

# **Intelligences and You**

**Musical Intelligence** 











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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
<ul> <li>music</li> <li>Use music to influence mood, build motivation and 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 could easily learn another</li> <li>Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things</li> </ul>	<ul> <li>Music has little effect on mood, motivation and emotions</li> <li>Difficulty identifying sounds of different musical instruments</li> <li>Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm</li> <li>Do not sing well and would have trouble learning to play an instrument</li> <li>Do not remember melodies and lyrics of songs</li> </ul>
Famous People with Strong Musical Intelligence	Top Careers for Musical Intelligence
Musical Intelligence  ☐ Jennifer Lopez (musician,	Top Careers for Musical Intelligence  1. Music Composers and Arrangers
Musical Intelligence  Jennifer Lopez (musician, composer)	Intelligence
Musical Intelligence  ☐ Jennifer Lopez (musician,	Intelligence  1. Music Composers and Arrangers
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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>
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## 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>

# **Interpersonal Intelligence**









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

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
others  Notice and understand people's needs, perspectives, emotions and motivations  Connect and interact with people quickly and easily  Form and maintain lasting relationships  Able to lead, influence and inspire others	<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  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)	<ol> <li>Top Careers for Interpersonal Intelligence</li> <li>Marriage and Family Therapists</li> <li>Educational, Guidance, School, and Vocational Counselors</li> <li>Patient Representatives</li> <li>Psychiatrists</li> <li>Lodging Managers</li> <li>Arbitrators, Mediators, and Conciliators</li> <li>Public Relations and Fundraising Managers</li> </ol>
	8. Transportation Managers
	9. Emergency Management Directors
	10. Counseling Psychologists

# **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	<ul> <li>Dislike activities involving puzzles, strategy, calculations or formulas</li> </ul>
Analyze information to determine what is important versus what is not	Find it hard to categorize and organize things in a logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas	Not inclined to experiment or form theories to explain things
Famous People with Strong Logical Intelligence	Top Careers for Logical Intelligence
Thomas Edison (inventor, businessman)	1. Mathematical Technicians
Albert Einstein (physicist,	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)	<ul><li>5. Mathematical Science Teachers, Postsecondary</li><li>6. Agricultural Engineers</li></ul>
Bill Gates (businessman, philanthropist)	
Bill Gates (businessman, philanthropist)	6. Agricultural Engineers
Bill Gates (businessman, philanthropist)	<ul><li>6. Agricultural Engineers</li><li>7. Biomedical Engineers</li></ul>

## 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)
<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>

## Existential

## **Existential Intelligence**









Existential intelligence is the ability to see the big picture in everything - the relationships and connections, vastness and limitations, and how everything fits together. This intelligence is used in considering questions about our existence, such as purpose, life, death, and our place in the universe. NOTE: Existential Intelligence should not be confused with existentialism. Existentialism is an area of philosophy dealing with certain views on human existence. Philosophers who examine and promote existentialist theories would certainly use their existential intelligence. However, the intelligence can be applied to other areas as well.

Strengths	Challenges
Summarize details to understand a larger concept — putting together the elements of a career plan or game strategy, for example	Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clear and final answers
See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality	Difficulty understanding perspectives, values and opinions that differ from own
Connect different ideas to envision something new and creative	Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
<ul> <li>Aristotle (philosopher, teacher)</li> <li>The Dalai Lama (spiritual leader)</li> <li>Deepak Chopra (doctor, speaker/author)</li> <li>Ralph W. Emerson (essayist, transcendentalist)</li> <li>Jane Addams (philosopher, activist)</li> </ul>	<ol> <li>Clergy</li> <li>Political Science Teachers, Postsecondary</li> <li>Sociologists</li> <li>Advanced Practice Psychiatric Nurses</li> <li>Training and Development Specialists</li> <li>Directors, Religious Activities and Education</li> <li>Sociology Teachers, Postsecondary</li> <li>Philosophy and Religion Teachers, Postsecondary</li> <li>Social Work Teachers, Postsecondary</li> </ol>
	10. History Teachers, Postsecondary

