





Intelligences and You









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

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 ☐ 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 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 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 Connect different ideas to envision something new and creative 	 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
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 History Teachers, Postsecondary

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	Challenges
Relate well to	Difficulty building and maintaining social relationships
others Notice and understand people's needs, perspectives, emotions and motivations Connect and interact with people quickly and easily Form and maintain lasting relationships Able to lead, influence and inspire others	 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	Top Careers for Interpersonal Intelligence
Martin Luther King, Jr. (clergyman, civil rights activist)	1. Marriage and Family Therapists
Mother Teresa (nun, humanitarian)	Educational, Guidance, School, and Vocational Counselors
Oprah Winfrey (talk-show host, philanthropist)	3. Patient Representatives
Anthony Robbins (success coach, professional	4. Psychiatrists
speaker) Ellen DeGeneres (comedian, talk-show host)	5. Lodging Managers
Elicii Dedericies (corriculari, talk show host)	6. Arbitrators, Mediators, and Conciliators
	7. Public Relations and Fundraising Managers
	8. Transportation Managers
	9. Emergency Management Directors
	10. Counseling Psychologists

Musical











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

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

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 10. English Language and Literature Teachers, Postsecondary

Spatial

Spatial Intelligence









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

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
 Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things Can work with shape, size, position and location to 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 	 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	Top Careers for 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) 	 Civil Drafters Mechanical Drafters Computer Hardware Engineers Agricultural Engineers Commercial and Industrial Designers Biomedical Engineers Architecture Teachers, Postsecondary Pilots, Ship Architectural Drafters Transportation Engineers

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 —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
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Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Kinesthetic Intelligence Michael Jordan (basketball player)	Intelligence
Kinesthetic Intelligence Michael Jordan (basketball player)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence 1. Fallers 2. Fence Erectors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence 1. Fallers 2. Fence Erectors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors 7. Municipal Firefighters

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Logical Intelligence









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

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

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	est 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 Musical Intelligences

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

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 Linguistic Intelligences

- Select an environment or cause that interests you, such as mountains, oceans, clean energy or wildlife preservation. Read books or articles or listen to presentations related to the topic. Examine the structure and word choice in these materials and think about how the ideas have been presented. Have the techniques been effective?
- As you become more comfortable with analyzing others' writing and speeches, try writing or speaking on naturalist topics yourself
- Join or start an environmental group. Get involved with producing newsletters, providing outreach services or assisting via other forms of communication

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

Existential

Advice for Learning

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

Recommendations

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

Existential and Kinesthetic Intelligences

- Take part in yoga, tai chi, martial arts and other activities that have a spiritual nature. They allow you to contemplate and consider the wider world while you develop your mind-body connectedness
- Investigate flow state and how to achieve it. Athletes describe being in a flow state during peak motivation, performance and mental focus. In this state, their senses are heightened and they can act instinctively

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

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

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

• Take part in role playing, presentations, debates and group activities

Recommendations

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

Interpersonal and Intrapersonal Intelligences

- Practice reflecting, setting goals and making decisions. Combine this with your interpersonal ability to clearly communicate well thought-out ideas and influence others in a positive way
- Learn to recognize your feelings and behavior as conversations unfold. After interacting with other people, reflect on what you saw and heard. How did you feel before, during and after the interaction?
- Talk to people like guidance and career counselors about your strengths and challenges, your goals, and your plans to achieve them

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

Musical

Advice for Learning





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

Recommendations

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

Musical and Intrapersonal Intelligences

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

Musical and Naturalist Intelligences

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

Linguistic

Advice for Learning





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

Recommendations

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

Linguistic and Intrapersonal Intelligences

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

Linguistic and Naturalist Intelligences

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

Spatial

Advice for Learning

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

Recommendations

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

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

Spatial and Intrapersonal Intelligences

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

Spatial and Naturalist Intelligences

- If you enjoy art, select subjects from nature and try creating realistic-looking pieces. Observe the fine details of a natural object and apply your understanding of composition lines, color and space to bring the artwork to life
- Pursue hobbies such as gardening, flower arranging or landscape design. You will learn about nature and natural objects while employing your keen senses of color, imagination and visual detail
- Take part in activities like orienteering, geocaching and adventure racing. They use your ability to visualize paths and judge distances, while you observe and analyze landmarks in different environments

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

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

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

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

Kinesthetic and Naturalist Intelligences

- When participating in outdoors activities, be aware of your surroundings. Noticing the sights, sounds and smells around you while doing something you enjoy can improve your appreciation of nature and the environment
- Participate in an activity you do often and know well, so that it doesn't require your full attention. When you take a break, stop and carefully observe your setting. Take note of similarities and differences in the objects around you
- As you get used to one environment, try activities in different environments. Try to make connections between them

