Multiple Intelligences

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Intelligences and You

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

- [ ] Sensitive to nature — feel a concern for, and connection to, living things and the natural environment
- [ ] 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

Challenges

- [ ] Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
- [ ] 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

- [ ] 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)

Top Careers for Naturalist Intelligence

1. Hunters and Trappers
2. Park Naturalists
3. Sustainability Specialists
4. Veterinarians
5. Environmental Science Teachers, Postsecondary
6. Animal Breeders
7. Farmworkers, Farm, Ranch, and Aquacultural Animals
8. Environmental Science and Protection Technicians, Including Health
9. Forest and Conservation Workers
10. Fishers and Related Fishing Workers

Logical

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

- [ ] Easily recognize number patterns and can make quick, accurate calculations
- [ ] Understand the relationship between cause and effect — to predict how one thing can affect another
- [ ] Can identify all the parts in a system and how they interact
- [ ] Analyze information to determine what is important versus what is not
- [ ] Able to work with abstract concepts and use symbols to represent concrete ideas

Challenges

- [ ] Struggle with abstract mathematical and logical concepts
- [ ] Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
- [ ] Dislike activities involving puzzles, strategy, calculations or formulas
- [ ] Find it hard to categorize and organize things in a logical manner
- [ ] Not inclined to experiment or form theories to explain things

Famous People with Strong Logical Intelligence

- [ ] Thomas Edison (inventor, businessman)
- [ ] Albert Einstein (physicist, humanitarian)
- [ ] Florence Nightingale (nurse, statistician)
- [ ] Sherlock Holmes (fictional detective)
- [ ] Bill Gates (businessman, philanthropist)

Top Careers for Logical Intelligence

1. Mathematical Technicians
2. Operations Research Analysts
3. Actuaries
4. Software Developers, Applications
5. Mathematical Science Teachers, Postsecondary
6. Agricultural Engineers
7. Biomedical Engineers
8. Transportation Engineers
9. Manufacturing Engineering Technologists
10. Industrial-Organizational Psychologists

Spatial

Spatial Intelligence

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

Strengths

- [ ] 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
8. Pilots, Ship
9. Architectural Drafters
10. Transportation Engineers

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

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

Challenges

- [ ] Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clear and final answers
- [ ] Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
- [ ] Difficulty understanding perspectives, values and opinions that differ from own
- [ ] Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept

Famous People with Strong Existential Intelligence

- [ ] Aristotle (philosopher, teacher)
- [ ] The Dalai Lama (spiritual leader)
- [ ] Deepak Chopra (doctor, speaker/author)
- [ ] Ralph W. Emerson (essayist, transcendentalist)
- [ ] Jane Addams (philosopher, activist)

Top Careers for Existential Intelligence

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

Intrapersonal Intelligence

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

Strengths

- [ ] Well aware of personal abilities, challenges, feelings and attitudes
- [ ] Set realistic goals, able to focus and stay on track
- [ ] In control of emotions, good at handling high-stress situations
- [ ] Make decisions thoughtfully and carefully
- [ ] Ethical and objective, aware of how personal viewpoints can be biased or unfair

Challenges

- [ ] Give little thought to personal goals and abilities when making decisions
- [ ] Unaware of how mood, attitude and tone of voice can affect other people
- [ ] Allow personal opinions to negatively affect decisions and interactions with others
- [ ] Set unrealistic goals and make limited progress, often giving up
- [ ] Don't understand how to recognize and manage own emotions

Famous People with Strong Intrapersonal Intelligence

- [ ] Confucius (philosopher, teacher)
- [ ] Sigmund Freud (neurologist, psychoanalyst)
- [ ] Mohandas Ghandi (lawyer, ideological leader)
- [ ] Helen Keller (speaker, author)
- [ ] Terry Fox (athlete, humanitarian)

Top Careers for Intrapersonal Intelligence

1. Gaming Supervisors
2. Judges, Magistrate Judges, and Magistrates
3. Child, Family, and School Social Workers
4. Chief Executives
5. Education Administrators, Preschool and Childcare Center/Program
6. Postmasters and Mail Superintendents
7. Psychiatric Aides
8. Producers
9. Transportation Managers
10. Sales Managers

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

- [ ] Have good balance and coordination when moving or being physically active
- [ ] Good at hands-on activities, such as using tools and objects to build, create and repair
- [ ] Can analyze complex movements and the steps involved to identify problems and solutions
- [ ] Use movement to express feelings and ideas — through gestures, body language, acting or dance, for example
- [ ] Have good reflexes — react quickly and instinctively

