

# **Intelligences and You**











# **Intrapersonal Intelligence**



Intrapersonal intelligence includes the ability to understand oneself -- emotions, fears, motivations, strengths and

	our own thinking and behavior, learn from that reflection, fin-
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 giving up
Ethical and objective, aware of how personal viewpoints can be biased or unfair	<ul> <li>Don't understand how to recognize and manage own emotions</li> </ul>
Famous People with Strong Intrapersonal Intelligence	Top Careers for Intrapersonal 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>
*	
Terry Fox (athlete,	Center/Program
Terry Fox (athlete,	Center/Program  6. Postmasters and Mail Superintendents

10. Sales Managers

## 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</li> </ul>
Famous People with Strong Spatial Intelligence Frank Lloyd Wright (architect, interior	Top Careers for Spatial Intelligence  1. Civil Drafters
designer)  Michelangelo (artist, engineer)	Mechanical Drafters
Steven Spielberg (film director, video game designer)  Vera Wang (fashion designer)  Christopher Columbus (explorer, navigator)	<ol> <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> </ol>
	10. Transportation Engineers

# **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 clea 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
<ul> <li>Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality</li> <li>Connect different ideas to envision something new and creative</li> </ul>	<ul> <li>Difficulty understanding perspectives, values and opinions that differ from own</li> <li>Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept</li> </ul>
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
Aristotle (philosopher, teacher)  The Dalai Lama (spiritual leader)  Deepak Chopra (doctor, speaker/author)  Ralph W. Emerson (essayist, transcendentalist)  Jane Addams (philosopher, activist)	<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> <li>History Teachers, Postsecondary</li> </ol>

# **Interpersonal Intelligence**

to the mood, personality and goals of others.







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

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

# **Logical Intelligence**





intelligence is closely linked with being successful in school. Strengths Challenges 🗖 Easily recognize number patterns and can make quick, 🧧 Struggle with abstract mathematical and logical accurate calculations concepts ☐ Understand the relationship between cause and effect ☐ Poor problem-solving ability — don't know how to use — to predict how one thing can affect another or develop approaches for reaching the best solution Can identify all the parts in a system and how they Dislike activities involving puzzles, strategy, calculations Find it hard to categorize and organize things in a Analyze information to determine what is important versus what is not logical manner Able to work with abstract concepts and use symbols Not inclined to experiment or form theories to explain to represent concrete ideas **Famous People with Strong Top Careers for Logical Logical Intelligence** Intelligence Thomas Edison (inventor, businessman) 1. Mathematical Technicians Albert Einstein (physicist, 2. Operations Research Analysts humanitarian) 3. Actuaries Florence Nightingale (nurse, statistician) 4. Software Developers, Applications Sherlock Holmes (fictional detective) 5. Mathematical Science Teachers, Postsecondary Bill Gates (businessman, philanthropist) 6. Agricultural Engineers 7. Biomedical Engineers

8. Transportation Engineers

9. Manufacturing Engineering Technologists 10. Industrial-Organizational Psychologists

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

## 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	<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	<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 —	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
Famous People with Strong	Top Careers for Kinesthetic
Kinesthetic Intelligence	Intelligence
	Intelligence
Kinesthetic İntelligence  Michael Jordan (basketball player)	Intelligence  1. Fallers
Kinesthetic Intelligence  ☐ Michael Jordan (basketball player)  ☐ Bruce Lee (martial artist)	Intelligence
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,	<ol> <li>Intelligence</li> <li>Fallers</li> <li>Fence Erectors</li> <li>Tire Builders</li> <li>Rail Car Repairers</li> <li>Dancers</li> <li>Athletes and Sports Competitors</li> </ol>
Kinesthetic Intelligence  Michael Jordan (basketball player)  Bruce Lee (martial artist)  Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <li>Intelligence</li> <li>Fallers</li> <li>Fence Erectors</li> <li>Tire Builders</li> <li>Rail Car Repairers</li> <li>Dancers</li> <li>Athletes and Sports Competitors</li> <li>Municipal Firefighters</li> <li>Fitness Trainers and Aerobics Instructors</li> </ol>
Kinesthetic Intelligence  Michael Jordan (basketball player)  Bruce Lee (martial artist)  Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <li>Intelligence</li> <li>Fallers</li> <li>Fence Erectors</li> <li>Tire Builders</li> <li>Rail Car Repairers</li> <li>Dancers</li> <li>Athletes and Sports Competitors</li> <li>Municipal Firefighters</li> </ol>

