li> </ol>

### Rate your profile:

How well does it match you?



**Mostly Accurate** 

## **Developing Your Intelligences**





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

### **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 Interpersonal Intelligences

- Talk about deep topics with others. This can strengthen relationships and lead to a better understanding of people
- Interact with people who are spiritual or philosophical like you. Think about the person speaking and how their views have been formed
- Read online forums that discuss existential topics. Instead of providing your views, try to understand the beliefs other people are expressing. If you contribute to the forum or question others, be sensitive to their views and feelings. Always use caution and avoid providing personal details online

#### 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

### **Naturalist**

### **Advice for Learning**





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

#### Recommendations

best for you.

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape

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

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

### Naturalist and 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 Intrapersonal Intelligences

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

### Logical

### **Advice for Learning**





- Use and create information that can be represented in multiple ways. For example, data can be placed in a chart or graph. Outlines can be shown as a mind map
- To improve your critical thinking skills, learn about the "fallacies of logic" (incorrect arguments or reasoning). Practice identifying and creating statements that demonstrate fallacies
- Ask others to help you spot flaws in your problem solving and analytical strategies. When you watch someone else analyze a problem, focus on the process they use to solve it and ask questions about each step
- Look for patterns and ways to organize information to make it easier to remember. For example, you could order items alphabetically or create acronyms for the names of things

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

#### Recommendations

be	st for you.
	Try your skill at online puzzles. There are plenty of free websites available offering a variety of logic puzzles, riddles and unique math problems
	Use every opportunity to practice your math skills. For example, when leaving a tip at a restaurant, first try doing the calculation in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer
	Take a little time each week to read or watch a science-based article or story. Get to know some of the theories or
	facts in the story. Over the next few weeks, try to find real-world situations that relate to those concepts. For example, you can learn about RF radiation and how it is used to send signals to a cell phone
	Learn about common logical fallacies and how to avoid them. This can improve your reasoning skills and help you make more accurate conclusions, using reliable and unbiased information

### Logical and Linguistic Intelligences

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

### Logical and Musical Intelligences

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

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

### **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

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

### **Recommendations**

best for you.

Practice hands-on activities like completing jigsaw puzzles, designing clothes, working on engines, choreographing a dance routine or constructing woodwork projects. These activities encourage the use of multiple senses, such as vision, touch and hearing, to observe shape, distance and direction in a three-dimensional space. Paper and computer-based visual puzzles can also help, but rely solely on visual observation

_	Use visual presentations to communicate information. For example, create graphs and charts to represent numbers
	and statistics. Use flow charts and mind maps for studying and taking notes. When preparing for activities that
	involve movement, especially complex moves, visualize your actions before the activity

Practice thinking about composition — the way in which the elements of an image, work of art or other objects are
arranged and work together. Photography, art and design courses are an excellent way to get started. Becoming
more aware of compositional details can help you become better at understanding and creating visual information

### Spatial and Existential Intelligences

- Learn about cosmology, the study of the universe. As you delve into the topic, consider existential questions about the origin of the universe and its purpose
- Study the works of Michelangelo, Salvador Dali and Alberto Giacometti. Find out what inspired these artists and how their art addressed different existential 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

### **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.

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

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	and provide support, encouragement, an opinion or advice, for example
	By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed $-$
	be observant. Pay attention to people's facial expressions and posture. Try to spend more time listerling than talking

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

Expand your network. Interact with people	e of	different	ages,	cultures	and:	skil
sets						

### Interpersonal and Existential Intelligences

- Enhance your exploration of deeper subjects by interacting with people who are spiritual or philosophical. Conversations with them will likely lead to questions of an existential nature
- Read online forums that discuss existential topics. Try to understand the beliefs people are expressing and be sensitive to their views and feelings. If you contribute to the forum, always use caution and avoid providing personal details online

### Interpersonal and Naturalist Intelligences

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

### **Intrapersonal**

### **Advice for Learning**





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

#### Recommendations

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

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

### Intrapersonal and 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 Naturalist Intelligences

- Think of the view from a hilltop, the sound of a stream and the smell of a forest. Use these sensory experiences to inspire self-reflection. Start with a focus inward, then shift to the details of the natural environment. Continue to reflect, write your thoughts in a journal, or take time for yourself in nature
- Consider what aspects of the natural environment have a positive effect on you. Look for patterns in these characteristics
- As you begin to appreciate nature, try to learn more through classes, online articles and organizations that interest you

