

# **Intelligences and You**









### 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.

Strengt	ths		

and creative

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

Famous People with Strong Existential Intelligence
Aristotle (philosopher, teacher)
The Dalai Lama (spiritual leader)
Deepak Chopra (doctor, speaker/author)
Ralph W. Emerson (essayist, transcendentalist
☐ Jane Addams (philosopher, activist)

### **Challenges**

death and the universe. Prefer questions that have clea and final answers
Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
Difficulty understanding perspectives, values and opinions that differ from own
Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger

Not interested in exploring "deep" questions about life,

# Top Careers for Existential Intelligence

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

### **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
<ul><li>Understand the relationship between cause and effect</li><li>to predict how one thing can affect another</li></ul>	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, humanitarian)	Operations Research Analysts
Florence Nightingale (nurse, statistician)	3. Actuaries
Sherlock Holmes (fictional detective)	4. Software Developers, Applications
Bill Gates (businessman, philanthropist)	5. Mathematical Science Teachers, Postsecondary
	6. Agricultural Engineers
	7. Biomedical Engineers
	8. Transportation Engineers
	9. Manufacturing Engineering Technologists
	10. Industrial-Organizational Psychologists

### 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

### Intrapersonal

### **Intrapersonal Intelligence**









ways for self-improvement, and build self-confidence. Strengths Challenges Well aware of personal abilities, challenges, feelings Give little thought to personal goals and abilities when and attitudes making decisions Set realistic goals, able to focus and stay on Unaware of how mood, attitude and tone of voice can affect other people In control of emotions, good at handling high-stress Allow personal opinions to negatively affect decisions situations and interactions with others Make decisions thoughtfully and carefully Set unrealistic goals and make limited progress, often giving up Ethical and objective, aware of how personal Don't understand how to recognize and manage own viewpoints can be biased or unfair 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) 5. Education Administrators, Preschool and Childcare Terry Fox (athlete, Center/Program humanitarian) 6. Postmasters and Mail Superintendents

7. Psychiatric Aides

10. Sales Managers

9. Transportation Managers

8. Producers

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

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### **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
<ul> <li>Easily remember word-based information</li> <li>Good at learning new languages and other symbol systems, such as computer code and hieroglyphs</li> <li>Use language creatively for such things as storytelling, writing, using humor and composing poetry</li> <li>Can tailor communication style depending on topic, audience and purpose</li> </ul>	<ul> <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	Top Careers for Linguistic Intelligence
<ul> <li>William Shakespeare (author, playwright)</li> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> <li>Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs)</li> </ul>	<ol> <li>Interpreters and Translators</li> <li>Technical Writers</li> <li>Lawyers</li> <li>Political Scientists</li> <li>Speech-Language Pathologists</li> <li>Neuropsychologists and Clinical Neuropsychologists</li> <li>Training and Development Specialists</li> <li>Soil and Plant Scientists</li> <li>Foreign Language and Literature Teachers,         Postsecondary     </li> </ol>
	<ol> <li>English Language and Literature Teachers, Postsecondary</li> </ol>

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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

Strengths	Chanenges
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	Music has little effect on mood, motivation and emotions  Difficulty identifying sounds of different musical
<ul> <li>Easily pick up on the beat or chords in music and recognize different instruments by their sounds</li> <li>Notice and use different tones in speech to impart emotion, emphasis or meaning</li> <li>Sing well, can play one or more instruments and could easily learn another</li> <li>Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things</li> </ul>	<ul> <li>Difficulty identifying sounds of different musical instruments</li> <li>Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm</li> <li>Do not sing well and would have trouble learning to play an instrument</li> <li>Do not remember melodies and lyrics of songs</li> </ul>
Famous People with Strong Musical Intelligence	Top Careers for Musical Intelligence
Jennifer Lopez (musician, composer)	Music Composers and Arrangers
Elvis Presley (singer-songwriter)	<ul><li>2. Art, Drama, and Music Teachers, Postsecondary</li><li>3. Music Therapists</li></ul>
Beyoncé Knowles (singer, songwriter and actress)	<ul><li>4. Physicists</li><li>5. Singers</li></ul>
☐ William James "will.i.am" Adams Jr. (musician and producer)	<ul><li>6. Music Directors</li><li>7. Musicians, Instrumental</li></ul>
Adele Adkins (singer-songwriter)	8. Poets, Lyricists and Creative Writers
	9. Actors 10. Dancers

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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	<ul> <li>Avoid activities that require good coordination or complex movements</li> </ul>
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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## **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.

