

Intelligences and You











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

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ers for Spatial ıce

- rafters
- nical Drafters
- uter Hardware Engineers
- Iltural Engineers
- ercial and Industrial Designers
- edical Engineers
- ecture Teachers, Postsecondary
- 8. Pilots, Ship
- 9. Architectural Drafters
- 10. Transportation Engineers

Interpersonal Intelligence

to the mood, personality and goals of others.









Strengths Challenges Relate well to Difficulty building and maintaining social relationships Do not notice or respond appropriately to others' Notice and understand people's needs, perspectives, feelings, motivations or behaviors emotions and motivations Not good at collaborative Connect and interact with people quickly and work easily Uncomfortable interacting with people whose Form and maintain lasting experiences, views and beliefs differ from own relationships Don't see the humor in things that others find Able to lead, influence and inspire funny others **Top Careers for Interpersonal** Famous People with Strong **Interpersonal Intelligence** Intelligence Martin Luther King, Jr. (clergyman, civil rights activist) 1. Marriage and Family Therapists Mother Teresa (nun, 2. Educational, Guidance, School, and Vocational humanitarian) Counselors Oprah Winfrey (talk-show host, philanthropist) 3. Patient Representatives Anthony Robbins (success coach, professional 4. Psychiatrists speaker) 5. Lodging Managers ☐ Ellen DeGeneres (comedian, talk-show host) 6. Arbitrators, Mediators, and Conciliators 7. Public Relations and Fundraising Managers 8. Transportation Managers

9. Emergency Management Directors

10. Counseling Psychologists

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

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	 Do not use movement or physical precision for self- expression — through dance, painting or handmade
☐ Use movement to express feelings and ideas — through gestures, body language, acting or dance, for example	crafts, 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)	1. Fallers
☐ Bruce Lee (martial artist)	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
	10. Roustabouts, Oil and Gas

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

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Log	ıca

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

Naturalist

Naturalist Intelligence









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

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

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 Rely on repetition and memory techniques for learning
Connect different ideas to envision something new and creative	rather than looking for ways to relate facts to a larger concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
 Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) Jane Addams (philosopher, activist) 	 Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary Philosophy and Religion Teachers, Postsecondary Social Work Teachers, Postsecondary
	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
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities when making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
 Make decisions thoughtfully and carefully Ethical and objective, aware of how personal viewpoints can be biased or unfair 	 Set unrealistic goals and make limited progress, often giving up Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence	Top Careers for Intrapersonal Intelligence
 Confucius (philosopher, teacher) Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian) 	 Gaming Supervisors Judges, Magistrate Judges, and Magistrates Child, Family, and School Social Workers Chief Executives Education Administrators, Preschool and Childcare Center/Program Postmasters and Mail Superintendents Psychiatric Aides Producers Transportation Managers Sales Managers

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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 boost productivity Easily pick up on the beat or chords in music and recognize different instruments by their sounds Notice and use different tones in speech to impart emotion, emphasis or meaning Sing well, can play one or more instruments and could easily learn another Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things	 Music has little effect on mood, motivation and emotions Difficulty identifying sounds of different musical instruments Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm Do not sing well and would have trouble learning to play an instrument Do not remember melodies and lyrics of songs
	Top Careers for Musical
Famous People with Strong Musical Intelligence	Intelligence
Musical Intelligence ☐ Jennifer Lopez (musician,	
Musical Intelligence	Intelligence
Musical Intelligence Jennifer Lopez (musician, composer)	Intelligence 1. Music Composers and Arrangers
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-	Intelligence1. Music Composers and Arrangers2. Art, Drama, and Music Teachers, Postsecondary
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter)	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer)	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers Music Directors
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer)	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers Music Directors Musicians, Instrumental

Rate your profile:

How well does it match you?