# **Musical Intelligence**









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

Strengths	Challenges
Enjoy a wide range of different types of	Enjoy only a few types of music
music	Music has little effect on mood, motivation and
Use music to influence mood, build motivation and	emotions
<ul> <li>boost productivity</li> <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
Musical Intelligence  Jennifer Lopez (musician,	Intelligence
Musical Intelligence  Jennifer Lopez (musician, composer)	Intelligence  1. Music Composers and Arrangers
Musical Intelligence  Jennifer Lopez (musician, composer)  Elvis Presley (singer-	<ol> <li>Intelligence</li> <li>Music Composers and Arrangers</li> <li>Art, Drama, and Music Teachers, Postsecondary</li> </ol>
Musical Intelligence  ☐ Jennifer Lopez (musician, composer)  ☐ Elvis Presley (singer-songwriter)  ☐ Beyoncé Knowles (singer, songwriter and actress)	<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>
<ul> <li>Musical Intelligence</li> <li>Jennifer Lopez (musician, composer)</li> <li>Elvis Presley (singer-songwriter)</li> <li>Beyoncé Knowles (singer, songwriter and actress)</li> <li>William James "will.i.am" Adams Jr. (musician and producer)</li> </ul>	<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>
<ul> <li>Musical Intelligence</li> <li>Jennifer Lopez (musician, composer)</li> <li>Elvis Presley (singer-songwriter)</li> <li>Beyoncé Knowles (singer, songwriter and actress)</li> <li>William James "will.i.am" Adams Jr. (musician and producer)</li> </ul>	<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>

## 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.

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

# **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  Charles Darwin (geologist, naturalist)  Jane Goodall (biologist, conservationist)  Jacques Cousteau (marine ecologist, filmmaker)  Chico Mendes (human rights activist, environmentalist)  Steve Irwin "The Crocodile Hunter" (naturalist, environmentalist)	<ol> <li>Top Careers for Naturalist Intelligence</li> <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>

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# **Developing Your Intelligences**





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

# **Intrapersonal**

## **Advice for Learning**





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

#### Recommendations

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

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

### Intrapersonal and Interpersonal Intelligences

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

### Intrapersonal and 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

## **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 Kinesthetic Intelligences

- Before you begin an activity, visualize doing it. Imagine how the movements should be performed. Go back and forth between visualization and physically practicing it until you get it right
- Pursue activities that make use of both intelligences at the same time. Gymnastics, martial arts, skilled trades, and sports that involve catching, throwing and hitting, all require a keen awareness of distance and visual patterns

#### Spatial and Musical Intelligences

- Spatial intelligence involves the ability to interpret images and physical space around objects. Learn to read music. Your spatial ability will help you to quickly interpret the patterns on the music sheets
- When learning to play an instrument, try visualization. Picture yourself playing the instrument well. Imagine your hands moving the way they need to move, your posture and breathing
- Work on puzzles or other visual games while listening to music. Vary the genres of music that you listen to and take note of how each affects your performance in completing the activity. You can also analyze music videos that focus on a visually artistic theme

## **Existential**

## **Advice for Learning**

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

#### Recommendations

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

### Existential and 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

#### Existential and Naturalist Intelligences

- Think about the complexities in nature. Note the individual details that make up your immediate surroundings and the world beyond. Does nature have goals, direction and purpose? What are our responsibilities? As you consider these questions, spend time in a natural environment to make observations and consider how each element is connected
- Get involved with a naturalist group. You can help the organization gain focus by gathering information from different sources to figure out overall strategies and policies. Spending time with the group will increase your appreciation for naturalist causes
- Study other societies to learn about the role of nature in religion and customs. Many cultures have a strong spiritual connection to nature

## **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

best for you.

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or

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

	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
П	Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy,

Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy,
understand others' points of view and build your communication skills

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

#### Interpersonal and Intrapersonal Intelligences

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

#### Interpersonal and Spatial Intelligences

- Talk to visual artists, architects, designers, navigation specialists or other people with a strong ability in spatial activities. Ask them to describe how they visualize things and what helps them to do so
- Get involved in group activities with a strong spatial aspect, such as photography clubs, orienteering or geocaching events, landscaping, art or interior design courses. As you learn how to think in spatial terms, discuss your ideas with the group, ask relevant questions about angles, colors, design, directions or proportions, for instance and be sure to listen to what they say

## 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 Intrapersonal Intelligences

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

#### Logical and Spatial Intelligences

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

## Kinesthetic

### Advice for Learning





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

#### Recommendations

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

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

### Kinesthetic and Intrapersonal Intelligences

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

#### Kinesthetic and Spatial Intelligences

- Think about the movements you use in your favorite physical activity. Focus on the detail and accuracy of these actions. Visualize yourself practicing these moves, and the area around you as you perform them
- As your visualization skills develop, use them to help you understand increasingly complex concepts for example, the structure of the cells in your body, the mechanics of a suspension bridge or the physics of the particles in matter
- If you like to walk, hike, run or cycle along a familiar route, try taking a different route. Observe landmarks, such as hills, parks or buildings, to orient yourself. Form a mental map in your head and update it as you move along and change direction

## **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

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 Intrapersonal Intelligences

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

#### Musical and Spatial Intelligences

- Learn to read music. This requires the ability to quickly interpret the visual patterns of notes and other symbols on music sheets
- Learn about acoustics and how music and sound are affected by physical structure. The structure could be a musical instrument. It could also be a room, concert hall, canyon or other space in which the music is heard
- Work on puzzles, design projects or other spatial-oriented activities while listening to music that helps you focus