## Intrapersonal

# **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

Give little thought to personal goals and abilities when

9. Transportation Managers

10. Sales Managers

Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities wher making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
☐ In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
Make decisions thoughtfully and carefully	Set unrealistic goals and make limited progress, often
Ethical and objective, aware of how personal	giving up
viewpoints can be biased or unfair	Don't understand how to recognize and manage own emotions
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Famous People with Strong Intrapersonal Intelligence	Top Careers for Intrapersonal Intelligence
	Intelligence
Intrapersonal Intelligence  Confucius (philosopher, teacher)	Intelligence  1. Gaming Supervisors
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher) ☐ Sigmund Freud (neurologist, psychoanalyst)	Intelligence
Intrapersonal Intelligence  Confucius (philosopher, teacher)	Intelligence  1. Gaming Supervisors
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher)  ☐ Sigmund Freud (neurologist, psychoanalyst)  ☐ Mohandas Ghandi (lawyer, ideological leader)  ☐ Helen Keller (speaker,	<ul><li>Intelligence</li><li>1. Gaming Supervisors</li><li>2. Judges, Magistrate Judges, and Magistrates</li></ul>
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher)  ☐ Sigmund Freud (neurologist, psychoanalyst)  ☐ Mohandas Ghandi (lawyer, ideological leader)  ☐ Helen Keller (speaker, author)	<ol> <li>Intelligence</li> <li>Gaming Supervisors</li> <li>Judges, Magistrate Judges, and Magistrates</li> <li>Child, Family, and School Social Workers</li> </ol>
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher)  ☐ Sigmund Freud (neurologist, psychoanalyst)  ☐ Mohandas Ghandi (lawyer, ideological leader)  ☐ Helen Keller (speaker, author)  ☐ Terry Fox (athlete,	<ol> <li>Intelligence</li> <li>Gaming Supervisors</li> <li>Judges, Magistrate Judges, and Magistrates</li> <li>Child, Family, and School Social Workers</li> <li>Chief Executives</li> </ol>
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher)  ☐ Sigmund Freud (neurologist, psychoanalyst)  ☐ Mohandas Ghandi (lawyer, ideological leader)  ☐ Helen Keller (speaker, author)	<ol> <li>Intelligence</li> <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</li> </ol>
Intrapersonal Intelligence  ☐ Confucius (philosopher, teacher)  ☐ Sigmund Freud (neurologist, psychoanalyst)  ☐ Mohandas Ghandi (lawyer, ideological leader)  ☐ Helen Keller (speaker, author)  ☐ Terry Fox (athlete,	<ol> <li>Intelligence</li> <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> </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 merogryphis)	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>

## 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.

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	<ul> <li>Do not use movement or physical precision for self- expression — through dance, painting or handmade</li> </ul>
☐ 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
	2. Fence Erectors
Paula Abdul (dancer, choreographer)	3. Tire Builders
David Blaine (magician, endurance artist)	4. Rail Car Repairers
☐ Jim Carrey (actor,	5. Dancers
comedian)	6. Athletes and Sports Competitors
	7. Municipal Firefighters
	8. Fitness Trainers and Aerobics Instructors
	9. Athletic Trainers

## Rate your profile:

How well does it match you?



**Very Accurate** 

# **Developing Your Intelligences**





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

## Musical

### **Advice for Learning**





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

#### **Recommendations**

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

#### Musical and Logical Intelligences

- Use music to help you focus. Listening to baroque music and formal musical training have been shown to help with math and reasoning
- Learn about the connections between math and music. Music is very much about patterns and sequences of notes and changes in vibration. Study the mathematical relationships of musical notes on the scale, sound energy and volume, and string length and pitch
- Play music-based video games or use computer programs to produce and edit music

#### Musical and Spatial Intelligences

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

## **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

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

#### Recommendations

best for you.

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

Practice grouping objects — both natural and non-living ones — according to their features. This is called
categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds
of their song, perfumes by their smell and fabrics by their texture

Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

#### Naturalist and Existential Intelligences

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

#### Naturalist and Intrapersonal Intelligences

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

## **Interpersonal**

### Advice for Learning





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

#### Recommendations

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
 Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking. By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed —

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

	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,
	understand others' points of view and build your communication skills

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

#### Interpersonal and Kinesthetic Intelligences

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

#### Interpersonal and 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

## 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 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

#### 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

## **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
	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 Musical Intelligences

- Spatial intelligence involves the ability to interpret images and physical space around objects. Learn to read music. Your spatial ability will help you to quickly interpret the patterns on the music sheets
- When learning to play an instrument, try visualization. Picture yourself playing the instrument well. Imagine your hands moving the way they need to move, your posture and breathing
- Work on puzzles or other visual games while listening to music. Vary the genres of music that you listen to and take note of how each affects your performance in completing the activity. You can also analyze music videos that focus on a visually artistic theme

#### 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

### **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 Musical Intelligences

- As you listen to music, try to determine what the overall theme is, whether it's a single song or an entire album. Think about why certain sounds and rhythms were used, and how a story may be told by the individual aspects of the music
- Explore music through history and across different cultures. From hymns to chants to drumming, people have posed existential questions and responses through music. Try to find out why music exists. What purpose does it serve?

#### 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

## **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 Musical Intelligences

- Try using music as a tool to influence your mood. Use your self-knowledge and awareness of your feelings. Think about the kind of music you enjoy listening to and how it affects you. Eventually, you can try creating your own music to suit your mood or to change it
- Consider why certain music might affect your mood. What instruments are being used? What effect does rhythm have? What style of music appeals to you or turns you off, and why?