### 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 Existential Intelligences

- Striving for excellence in coordinated movement can create a mental state that improves your ability to grasp existential topics. Learn about "flow state" and how it is achieved
- Take part in activities that have a spiritual nature, like yoga, tai chi and meditation. These types of exercises encourage reflection, as you consider the wider world beyond you

#### 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

### **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

	and the state of t
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 Existential Intelligences

- When listening to music, try to determine the overall theme of a song, or even a whole album. Think of why certain sounds and rhythms were used, and how they relate to the theme
- Think about why music exists. What is its historical basis? What purpose does it serve? These questions may lead to deeper questions that are unrelated to music. Explore those questions as well
- Consider music in different cultures. Think about how people use music from hymns to chants to drumming to explore existential questions and responses

#### 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

### 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 Existential Intelligences

- Many talented authors have written about existential topics. Try reading works by Albert Camus, Ralph Ellison, Jean-Paul Sartre, Fyodor Dostoyevsky or Simone de Beauvoir
- Look for meaning and the answers to life's deep questions by reading about different philosophies. Some examples are ontology, cosmology, realism, idealism, Hellenistic philosophy, analytic philosophy, postmodernism, theosophy or any other theories that may interest you
- Choose existential topics for spoken presentations or writing assignments. Focus on making the subject easily understandable for a general audience

#### Linguistic and Naturalist Intelligences

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

## **Emotional Intelligence (EI)**







### **Emotional Intelligence and You**

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

Most Recent Results	
Your El score is a blend of your interpers	sonal and intrapersonal intelligences scores. El relates closely to these two
intelligences.	

Your results indicate that emotional intelligence is likely a challenge for you. You may find it difficult to judge what others are thinking or feeling. At times, you may not realize that your mood is affecting your thoughts. You may also find it difficult to describe how you are feeling or to convince others to go along with your ideas. Don't worry, though. These are all things that can be learned and enhanced. The information in this section will help you develop your emotional intelligence.

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

Intimate: build and maintain healthy and close personal relationships	Challenge	0	0	0	Strength
Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
<b>Perceptive:</b> keenly aware of your emotions and those of other people	Challenge	0	0	0	Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	Strength
<b>Motivated:</b> persist and overcome difficulties to achieve goals	Challenge	0	0	0	Strength
Connected: build social connections with many different people	Challenge	0	0	0	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 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. Som music, playing with a pet or talking with a close friend Take responsibility for your problems or difficulties. While it is easy to consolution. Choose one difficulty you're currently dealing with and figure yourself Learn to say No when you mean it. When you say Yes out of guilt, or Merchlems than you solve in that moment. There is no need to be mean	ing others  e a list of go  ateract direct  ne examples  complain or  e out how you	als, from ctly with s include blame c bu can ta	easy to o those you meditat others, thake owne	difficult, t u are hel ion, exer is rarely l rship and	ping, such cise, leads to a d fix it
problems than you solve in that moment. There is no need to be mear can realistically accomplish	n or selfish.	Just be a	ssertive a	about wh	nat you

Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week
Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see things from your own perspective. Before judging, ask others why they feel the way they do. Learn more about people's backgrounds and about cultures that differ from your own. Practice listening more than speaking. Ask questions respectfully, with the goal of learning about others' views, instead of trying to make your own point

## **Career and Pathways**



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

### **Intelligences Results**

Agricultural Technicians	Agriculture, Food and Natural Resources	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	
Sustainability Specialists	Business Management and Administration	
Nuclear Monitoring Technicians	Manufacturing	
Acupuncturists	Health Science	
Environmental Restoration Planners	Science, Technology, Engineering and Mathematics	
Environmental Science and Protection Technicians, Including Health	Agriculture, Food and Natural Resources	
Forest and Conservation Workers	Agriculture, Food and Natural Resources	
Environmental Engineering Technicians	Agriculture, Food and Natural Resources	
Information Security Analysts	Information Technology	
Neurodiagnostic Technologists	Health Science	
Water Resource Specialists	Agriculture, Food and Natural Resources	
First-Line Supervisors of Agricultural Crop and Horticultural Workers	Agriculture, Food and Natural Resources	
Aquacultural Managers	Agriculture, Food and Natural Resources	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
Range Managers	Science, Technology, Engineering and Mathematics	
Database Administrators	Information Technology	
Recycling Coordinators	Transportation, Distribution and Logistics	
Power Distributors and Dispatchers	Manufacturing	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Food Scientists and Technologists	Agriculture, Food and Natural Resources	
Climate Change Analysts	Science, Technology, Engineering and	