Developing Your Intelligences





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

Spatial

Advice for Learning



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

Recommendations

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

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

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

Spatial and Linguistic Intelligences

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

Spatial and Logical Intelligences

- Solve logical problems that have a spatial element. You will find examples in areas of interest such as architecture, mechanics, engineering, graphic design, building trades, electronics and landscaping
- Solve visual puzzles and play games that use your natural talent for interpreting images. This gives you practice in gathering information, recognizing patterns, connecting ideas and finding solutions
- When working on difficult mathematical problems, use graphs, charts or other drawings to visualize the problem

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

	By being sensitive to others, perspectives, emotions and motives, you can adapt your response to what is needed —
	and provide support, encouragement, an opinion or advice, for example
Г	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

understand others points of view and build your communication skills
Expand your network. Interact with people of different ages, cultures and skill
sets

Interpersonal and 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

Kinesthetic

Advice for Learning



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

Recommendations

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

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

Kinesthetic and Intrapersonal Intelligences

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

Kinesthetic and 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

Linguistic

Advice for Learning





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

Recommendations

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

- Express yourself, whether it is through writing, speaking or some other form of communication
- Get involved in speech and debate, or join a group like Toastmasters, which helps people improve their communication and public speaking skills in a highly social environment. You could also participate in an improvisational ("improv") comedy group
- When studying novels at school, or just in talking to people, pay close attention to how others interpret the same written materials you have read

Linguistic and Spatial Intelligences

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

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 Interpersonal Intelligences

- Get involved with school or local groups or online communities that engage in logical or mathematical activities
- Take psychology and other social science classes. Learn about the kinds of interactions to which people respond positively, and why
- Try massively multiplayer online games (MMOGs). In many of them, success is accomplished through a combination of logical strategy and interaction with others

Logical and Spatial Intelligences

- Attempt to solve logical problems that have a visual-spatial component. You'll find examples in fields such as architecture, mechanics, engineering, graphic design, building trades, electronics and landscaping
- Visual puzzles use your talent for gathering information and finding answers. Look for patterns and connections in the images and for different possible arrangements
- Take part in activities like model building, electronic hobby kits, geocaching and orienteering. You can also play computer games that involve skillfully manipulating objects as they move around onscreen
- Your musical intelligence is better developed than some of your other intelligences. Here are some tips for using your musical intelligence to build strength in those other areas.
- Your musical intelligence is less developed than some of your other intelligences. Here are some tips for using your more developed intelligences to build strength in musical intelligence.

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 Interpersonal Intelligences

- Look for ways to make a positive impact by sharing your skills as a naturalist. Volunteer as a guide at a nature center or offer to give presentations on animals, habitat or environmental issues
- Join an environmental or conservation group, where you can discuss your interests with like-minded people
- As your interpersonal skills develop, expand your network and talk to others about your naturalist interests

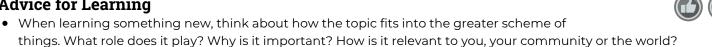
Naturalist and Spatial Intelligences

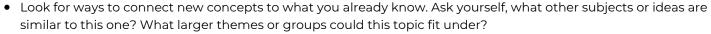
- Seek out an aspect of nature you enjoy in different forms of art. For example, if you enjoy the ocean, it could be a sculpture of a whale, a painting of the seaside or a carving of a dolphin made of mahogany wood. Consider how the artist has chosen to depict the subject through their choice of color,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

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

Existential

Advice for Learning





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

• 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

be	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

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 Interpersonal Intelligences

- You are able to reflect, set goals and make decisions. Use your abilities to clearly communicate well thought-out ideas and influence others in a positive way
- Focus on listening and paying attention to others. Reflect on what you see and hear, similar to the way in which you think about your own thoughts and actions
- Resist the urge to make recommendations for improvement, even if asked. It is better that others discover their own paths to self-improvement or to seek professional guidance

Intrapersonal and Spatial Intelligences

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

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

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 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 Interpersonal Intelligences

- Communicate with others. At first, communicate through or about music, then gradually move on to other topics. Pay attention to what others are saying and try to see their point of view
- Talk about your favorite music with friends. Discuss what you like about music and compare different songs in terms of the rhythm, instruments and other aspects
- Whether solo or in a group, perform musically for different audiences. Once comfortable playing for others, work on trying to read and respond to the audience's reactions

Musical and Spatial Intelligences

- Learn to read music. This requires the ability to quickly interpret the visual patterns of notes and other symbols on
- 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

