

# **Intelligences and You**











# **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	Set unrealistic goals and make limited progress, often
Ethical and objective, aware of how personal	giving up
viewpoints can be biased or unfair	Don't understand how to recognize and manage own emotions
Famous People with Strong	Top Careers for Intrapersonal
Intrapersonal Intelligence	Intelligence
Confucius (philosopher, teacher)	1. Gaming Supervisors
Sigmund Freud (neurologist, psychoanalyst)	2. Judges, Magistrate Judges, and Magistrates
Mohandas Ghandi (lawyer, ideological leader)	3. Child, Family, and School Social Workers
Helen Keller (speaker,	4. Chief Executives
author)  Terry Fox (athlete,	<ol><li>Education Administrators, Preschool and Childcare Center/Program</li></ol>
humanitarian)	6. Postmasters and Mail Superintendents
	7. Psychiatric Aides
	8. Producers
	9. Transportation Managers
	10. Sales Managers

### **Interpersonal Intelligence**

to the mood, personality and goals of others.









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

9. Emergency Management Directors

10. Counseling Psychologists

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

### Naturalist

# **Naturalist Intelligence**









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

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

### Existential

### **Existential Intelligence**









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

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

### Spatial

# **Spatial Intelligence**









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

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

### Kinesthetic

# **Kinesthetic Intelligence**









This intelligence provides you with the mind and body coordination needed to move your body and other objects. It influences small movements, such as using your fingers to play a musical instrument, and large movements, such as running and catching a ball. Kinesthetic intelligence also affects certain mental abilities such as visualizing and remembering complex movements.

Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	<ul> <li>Do not use movement or physical precision for self- expression — through dance, painting or handmade</li> </ul>
☐ Use movement to express feelings and ideas — through gestures, body language, acting or dance, for example	crafts, for example  Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Michael Jordan (basketball player)	1. Fallers
☐ Bruce Lee (martial artist)	2. Fence Erectors
Paula Abdul (dancer, choreographer)	3. Tire Builders
David Blaine (magician, endurance artist)	4. Rail Car Repairers
☐ Jim Carrey (actor,	5. Dancers
comedian)	6. Athletes and Sports Competitors
	7. Municipal Firefighters
	8. Fitness Trainers and Aerobics Instructors
	9. Athletic Trainers
	10. Roustabouts, Oil and Gas

### Linguistic

# **Linguistic Intelligence**









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

Strengths  Know how to use vocabulary, sentence structure,	Challenges  ☐ Have difficulty with grammar, vocabulary, reading,
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	<ul> <li>writing, new languages and word-based puzzles</li> <li>Struggle with communication, creativity and memory for general facts</li> <li>Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material</li> <li>Don't pick up on subtle forms of humor, such as irony, sarcasm and satire</li> <li>Have trouble remembering things that are read or heard</li> </ul>
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

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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)	1. Mathematical Technicians
Albert Einstein (physicist,	2. Operations Research Analysts
humanitarian)	3. Actuaries
Florence Nightingale (nurse, statistician)	4. Software Developers, Applications
Sherlock Holmes (fictional detective)	5. Mathematical Science Teachers, Postsecondary
Bill Gates (businessman, philanthropist)	6. Agricultural Engineers
	7. Biomedical Engineers
	8. Transportation Engineers
	9. Manufacturing Engineering Technologists

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

Strengths

Challenges

Enjoy a wide range of different types of	Enjoy only a few types of music
music  Use music to influence mood, build motivation and boost productivity  Easily pick up on the beat or chords in music and recognize different instruments by their sounds  Notice and use different tones in speech to impart emotion, emphasis or meaning  Sing well, can play one or more instruments and could easily learn another  Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things	<ul> <li>Music has little effect on mood, motivation and emotions</li> <li>Difficulty identifying sounds of different musical instruments</li> <li>Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm</li> <li>Do not sing well and would have trouble learning to play an instrument</li> <li>Do not remember melodies and lyrics of songs</li> </ul>
	Top Careers for Musical
Famous People with Strong Musical Intelligence	Intelligence
Musical Intelligence  ☐ Jennifer Lopez (musician,	
Musical Intelligence	Intelligence
Musical Intelligence  Jennifer Lopez (musician, composer)	Intelligence  1. Music Composers and Arrangers
Musical Intelligence  ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-	<ul><li>Intelligence</li><li>1. Music Composers and Arrangers</li><li>2. Art, Drama, and Music Teachers, Postsecondary</li></ul>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter)	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> </ol>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer)  ☐ Elvis Presley (singer-songwriter)  ☐ Beyoncé Knowles (singer, songwriter and actress)  ☐ William James "will.i.am" Adams Jr. (musician and	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> </ol>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer)	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> </ol>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer)  ☐ Elvis Presley (singer-songwriter)  ☐ Beyoncé Knowles (singer, songwriter and actress)  ☐ William James "will.i.am" Adams Jr. (musician and	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> <li>Music Directors</li> </ol>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer)	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> <li>Music Therapists</li> <li>Physicists</li> <li>Singers</li> <li>Music Directors</li> <li>Musicians, Instrumental</li> </ol>