Challenges

- [ ] Avoid activities that require good coordination or complex movements
- [ ] Not interested in playing competitive sports
- [ ] Do not use movement or physical precision for self-expression — through dance, painting or handmade crafts, for example
- [ ] Lack confidence when using tools and other physical objects to complete tasks
- [ ] Unaware of own body language and may miss non-verbal cues from others

Famous People with Strong Kinesthetic Intelligence

- [ ] Michael Jordan (basketball player)
- [ ] Bruce Lee (martial artist)
- [ ] Paula Abdul (dancer, choreographer)
- [ ] David Blaine (magician, endurance artist)
- [ ] Jim Carrey (actor, comedian)

Top Careers for Kinesthetic Intelligence

1. Fallers
2. Fence Erectors
3. Tire Builders
4. Rail Car Repairers
5. Dancers
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

- [ ] Know how to use vocabulary, sentence structure, grammar and spelling for clear communication
- [ ] 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

Challenges

- [ ] Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
- [ ] 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

- [ ] 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)

Top Careers for Linguistic Intelligence

1. Interpreters and Translators
2. Technical Writers
3. Lawyers
4. Political Scientists
5. Speech-Language Pathologists
6. Neuropsychologists and Clinical Neuropsychologists
7. Training and Development Specialists
8. Soil and Plant Scientists
9. Foreign Language and Literature Teachers, Postsecondary
10. English Language and Literature Teachers, Postsecondary

Musical

Musical Intelligence

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

Strengths

- [ ] Enjoy a wide range of different types of 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

Challenges

- [ ] Enjoy only a few types of music
- [ ] Music has little effect on mood, motivation and emotions
- [ ] Difficulty identifying sounds of different musical instruments
- [ ] Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm
- [ ] Do not sing well and would have trouble learning to play an instrument
- [ ] Do not remember melodies and lyrics of songs

Famous People with Strong Musical Intelligence

- [ ] Jennifer Lopez (musician, composer)
- [ ] Elvis Presley (singer-songwriter)
- [ ] Beyoncé Knowles (singer, songwriter and actress)
- [ ] William James "will.i.am" Adams Jr. (musician and producer)
- [ ] Adele Adkins (singer-songwriter)

Top Careers for Musical Intelligence

1. Music Composers and Arrangers
2. Art, Drama, and Music Teachers, Postsecondary
3. Music Therapists
4. Physicists
5. Singers
6. Music Directors
7. Musicians, Instrumental
8. Poets, Lyricists and Creative Writers
9. Actors
10. Dancers

Interpersonal

Interpersonal Intelligence

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

Strengths

- [ ] Relate well to 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

Challenges

- [ ] Difficulty building and maintaining social relationships
- [ ] Do not notice or respond appropriately to others' feelings, motivations or behaviors
- [ ] Not good at collaborative work
- [ ] Uncomfortable interacting with people whose experiences, views and beliefs differ from own
- [ ] Don't see the humor in things that others find funny

Famous People with Strong Interpersonal Intelligence

- [ ] Martin Luther King, Jr. (clergyman, civil rights activist)
- [ ] Mother Teresa (nun, humanitarian)
- [ ] Oprah Winfrey (talk-show host, philanthropist)
- [ ] Anthony Robbins (success coach, professional speaker)
- [ ] Ellen DeGeneres (comedian, talk-show host)

Top Careers for Interpersonal Intelligence

1. Marriage and Family Therapists
2. Educational, Guidance, School, and Vocational Counselors
3. Patient Representatives
4. Psychiatrists
5. Lodging Managers
6. Arbitrators, Mediators, and Conciliators
7. Public Relations and Fundraising Managers
8. Transportation Managers
9. Emergency Management Directors
10. Counseling Psychologists

Rate your profile:

How well does it match you?

Developing Your Intelligences

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

Naturalist

Advice for Learning

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

Recommendations

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

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

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

Recommendations

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

- Pursue activities that combine movement or physical action with strategy, analysis and goal setting. Many team sports, as well as activities like paintball, golf and model building, use strategy, for example
- Design your ideal fitness program. Carry it out like an experiment: make observations, record your results and adjust your method as needed
- Follow a logical sequence of drills – a conditioning program – to prepare for a certain sport or activity. Use mirrors to analyze your movements for correct form