•	rengtns	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	Poor memory for visual details such as locations and what things look like; may also forget faces
	Can work with shape, size, position and location to solve problems and design, arrange or build things	Dislike puzzles, mazes, building models and other activities that require fitting pieces together
	Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water	Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
	Can accurately visualize and estimate distances and measurements	Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes
	amous People with Strong	Top Careers for Spatial
Sp	patial Intelligence	Intelligence
Sr	patial Intelligence Frank Lloyd Wright (architect, interior designer)	Intelligence  1. Civil Drafters
	Frank Lloyd Wright (architect, interior	•
Sp	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer)	1. Civil Drafters
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer)	Civil Drafters     Mechanical Drafters
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer) Vera Wang (fashion designer)	<ol> <li>Civil Drafters</li> <li>Mechanical Drafters</li> <li>Computer Hardware Engineers</li> </ol>
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer)	<ol> <li>Civil Drafters</li> <li>Mechanical Drafters</li> <li>Computer Hardware Engineers</li> <li>Agricultural Engineers</li> </ol>
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer) Vera Wang (fashion designer)	<ol> <li>Civil Drafters</li> <li>Mechanical Drafters</li> <li>Computer Hardware Engineers</li> <li>Agricultural Engineers</li> <li>Commercial and Industrial Designers</li> </ol>
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer) Vera Wang (fashion designer)	<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> </ol>
	Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer) Vera Wang (fashion designer)	<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> </ol>

Inter	perso	ona
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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

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

### Rate your profile:

10. Counseling Psychologists

How well does it match you?

# **Developing Your Intelligences**





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

### **Existential**

### **Advice for Learning**



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

### Recommendations

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

### Existential and Linguistic Intelligences

- Read about different philosophies, such as ontology, cosmology, realism, idealism, Hellenistic philosophy, analytic philosophy, postmodernism, theosophy or any other theories that may interest you
- Use existential ideas as topics for projects and assignments. Writing or speaking on a difficult subject for a general audience is a great way to develop your linguistic skills
- For more advanced reading levels and existential discussion, try books from authors such as Chomsky, Emerson, Kierkegaard, Tolstoy, Dostoyevsky and Camus, all of whom excel in both existential and linguistic intelligence

### Logical

### **Advice for Learning**





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

#### Recommendations

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

### Logical and Kinesthetic Intelligences

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

### Logical and Musical Intelligences

- Learn about the connections between music and math. Music is very much about patterns, sequences of notes and changes in vibration. Much of this can be analyzed and understood through logical and mathematical analysis
- When working on logical activities, listen to music that helps you focus. Baroque music, and taking part in formal musical training, have been shown to help with math and reasoning
- Learn basic note patterns in terms of pitch and length. Then select an instrument and experiment with the musical scales

### **Naturalist**

### **Advice for Learning**





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

#### Recommendations

best for you.

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

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

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

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

### Naturalist and Interpersonal Intelligences

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

#### Naturalist and Spatial Intelligences

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

### **Intrapersonal**

### **Advice for Learning**





- Learn about and practice good decision making and setting realistic goals. Check your progress regularly
- Build awareness of your feelings, attitudes and behavior. Keep a journal or blog and record your thoughts about your experiences at school. Later, review and reflect on what you've written. Try to analyze your thoughts objectively
- When receiving corrective criticism, remind yourself that feedback is intended to help you improve your skills. It's not meant to judge you as a person
- Monitor and manage negative emotions. If you notice yourself feeling frustrated, angry or upset, take a mental "time out". A brief pause to step back from the situation, calm down and gather your thoughts, even if just for a few seconds, can help you regain control

#### Recommendations

be	st for you.
	Spend time on yourself. Understanding your own feelings can help you sympathize and empathize with others, to appreciate what they feel. It can also help you feel more energized, self-confident and focused
	Take time to reflect. Consider your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? You may want to try meditation, self-help books or courses that can help with self-analysis
	Set specific, realistic goals. Make sure they range from short-term to long-term and easy to more difficult. As you achieve them and your confidence increases, take on greater challenges
	Practice being self-aware. Try to predict how your actions — or inactions — will affect you, and other people, in future