### 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

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

#### Intrapersonal and Existential Intelligences

- Use your deep sense of self-awareness to tackle tough questions about existence. Try reflecting on questions of a personal nature, such as "What is my purpose in life?" and "How do I want to be remembered what difference will I make to my community or the world at large?"
- Consider general existential questions that are not necessarily centered on you. Talk to others about their thoughts and attitudes

#### Intrapersonal and Spatial Intelligences

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

### **Interpersonal**

#### Advice for Learning





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

#### Recommendations

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

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

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 p	people of	different ages,	cultures	and sk	۲il
sets					

#### Interpersonal and Kinesthetic Intelligences

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

#### Interpersonal and Linguistic Intelligences

- Before sending a letter or email, review what you have written to see if you can improve the way you've expressed your message
- After sending written communication, ask for feedback on your message. Was it clear? Did it flow well? Seeking this feedback from linguistic individuals is particularly helpful
- Join a club or get together with friends to talk about your favorite books or other written material. Listen to how the others analyze what they've read. Ask questions when you want clarification

#### **Naturalist**

#### **Advice for Learning**





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

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

#### Recommendations

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

### Naturalist and Logical Intelligences

you gradually learn about and appreciate the cause itself

- Practice applying your ability in pattern recognition (such as seeing patterns in physical objects in the environment) to abstract concepts like numbers and scientific principles
- Study the scientific discoveries of the natural world. Find out how they were made, what methods were used, and how they connect to other scientific theories. Apply similar methods to make your own observations in nature
- Get involved with a group or organization that focuses on the natural environment. Help with tasks that require using logical-mathematical intelligence. For example, you could assist with cataloguing and organizing items or accounting and budgeting

#### Naturalist and Musical Intelligences

- Listen to or play music in different natural environments. Pay attention to the unique acoustics of each location. How are they similar or different, and why?
- Learn about the different types of wood and fibers used to make woodwinds, drums and stringed instruments. Find out why certain qualities of materials make them suitable for musical instruments
- Spend time in a natural environment on your own and remain completely quiet. Use your naturalist wisdom to focus on the sounds around you, whether they are made by animals or by other natural sources

#### **Existential**

#### **Advice for Learning**

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

#### Recommendations

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

#### Existential and Interpersonal Intelligences

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

#### Existential and Intrapersonal Intelligences

- When thinking about existential questions, try to focus on those that have a personal nature. For example, "What is my purpose in life?" and "What would I like to be remembered for?"
- When examining your personal motivations, try to reflect more specifically on your goals, relationships and feelings
- Be aware of your thoughts and productivity during class and other work times. Self-monitoring can help you remain on task and keep up with your responsibilities

### **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 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 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

### Kinesthetic

#### Advice for Learning



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

#### Recommendations

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

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

#### Kinesthetic and Interpersonal Intelligences

- You are good at noticing people's posture and body language. Use this to interpret what they might be thinking or feeling
- Change how you react and speak to show that you understand and care about what someone is saying. For example, maintain eye contact and lean forward slightly to show that you are listening
- Get involved in team sports and clubs that focus more on fun and socializing than on competition. Share your techniques and tips with the group