Logical and Linguistic Intelligences

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

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

Spatial and Interpersonal Intelligences

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

Spatial and 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

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

Existential

Advice for Learning

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

Recommendations

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

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

Existential and Logical Intelligences

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

Existential and 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

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

Intrapersonal and Logical Intelligences

- Combine these intelligences to analyze and solve difficult problems. Logical intelligence involves using pattern recognition, reasoning and problem solving. You already use these on a personal level, in your efforts to understand and improve yourself
- When you encounter a difficult mathematical or logical problem, set yourself a challenging goal, maintain your focus, and manage your emotions as you set about solving it
- Improve your skills with logic puzzles and games. Many are freely available online

Intrapersonal and 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

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

Kinesthetic

Advice for Learning

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

Recommendations

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

Kinesthetic and Logical Intelligences

- Paerticipate in regular aerobic exercise. It has been shown to improve cognitive brain function, which controls your ability to think and remember
- To be more mentally alert, do your favorite exercise in the morning or around the middle of the day. If you've been exercising strenuously, allow some time to recover before trying to perform logical or mathematical activities
- Try activities that combine a kinesthetic challenge with logical strategy, such as tennis, baseball, golf or billiards

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

Linguistic

Advice for Learning

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

Recommendations

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

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

Linguistic and Logical Intelligences

- Take a study skills or test prep course. Your linguistic strength will help you quickly understand information from multiple sources and clearly communicate the results
- Get involved in a speech and debate class. Take part in discussions that focus on logical issues or theories
- Develop your skills with word-based logic puzzles, games, riddles. Many are freely available online

Linguistic and 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

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

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

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

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

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

- [ ] There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
- [ ] Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking. By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed — and provide support, encouragement, an opinion or advice, for example
- [ ] Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy, understand others' points of view and build your communication skills
- [ ] Expand your network. Interact with people of different ages, cultures and skill sets

Interpersonal and Logical Intelligences

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

Interpersonal and 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

Emotional Intelligence (EI)

Emotional Intelligence and You

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

Most Recent Results 

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

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

Emotional Intelligence Traits

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

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

Intimate: build and maintain healthy and close personal relationships	○	○	○	○	○	Challenge / Strength
Optimistic: have a positive outlook on life	○	○	○	○	○	Challenge / Strength
Perceptive: keenly aware of your emotions and those of other people	○	○	○	○	○	Challenge / Strength
Regulated: able to manage your emotions and behavior in a variety of situations	○	○	○	○	○	Challenge / Strength
Resilient: can deal with pressure and stress in a healthy way	○	○	○	○	○	Challenge / Strength
Motivated: persist and overcome difficulties to achieve goals	○	○	○	○	○	Challenge / Strength
Connected: build social connections with many different people	○	○	○	○	○	Challenge / 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 can realistically accomplish

- [ ] Practice being grateful. While it is important to take responsibility for difficulties it is important to appreciate

- [ ] 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

Wind Energy Engineers	Science, Technology, Engineering and Mathematics	
Water Resource Specialists	Agriculture, Food and Natural Resources	
Environmental Science and Protection Technicians, Including Health	Agriculture, Food and Natural Resources	
Agricultural Technicians	Agriculture, Food and Natural Resources	
Energy Engineers	Science, Technology, Engineering and Mathematics	
Environmental Engineering Technicians	Agriculture, Food and Natural Resources	
Log Graders and Scalers	Agriculture, Food and Natural Resources	
Hydrologists	Science, Technology, Engineering and Mathematics	
Geoscientists, Except Hydrologists and Geographers	Science, Technology, Engineering and Mathematics	
Electrical Engineering Technologists	Manufacturing	
Remote Sensing Technicians	Science, Technology, Engineering and Mathematics	
Bioinformatics Technicians	Government and Public Administration	
Validation Engineers	Science, Technology, Engineering and Mathematics	
Environmental Restoration Planners	Science, Technology, Engineering and Mathematics	
Precision Agriculture Technicians	Science, Technology, Engineering and Mathematics	
Fuel Cell Engineers	Science, Technology, Engineering and Mathematics	
Radio Frequency Identification Device Specialists	Science, Technology, Engineering and Mathematics	
Industrial Engineering Technologists	Manufacturing	
Sustainability Specialists	Business Management and Administration	
Electronics Engineering Technologists	Manufacturing	
Electrical Engineers	Science, Technology, Engineering and Mathematics	