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		1
		/

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

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

Emotional Intelligence Traits

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

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

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
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	Strength
Regulated: 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
Motivated: 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 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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Athletic Trainers	Health Science	
Sports Medicine Physicians	Health Science	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Oral and Maxillofacial Surgeons	Health Science	
Surgeons	Health Science	
Dentists, General	Health Science	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Nurse Anesthetists	Health Science	
Orthotists and Prosthetists	Health Science	
Prosthodontists	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Anesthesiologists	Health Science	
Surveyors	Architecture and Construction	
Fire Investigators	Law, Public Safety, Corrections and Security	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Range Managers	Science, Technology, Engineering and Mathematics	
Veterinarians	Health Science	
Commercial Pilots	Transportation, Distribution and Logistics	
Ship and Boat Captains	Transportation, Distribution and Logistics	
Physical Therapists	Health Science	
Ophthalmologists	Health Science	
Anesthesiologist Assistants	Health Science	
Radiation Therapists	Health Science	
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics	
Aquacultural Managers	Agriculture, Food and Natural Resources	
Chiropractors	Health Science	

Solar Energy Installation Managers	Architecture and Construction	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Environmental Engineers	Agriculture, Food and Natural Resources	
Pilots, Ship	Transportation, Distribution and Logistics	
Archeologists	Science, Technology, Engineering and Mathematics	
Manufacturing Engineers	Science, Technology, Engineering and Mathematics	
Emergency Management Directors	Government and Public Administration	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Surgical Assistants	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Government Property Inspectors and Investigators	Government and Public Administration	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Radiologists	Health Science	
Occupational Health and Safety Specialists	Government and Public Administration	
Orthodontists	Health Science	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Geothermal Production Managers	Business Management and Administration	
Manufacturing Engineering Technologists	Manufacturing	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	
Municipal Firefighters	Law, Public Safety, Corrections and Security	
Construction Managers	Architecture and Construction	
Hydroelectric Production Managers	Business Management and Administration	
Respiratory Therapy Technicians	Health Science	
Optometrists	Health Science	
Coaches and Scouts	Education and Training	
Robotics Engineers	Science, Technology, Engineering and Mathematics	
Nurse Midwives	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Midwives	Health Science	
Biofuels Production Managers	Business Management and Administration	

Physical Medicine and Rehabilitation Physicians	Health Science		
Coroners	Government and Public Administration		
Biomass Power Plant Managers	Business Management and Administration		
Foresters	Agriculture, Food and Natural Resources		
Human Factors Engineers and Ergonomists	Science, Technology, Engineering and Mathematics	**********	
Industrial Production Managers	Business Management and Administration		
Exercise Physiologists	Health Science		
Zoologists and Wildlife Biologists	Agriculture, Food and Natural Resources		
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics		
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security		
Clinical Nurse Specialists	Health Science		
Dermatologists	Health Science		
Informatics Nurse Specialists	Information Technology		
Forest and Conservation Technicians	Agriculture, Food and Natural Resources		
Environmental Restoration Planners	Science, Technology, Engineering and Mathematics		
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security		
Curators	Education and Training		
Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration		
Security Management Specialists	Business Management and Administration		
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security		
Acute Care Nurses	Health Science		
Radiologic Technologists	Health Science		
Water Resource Specialists	Agriculture, Food and Natural Resources		
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security		
Wind Energy Project Managers	Business Management and Administration		
Marine Engineers	Science, Technology, Engineering and Mathematics		
Architectural and Engineering Managers	Science, Technology, Engineering and Mathematics		
Pathologists	Health Science		
Aerospace Engineering and Operations Technicians	Manufacturing		

Pharmacists	Health Science	
Nuclear Medicine Physicians	Health Science	
Water/Wastewater Engineers	Agriculture, Food and Natural Resources	
Medical and Clinical Laboratory Technologists	Health Science	
Obstetricians and Gynecologists	Health Science	
Fire Inspectors	Law, Public Safety, Corrections and Security	
Respiratory Therapists	Health Science	
Biochemical Engineers	Science, Technology, Engineering and Mathematics	
Landscape Architects	Architecture and Construction	
Urologists	Health Science	
Electronics Engineering Technologists	Manufacturing	
Podiatrists	Health Science	