#### 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

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

### Linguistic

### **Advice for Learning**





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

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

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

#### **Recommendations**

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

#### Linguistic and Interpersonal Intelligences

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

#### Linguistic and 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

### Logical

#### Advice for Learning





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

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

#### Recommendations

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

#### Logical and Interpersonal Intelligences

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

#### Logical and 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

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

### **Musical**

#### **Advice for Learning**



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

#### Recommendations

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

#### Musical and Interpersonal Intelligences

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

#### Musical and 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

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

Intimate: build and maintain healthy and close personal relationships	Challenge	0	0	0	Strength
Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
<b>Perceptive:</b> keenly aware of your emotions and those of other people	Challenge	0	0	0	Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	Strength
<b>Motivated:</b> persist and overcome difficulties to achieve goals	Challenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	Strength
Recommendations  The following recommendations are based on your results. Select the ones you think would work best for you.  Developing Emotional Intelligence  Develop a sense of humor and try to make people laugh without putting others down  Learn to laugh at yourself and endear yourself to others by showing humility  Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year  Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such as at a hospital, homeless shelter, or retirement center  Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend  Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself  Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you					
problems than you solve in that moment. There is no need to be mear can realistically accomplish	n or selfish.	Just be a	ssertive a	about wh	nat you

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

# **Career and Pathways**



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

### **Intelligences Results**

Athletic Trainers	Health Science	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Prosthodontists	Health Science	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Oral and Maxillofacial Surgeons	Health Science	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Nurse Anesthetists	Health Science	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Radiation Therapists	Health Science	
Respiratory Therapy Technicians	Health Science	
Surgical Assistants	Health Science	
Veterinarians	Health Science	
Dentists, General	Health Science	
Sports Medicine Physicians	Health Science	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Physical Therapists	Health Science	
Midwives	Health Science	
Acute Care Nurses	Health Science	
Chiropractors	Health Science	
Surgeons	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Nurse Midwives	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Emergency Management Directors	Government and Public Administration	

First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Critical Care Nurses	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Pilots, Ship	Transportation, Distribution and Logistics	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Respiratory Therapists	Health Science	
Anesthesiologists	Health Science	
Anesthesiologist Assistants	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Radiologic Technologists	Health Science	
Ophthalmologists	Health Science	
Orthodontists	Health Science	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Clinical Nurse Specialists	Health Science	
Community Health Workers	Human Services	
Registered Nurses	Health Science	
Ship and Boat Captains	Transportation, Distribution and Logistics	
Physical Medicine and Rehabilitation Physicians	Health Science	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Industrial Production Managers	Business Management and Administration	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Occupational Therapists	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Orthotists and Prosthetists	Health Science	
Coaches and Scouts	Education and Training	
Aquacultural Managers	Agriculture, Food and Natural Resources	
Obstetricians and Gynecologists	Health Science	
Nurse Practitioners	Health Science	
Adapted Physical Education Specialists	Education and Training	
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics	

Geothermal Production Managers	Business Management and	1	- LAZ 1
	Administration		
General and Operations Managers	Business Management and Administration		
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources		
Municipal Firefighters	Law, Public Safety, Corrections and Security		
Commercial Pilots	Transportation, Distribution and Logistics		
Coroners	Government and Public Administration		
Flight Attendants	Transportation, Distribution and Logistics		
Urologists	Health Science		
Dermatologists	Health Science		
Biomass Power Plant Managers	Business Management and Administration		
Surgical Technologists	Health Science		
Career/Technical Education Teachers, Secondary School	Education and Training		
Police Detectives	Law, Public Safety, Corrections and Security		
Nuclear Medicine Technologists	Health Science		
Chefs and Head Cooks	Hospitality and Tourism		
Government Property Inspectors and Investigators	Government and Public Administration		
Psychiatric Technicians	Health Science		
Pharmacists	Health Science		
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics		
Physician Assistants	Health Science		
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics		
Radiologists	Health Science		
Park Naturalists	Science, Technology, Engineering and Mathematics		
Biofuels Production Managers	Business Management and Administration		
Optometrists	Health Science		
	Agriculture, Food and Natural		
First-Line Supervisors of Logging Workers	Resources		

Farm and Home Management Advisors	Education and Training	
Hydroelectric Production Managers	Business Management and Administration	
Security Managers	Business Management and Administration	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	
Podiatrists	Health Science	
Occupational Health and Safety Specialists	Government and Public Administration	
Exercise Physiologists	Health Science	
Athletes and Sports Competitors	Hospitality and Tourism	
Embalmers	Human Services	
Career/Technical Education Teachers, Middle School	Education and Training	
Curators	Education and Training	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	
Cardiovascular Technologists and Technicians	Health Science	
Archeologists	Science, Technology, Engineering and Mathematics	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Neurodiagnostic Technologists	Health Science	