Food Science Technicians	Agriculture, Food and Natural Resources	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Network and Computer Systems Administrators	Information Technology	
Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Fire Inspectors	Law, Public Safety, Corrections and Security	
Nuclear Power Reactor Operators	Manufacturing	
Forest and Conservation Technicians	Agriculture, Food and Natural Resources	
Animal Trainers	Hospitality and Tourism	
Wind Energy Project Managers	Business Management and Administration	
Agricultural Inspectors	Government and Public Administration	
Gaming Surveillance Officers and Gaming Investigators	Law, Public Safety, Corrections and Security	
Geothermal Production Managers	Business Management and Administration	
Bioinformatics Technicians	Government and Public Administration	
Foresters	Agriculture, Food and Natural Resources	
Medical and Clinical Laboratory Technicians	Health Science	
Industrial Engineering Technologists	Manufacturing	
Veterinary Technologists and Technicians	Health Science	
Energy Engineers	Science, Technology, Engineering and Mathematics	
Intelligence Analysts	Law, Public Safety, Corrections and Security	
Optometrists	Health Science	
Radio Frequency Identification Device Specialists	Science, Technology, Engineering and Mathematics	
Medical Equipment Repairers	Manufacturing	
Zoologists and Wildlife Biologists	Agriculture, Food and Natural Resources	
Energy Auditors	Business Management and Administration	

Animal Scientists	Agriculture, Food and Natural Resources	
Medical and Clinical Laboratory Technologists	Health Science	
Social Science Research Assistants	Science, Technology, Engineering and Mathematics	
Occupational Health and Safety Specialists	Government and Public Administration	
Occupational Health and Safety Technicians	Government and Public Administration	
Biologists	Science, Technology, Engineering and Mathematics	
Stationary Engineers and Boiler Operators	Architecture and Construction	
Biofuels Production Managers	Business Management and Administration	
Remote Sensing Technicians	Science, Technology, Engineering and Mathematics	
Environmental Compliance Inspectors	Government and Public Administration	
Environmental Economists	Science, Technology, Engineering and Mathematics	
Validation Engineers	Science, Technology, Engineering and Mathematics	
Respiratory Therapy Technicians	Health Science	
Aviation Inspectors	Government and Public Administration	
Biofuels/Biodiesel Technology and Product Development Managers	Science, Technology, Engineering and Mathematics	
Database Architects	Information Technology	
Wind Energy Operations Managers	Business Management and Administration	
Environmental Scientists and Specialists, Including Health	Science, Technology, Engineering and Mathematics	
Immigration and Customs Inspectors	Law, Public Safety, Corrections and Security	
Quality Control Systems Managers	Business Management and Administration	
Industrial Ecologists	Science, Technology, Engineering and Mathematics	
Veterinary Assistants and Laboratory Animal Caretakers	Health Science	
Non-Destructive Testing Specialists	Manufacturing	
	Science, Technology, Engineering and	
Precision Agriculture Technicians	Mathematics	

Soil and Plant Scientists	Agriculture, Food and Natural Resources	
Geological Sample Test Technicians	Agriculture, Food and Natural Resources	
Embalmers	Human Services	
Microbiologists	Science, Technology, Engineering and Mathematics	
Logistics Analysts	Transportation, Distribution and Logistics	
Geospatial Information Scientists and Technologists	Information Technology	
Chemical Technicians	Manufacturing	
Construction and Building Inspectors	Government and Public Administration	
Geographers	Science, Technology, Engineering and Mathematics	
Hydrologists	Science, Technology, Engineering and Mathematics	
Nuclear Medicine Technologists	Health Science	
Document Management Specialists	Information Technology	
Computer and Information Systems Managers	Business Management and Administration	
Biological Technicians	Agriculture, Food and Natural Resources	
Licensing Examiners and Inspectors	Government and Public Administration	
Retail Loss Prevention Specialists	Law, Public Safety, Corrections and Security	
Dental Hygienists	Health Science	
Web Administrators	Information Technology	
Coroners	Government and Public Administration	
Geoscientists, Except Hydrologists and Geographers	Science, Technology, Engineering and Mathematics	
Water and Wastewater Treatment Plant and System Operators	Agriculture, Food and Natural Resources	
Radiation Therapists	Health Science	
Financial Analysts	Finance	
Buyers and Purchasing Agents, Farm Products	Agriculture, Food and Natural Resources	
Business Intelligence Analysts	Information Technology	
Electromechanical Engineering Technologists	Manufacturing	
	Business Management and	1