#### 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

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

## 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

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

• Get involved with the school paper or media club. Enter poetry, essay, or speech and debate contests

#### **Recommendations**

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

### Linguistic and Musical Intelligences

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

#### Linguistic and 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

## Kinesthetic

#### Advice for Learning



- 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

such as manipulating objects or conducting experiments, to learn new concepts. You remember information better

- 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

Actively use your body and your five senses to "learn by doing". Use hands-on activities,

• 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 Musical Intelligences

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

#### 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

# **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		
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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	Challenge	0	0	0	Strength
Assertive: honest, direct and willing to stand up for yourself	Challenge	0	0	0	Strength
Composed: think carefully before reacting and resist being impulsive	Challenge	0	0	0	Strength
Content: happy and satisfied with your life	Challenge	0	0	0	Strength
<b>Empathic:</b> intensely aware of needs and feelings — your own, and other people's	Challenge	0	0	0	O Strength
<b>Expressive:</b> can communicate your emotions to others in a healthy way	Challenge	0	0	0	Strength
Influential: can guide other's emotions in a purposeful way	Challenge	0	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	O 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 ones you think would work best for you.  Developing Emotional Intelligence  Develop a sense of humor and try to make people laugh without putting others 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 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						
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**

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) Dphthalmologists	Health Science		
Sports Medicine Physicians	Health Science		
Surgeons	Health Science		
Physical Medicine and Rehabilitation Physicians	Health Science		
Dral and Maxillofacial Surgeons	Health Science		
ndustrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics		
Veurologists	Health Science		
Anesthesiologists	Health Science		
Emergency Management Directors	Government and Public Administration		
Nurse Anesthetists	Health Science		
Dentists, General	Health Science		
nformatics Nurse Specialists	Information Technology		
Farm and Home Management Advisors	Education and Training		
Clinical Nurse Specialists	Health Science		
Environmental Engineers	Agriculture, Food and Natural Resources		
Neuropsychologists and Clinical Neuropsychologists	Human Services		
Chief Sustainability Officers	Business Management and Administration		
Jrban and Regional Planners	Government and Public Administration		
Archeologists	Science, Technology, Engineering and Mathematics		
Radiologists	Health Science		
Prosthodontists	Health Science		
/eterinarians	Health Science		
Obstetricians and Gynecologists	Health Science		
Curators	Education and Training		
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security		
	Science, Technology, Engineering		
Manufacturing Engineers	and Mathematics		
Nurse Practitioners			
	and Mathematics		

Pathologists	Health Science	
Biomedical Engineers	Health Science	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Air Traffic Controllers	Transportation, Distribution and Logistics	
Human Factors Engineers and Ergonomists	Science, Technology, Engineering and Mathematics	
Environmental Science Teachers, Postsecondary	Education and Training	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Education Administrators, Elementary and Secondary School	Education and Training	
Orthotists and Prosthetists	Health Science	
Agricultural Sciences Teachers, Postsecondary	Education and Training	
Allergists and Immunologists	Health Science	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Family and General Practitioners	Health Science	
Geothermal Production Managers	Business Management and Administration	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Landscape Architects	Architecture and Construction	
Range Managers	Science, Technology, Engineering and Mathematics	
Midwives	Health Science	
Exercise Physiologists	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Occupational Therapists	Health Science	
Biological Science Teachers, Postsecondary	Education and Training	
Nuclear Medicine Physicians	Health Science	
Microbiologists	Science, Technology, Engineering and Mathematics	
Industrial Production Managers	Business Management and Administration	
Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary	Education and Training	
Biochemical Engineers	Science, Technology, Engineering and Mathematics	
Nurse Midwives	Health Science	

Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Biofuels Production Managers	Business Management and Administration	
Management Analysts	Business Management and Administration	
Robotics Engineers	Science, Technology, Engineering and Mathematics	
Chief Executives	Business Management and Administration	
Anthropologists	Science, Technology, Engineering and Mathematics	
Medical Scientists, Except Epidemiologists	Health Science	
Occupational Health and Safety Specialists	Government and Public Administration	
Biochemists and Biophysicists	Science, Technology, Engineering and Mathematics	
Internists, General	Health Science	
Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration	<b>★•••••</b>
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Physical Therapists	Health Science	
Architectural and Engineering Managers	Science, Technology, Engineering and Mathematics	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Architecture Teachers, Postsecondary	Education and Training	
Hospitalists	Health Science	
Athletic Trainers	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Podiatrists	Health Science	
Natural Sciences Managers	Agriculture, Food and Natural Resources	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Forestry and Conservation Science Teachers, Postsecondary	Education and Training	
Hydroelectric Production Managers	Business Management and Administration	
Animal Scientists	Agriculture, Food and Natural Resources	
Music Therapists	Health Science	
Chemistry Teachers, Postsecondary	Education and Training	

Instructional Coordinators	Education and Training	
Dermatologists	Health Science	
Registered Nurses	Health Science	
Water/Wastewater Engineers	Agriculture, Food and Natural Resources	
Soil and Plant Scientists	Agriculture, Food and Natural Resources	
Naturopathic Physicians	Health Science	
Architects, Except Landscape and Naval	Architecture and Construction	
Physics Teachers, Postsecondary	Education and Training	
Automotive Engineers	Science, Technology, Engineering and Mathematics	
Physician Assistants	Health Science	
Career/Technical Education Teachers, Secondary School	Education and Training	
Industrial-Organizational Psychologists	Human Services	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Food Scientists and Technologists	Agriculture, Food and Natural Resources	
Foresters	Agriculture, Food and Natural Resources	