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

### Intrapersonal and 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 Logical Intelligences

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

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

### 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 Existential Intelligences

- Many talented authors have written about existential topics. Try reading works by Albert Camus, Ralph Ellison, Jean-Paul Sartre, Fyodor Dostoyevsky or Simone de Beauvoir
- Look for meaning and the answers to life's deep questions by reading about different philosophies. Some examples are ontology, cosmology, realism, idealism, Hellenistic philosophy, analytic philosophy, postmodernism, theosophy or any other theories that may interest you
- Choose existential topics for spoken presentations or writing assignments. Focus on making the subject easily understandable for a general audience

### Linguistic and Logical Intelligences

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

### **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

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

• 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

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be	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 Existential Intelligences

- When listening to music, try to determine the overall theme of a song, or even a whole album. Think of why certain sounds and rhythms were used, and how they relate to the theme
- Think about why music exists. What is its historical basis? What purpose does it serve? These questions may lead to deeper questions that are unrelated to music. Explore those questions as well
- Consider music in different cultures. Think about how people use music from hymns to chants to drumming to explore existential questions and responses

#### Musical and Logical Intelligences

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

### 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 Existential Intelligences

- Striving for excellence in coordinated movement can create a mental state that improves your ability to grasp existential topics. Learn about "flow state" and how it is achieved
- Take part in activities that have a spiritual nature, like yoga, tai chi and meditation. These types of exercises encourage reflection, as you consider the wider world beyond you

#### Kinesthetic and Logical Intelligences

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

### **Spatial**

### **Advice for Learning**



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

#### Recommendations

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

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

### Spatial and Existential Intelligences

- Learn about cosmology, the study of the universe. As you delve into the topic, consider existential questions about the origin of the universe and its purpose
- Study the works of Michelangelo, Salvador Dali and Alberto Giacometti. Find out what inspired these artists and how their art addressed different existential questions

#### Spatial and Logical Intelligences

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

### **Interpersonal**

### Advice for Learning





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

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

understand others' points of view and build your communication skills

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

### Recommendations

sets

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,

### Interpersonal and Existential Intelligences

- Enhance your exploration of deeper subjects by interacting with people who are spiritual or philosophical. Conversations with them will likely lead to questions of an existential nature
- Read online forums that discuss existential topics. Try to understand the beliefs people are expressing and be sensitive to their views and feelings. If you contribute to the forum, always use caution and avoid providing personal details online