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

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

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

- Use your skills in pattern recognition, reasoning and problem solving to understand yourself better
- Set goals, make plans and track your progress for specific achievements in school. For example, you could set a goal to achieve certain test scores or grades, get onto a sports team or be elected to student council
- Think of your emotions and innermost thoughts as puzzles to be analyzed. The clues are your behaviors and feelings in different situations. Just as puzzle-solving benefits from focus and undivided attention, learning about yourself occurs best during quiet self-reflection

Logical and Naturalist Intelligences

- You have an ability to recognize patterns in abstract concepts like numbers and scientific principles. Practice applying this ability to patterns in physical objects in the environment
- Learn about scientific discoveries of the natural world in fields such as ecology, geology, meteorology or astronomy. Look for information that uses statistics, measurements and other methods to show clear comparisons
- Learn about the classification of living things and how each organism is ranked and grouped (into kingdom, genus or species, for example). Study the logical sequence of that hierarchy

Emotional Intelligence (EI)







Emotional Intelligence and You

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

Most Recent Results

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

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

Emotional Intelligence Traits

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

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

Intimate: build and maintain healthy and close personal relationships		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

		_	. 1
Surgeons	Health Science		
Oral and Maxillofacial Surgeons	Health Science		
Sports Medicine Physicians	Health Science		
Physical Medicine and Rehabilitation Physicians	Health Science		
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security		
Police Patrol Officers	Law, Public Safety, Corrections and Security		
Dentists, General	Health Science		
Clinical Nurse Specialists	Health Science		
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security		
Nurse Anesthetists	Health Science		
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security		
Emergency Management Directors	Government and Public Administration		
Ophthalmologists	Health Science		
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training		
Farm and Home Management Advisors	Education and Training		
Anesthesiologists	Health Science		
Athletic Trainers	Health Science		
Fish and Game Wardens	Law, Public Safety, Corrections and Security		
Forest Firefighters	Law, Public Safety, Corrections and Security		
Park Naturalists	Science, Technology, Engineering and Mathematics		
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics		
Prosthodontists	Health Science		
Music Therapists	Health Science		
Occupational Therapists	Health Science		
Physical Therapists	Health Science		
Nurse Practitioners	Health Science		
Archeologists	Science, Technology, Engineering and Mathematics		

Obstetricians and Gynecologists	Health Science	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Curators	Education and Training	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Nurse Midwives	Health Science	
Midwives	Health Science	
Adapted Physical Education Specialists	Education and Training	
Critical Care Nurses	Health Science	
Education Administrators, Elementary and Secondary School	Education and Training	
Veterinarians	Health Science	
Neurologists	Health Science	
Urologists	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Neuropsychologists and Clinical Neuropsychologists	Human Services	
Recreational Therapists	Health Science	
Career/Technical Education Teachers, Secondary School	Education and Training	
Coaches and Scouts	Education and Training	
Family and General Practitioners	Health Science	
Surgical Assistants	Health Science	
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics	
Respiratory Therapy Technicians	Health Science	
Registered Nurses	Health Science	
Urban and Regional Planners	Government and Public Administration	
Pilots, Ship	Transportation, Distribution and Logistics	
Instructional Coordinators	Education and Training	
Acute Care Nurses	Health Science	
Radiologists	Health Science	
Chiropractors	Health Science	
Chief Sustainability Officers	Business Management and Administration	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Internists, General	Health Science	

Range Managers	Science, Technology, Engineering and Mathematics	
Respiratory Therapists	Health Science	
Advanced Practice Psychiatric Nurses	Health Science	
Exercise Physiologists	Health Science	
Dermatologists	Health Science	
Community Health Workers	Human Services	
Social and Community Service Managers	Human Services	
Art Therapists	Health Science	
Informatics Nurse Specialists	Information Technology	
Industrial Production Managers	Business Management and Administration	
Podiatrists	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Environmental Science Teachers, Postsecondary	Education and Training	
Hospitalists	Health Science	
Orthotists and Prosthetists	Health Science	
Anthropologists	Science, Technology, Engineering and Mathematics	
Pathologists	Health Science	
Allergists and Immunologists	Health Science	
Physician Assistants	Health Science	
Geothermal Production Managers	Business Management and Administration	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Biological Science Teachers, Postsecondary	Education and Training	
Police Detectives	Law, Public Safety, Corrections and Security	
Directors- Stage, Motion Pictures, Television, and Radio	Arts, Audio/Video Technology and Communications	
Anesthesiologist Assistants	Health Science	
Agricultural Sciences Teachers, Postsecondary	Education and Training	
Choreographers	Arts, Audio/Video Technology and Communications	
Fire Investigators	Law, Public Safety, Corrections and Security	
Naturopathic Physicians	Health Science	
	Arts, Audio/Video Technology and	. 1

First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Biofuels Production Managers	Business Management and Administration	
Security Managers	Business Management and Administration	
Preventive Medicine Physicians	Health Science	
Career/Technical Education Teachers, Middle School	Education and Training	
Radiation Therapists	Health Science	
General and Operations Managers	Business Management and Administration	
Pediatricians, General	Health Science	
Orthodontists	Health Science	