Forest and Conservation Workers	Agriculture, Food and Natural Resources	
Database Architects	Information Technology	
Information Security Analysts	Information Technology	
Construction and Building Inspectors	Government and Public Administration	
Network and Computer Systems Administrators	Information Technology	
Wind Energy Project Managers	Business Management and Administration	
Geospatial Information Scientists and Technologists	Information Technology	
Geological Sample Test Technicians	Agriculture, Food and Natural Resources	
Environmental Economists	Science, Technology, Engineering and Mathematics	
Geographic Information Systems Technicians	Information Technology	
Forest and Conservation Technicians	Agriculture, Food and Natural Resources	
Climate Change Analysts	Science, Technology, Engineering and Mathematics	
Industrial Ecologists	Science, Technology, Engineering and Mathematics	
Surveying Technicians	Architecture and Construction	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	
Nuclear Monitoring Technicians	Manufacturing	
Environmental Compliance Inspectors	Government and Public Administration	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	
Geodetic Surveyors	Architecture and Construction	
Materials Engineers	Science, Technology, Engineering and Mathematics	
Agricultural Engineers	Agriculture, Food and Natural Resources	
Remote Sensing Scientists and Technologists	Science, Technology, Engineering and Mathematics	
Energy Auditors	Business Management and Administration	
Civil Engineering Technicians	Architecture and Construction	
Radio, Cellular, and Tower Equipment Installers and Repairers	Manufacturing	
Medical Equipment Repairers	Manufacturing	
Foresters	Agriculture, Food and Natural Resources	

Aquacultural Managers	Agriculture, Food and Natural Resources	
Power Distributors and Dispatchers	Manufacturing	
Nuclear Power Reactor Operators	Manufacturing	
Biofuels/Biodiesel Technology and Product Development Managers	Science, Technology, Engineering and Mathematics	
Petroleum Engineers	Science, Technology, Engineering and Mathematics	
Database Administrators	Information Technology	
Materials Scientists	Science, Technology, Engineering and Mathematics	
Product Safety Engineers	Science, Technology, Engineering and Mathematics	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Food Scientists and Technologists	Agriculture, Food and Natural Resources	
Medical and Clinical Laboratory Technologists	Health Science	
First-Line Supervisors of Agricultural Crop and Horticultural Workers	Agriculture, Food and Natural Resources	
Nuclear Equipment Operation Technicians	Manufacturing	
Range Managers	Science, Technology, Engineering and Mathematics	
Electrical and Electronics Repairers, Powerhouse, Substation, and Relay	Manufacturing	
Aviation Inspectors	Government and Public Administration	
Animal Scientists	Agriculture, Food and Natural Resources	
Biological Technicians	Agriculture, Food and Natural Resources	
Electromechanical Engineering Technologists	Manufacturing	
Mining and Geological Engineers, Including Mining Safety Engineers	Science, Technology, Engineering and Mathematics	
Non-Destructive Testing Specialists	Manufacturing	
Freight and Cargo Inspectors	Government and Public Administration	
Computer Hardware Engineers	Science, Technology, Engineering and Mathematics	
Water and Wastewater Treatment Plant and System Operators	Agriculture, Food and Natural Resources	
Fire Inspectors	Law, Public Safety, Corrections and Security	

Brownfield Redevelopment Specialists and Site Managers	Business Management and Administration	
Food Science Technicians	Agriculture, Food and Natural Resources	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Cytotechnologists	Health Science	
Financial Analysts	Finance	
Agricultural Inspectors	Government and Public Administration	
Chemical Engineers	Science, Technology, Engineering and Mathematics	
Biochemical Engineers	Science, Technology, Engineering and Mathematics	
Zoologists and Wildlife Biologists	Agriculture, Food and Natural Resources	
Software Developers, Applications	Information Technology	
Operations Research Analysts	Business Management and Administration	
Biologists	Science, Technology, Engineering and Mathematics	
Astronomers	Science, Technology, Engineering and Mathematics	
Geographers	Science, Technology, Engineering and Mathematics	
Photonics Engineers	Science, Technology, Engineering and Mathematics	
Geophysical Data Technicians	Agriculture, Food and Natural Resources	
Nanosystems Engineers	Science, Technology, Engineering and Mathematics	
Cartographers and Photogrammetrists	Science, Technology, Engineering and Mathematics	
Geothermal Technicians	Manufacturing	
Electronics Engineers, Except Computer	Science, Technology, Engineering and Mathematics	
Computer Operators	Business Management and Administration	
Geothermal Production Managers	Business Management and Administration	
Electronics Engineering Technicians	Manufacturing	
Aerospace Engineering and Operations Technicians	Manufacturing	
Neurodiagnostic Technologists	Health Science	
Soil and Plant Scientists	Agriculture, Food and Natural Resources