### Interpersonal and Logical Intelligences

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

# **Emotional Intelligence (EI)**







### **Emotional Intelligence and You**

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

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

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

### **Emotional Intelligence Traits**

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

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

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

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

# **Career and Pathways**



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

### **Intelligences Results**

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Social Science Research Assistants	Science, Technology, Engineering and Mathematics	
Gaming Surveillance Officers and Gaming Investigators	Law, Public Safety, Corrections and Security	
Database Administrators	Information Technology	
Web Administrators	Information Technology	
Production, Planning, and Expediting Clerks	Manufacturing	
Acupuncturists	Health Science	
Software Quality Assurance Engineers and Testers	Information Technology	
Budget Analysts	Finance	
Document Management Specialists	Information Technology	
Power Distributors and Dispatchers	Manufacturing	
Buyers and Purchasing Agents, Farm Products	Agriculture, Food and Natural Resources	
Private Detectives and Investigators	Law, Public Safety, Corrections and Security	
Medical and Clinical Laboratory Technicians	Health Science	
Assessors	Government and Public Administration	
Dietetic Technicians	Health Science	
Logistics Analysts	Transportation, Distribution and Logistics	
Computer Network Support Specialists	Information Technology	
Occupational Health and Safety Technicians	Government and Public Administration	
Web Developers	Information Technology	
Information Security Analysts	Information Technology	
Archivists	Education and Training	
Online Merchants	Business Management and Administration	<b>**</b>
Food Science Technicians	Agriculture, Food and Natural Resources	
Freight Forwarders	Transportation, Distribution and Logistics	
Computer User Support Specialists	Information Technology	
Network and Computer Systems Administrators	Information Technology	
Ophthalmic Medical Technologists	Health Science	
Accountants	Finance	
Licensing Examiners and Inspectors	Government and Public Administration	
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Computer Operators	Business Management and Administration	
Recycling Coordinators	Transportation, Distribution and Logistics	
Retail Loss Prevention Specialists	Law, Public Safety, Corrections and Security	
Search Marketing Strategists	Information Technology	
Security Guards	Law, Public Safety, Corrections and Security	
Opticians, Dispensing	Health Science	
Quality Control Analysts	Science, Technology, Engineering and Mathematics	
Nuclear Monitoring Technicians	Manufacturing	
Neurodiagnostic Technologists	Health Science	
Risk Management Specialists	Finance	
Clinical Data Managers	Science, Technology, Engineering and Mathematics	
Massage Therapists	Human Services	
Order Clerks	Business Management and Administration	
Intelligence Analysts	Law, Public Safety, Corrections and Security	
Wholesale and Retail Buyers, Except Farm Products	Marketing	
Compensation, Benefits, and Job Analysis Specialists	Business Management and Administration	
Market Research Analysts and Marketing Specialists	Marketing	
Tour Guides and Escorts	Hospitality and Tourism	
Pharmacy Technicians	Health Science	
Airfield Operations Specialists	Transportation, Distribution and Logistics	
Dispatchers, Except Police, Fire, and Ambulance	Transportation, Distribution and Logistics	
Traffic Technicians	Transportation, Distribution and Logistics	
Stationary Engineers and Boiler Operators	Architecture and Construction	
Police Identification and Records Officers	Law, Public Safety, Corrections and Security	
Energy Brokers	Marketing	
Storage and Distribution Managers	Transportation, Distribution and Logistics	
Agricultural Technicians	Agriculture, Food and Natural Resources	

Animal Trainers	Hospitality and Tourism	
Computer Network Architects	Information Technology	
Phlebotomists	Health Science	
Parking Enforcement Workers	Law, Public Safety, Corrections and Security	
Non-Destructive Testing Specialists	Manufacturing	
Regulatory Affairs Specialists	Government and Public Administration	
Credit Analysts	Finance	
Loan Interviewers and Clerks	Finance	
Executive Secretaries and Executive Administrative Assistants	Business Management and Administration	
Cytogenetic Technologists	Health Science	
Insurance Appraisers, Auto Damage	Finance	
Chemical Technicians	Manufacturing	
New Accounts Clerks	Business Management and Administration	
Personal Financial Advisors	Finance	
Fire Inspectors	Law, Public Safety, Corrections and Security	
Cargo and Freight Agents	Transportation, Distribution and Logistics	
Computer Programmers	Information Technology	
Insurance Underwriters	Finance	
Logistics Managers	Transportation, Distribution and Logistics	
Human Resources Assistants, Except Payroll and Timekeeping	Business Management and Administration	
Occupational Therapy Aides	Health Science	
Ophthalmic Medical Technicians	Health Science	
Purchasing Agents, Except Wholesale, Retail, and Farm Products	Manufacturing	
Hearing Aid Specialists	Health Science	
Agricultural Inspectors	Government and Public Administration	
Tax Preparers	Finance	
Cytotechnologists	Health Science	
Teacher Assistants	Education and Training	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	
Telecommunications Engineering Specialists	Information Technology	
Compensation and Benefits Managers	Business Management and Administration	
Medical Equipment Repairers	Manufacturing	

Business Intelligence Analysts	Information Technology	
Financial Analysts	Finance	
Nuclear Power Reactor Operators	Manufacturing	
Geophysical Data Technicians	Agriculture, Food and Natural Resources	
Immigration and Customs Inspectors	Law, Public Safety, Corrections and Security	
Procurement Clerks	Business Management and Administration	
Medical Assistants	Health Science	
Customs Brokers	Business Management and Administration	
Radio Operators	Arts, Audio/Video Technology and Communications	
Nursing Assistants	Health Science	
Audio-Visual and Multimedia Collections Specialists	Education and Training	
Construction and Building Inspectors	Government and Public Administration	