## Linguistic

## **Advice for Learning**





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

### **Recommendations**

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

### Linguistic and Intrapersonal Intelligences

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

### Linguistic and Spatial Intelligences

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

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

## **Naturalist**

## **Advice for Learning**





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

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 you gradually learn about and appreciate the cause itself

### Naturalist and Intrapersonal Intelligences

- Think of an environment you enjoy. Concentrate on the broad details how would you describe it? Gradually shift your focus inward, to reflect on your thoughts and feelings
- Spend time on your own in a natural environment. Reflect and write about the experience in a journal
- Find an environment that helps you relax, improves your mood or provides inspiration. Think about why you like that particular environment

#### 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

# **Emotional Intelligence (EI)**



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## **Emotional Intelligence and You**

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

# Most Recent Results

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

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

## **Emotional Intelligence Traits**

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

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

Intimate: build and maintain healthy and close personal relationships

Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	<b>C</b> hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the ones Developing Emotional Intelligence  Develop a sense of humor and try to make people laugh without puttir down		would v	vork best	for you.	
<ul> <li>Learn to laugh at yourself and endear yourself to others by showing humility</li> <li>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</li> <li>Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such</li> </ul>					
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					
<ul> <li>Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you can realistically accomplish</li> <li>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</li> <li>Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see</li> </ul>					
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				. Ask	

# 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**

Surgeons	Health Science	
Sports Medicine Physicians	Health Science	
Oral and Maxillofacial Surgeons	Health Science	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Dentists, General	Health Science	
Athletic Trainers	Health Science	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Ophthalmologists	Health Science	
Nurse Anesthetists	Health Science	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Coaches and Scouts	Education and Training	
Physical Medicine and Rehabilitation Physicians	Health Science	
Anesthesiologists	Health Science	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Clinical Nurse Specialists	Health Science	
Prosthodontists	Health Science	
Emergency Management Directors	Government and Public Administration	
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Orthotists and Prosthetists	Health Science	
Archeologists	Science, Technology, Engineering and Mathematics	
Physical Therapists	Health Science	
Neuropsychologists and Clinical Neuropsychologists	Human Services	
Obstetricians and Gynecologists	Health Science	

Manufacturing Engineers  Science and Ma Nurse Practitioners  Health S Veterinarians  Urologists  Occupational Therapists  Informatics Nurse Specialists  Education Administrators, Elementary and Secondary School  Pilots, Ship  Transport Logistic  Nurse Midwives  Health S Adapted Physical Education Specialists  Education Administrators Education  Radiologists  Acapted Physical Education Specialists  Commercial Pilots  Nursing Instructors and Teachers, Postsecondary  Industrial Production Managers  Ship and Boat Captains  Exercise Physiologists  Career/Technical Education Teachers, Secondary  Education Specialists  Career/Technical Education Teachers, Secondary  Education Ship and Boat Captains  Exercise Physiologists  Career/Technical Education Teachers, Secondary  Education Secondary  Education Ship and Boat Captains  Exercise Physiologists  Career/Technical Education Teachers, Secondary  Education S	cience	
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Environmental Engineers	Agriculture, Food and Natural Resources	
Music Therapists	Health Science	
Urban and Regional Planners	Government and Public Administration	
Registered Nurses	Health Science	
Chief Sustainability Officers	Business Management and Administration	
Architects, Except Landscape and Naval	Architecture and Construction	
Critical Care Nurses	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Podiatrists	Health Science	
Respiratory Therapy Technicians	Health Science	
Manufacturing Engineering Technologists	Manufacturing	
Pathologists	Health Science	
Dermatologists	Health Science	
Architectural and Engineering Managers	Science, Technology, Engineering and Mathematics	
Hydroelectric Production Managers	Business Management and Administration	
Recreational Therapists	Health Science	
Surgical Assistants	Health Science	
Chief Executives	Business Management and Administration	
Geothermal Production Managers	Business Management and Administration	
Acute Care Nurses	Health Science	
Internists, General	Health Science	
Anesthesiologist Assistants	Health Science	
Preventive Medicine Physicians	Health Science	
Nuclear Medicine Physicians	Health Science	
Range Managers	Science, Technology, Engineering and Mathematics	
Family and General Practitioners	Health Science	
Surveyors	Architecture and Construction	
Anthropologists	Science, Technology, Engineering and Mathematics	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
	Agriculture, Food and Natural	

Municipal Firefighters	Law, Public Safety, Corrections and Security	
Occupational Health and Safety Specialists	Government and Public Administration	
Wind Energy Operations Managers	Business Management and Administration	
Orthodontists	Health Science	
Biomedical Engineers	Health Science	
Security Managers	Business Management and Administration	<b>→••••</b>
Air Traffic Controllers	Transportation, Distribution and Logistics	
Human Factors Engineers and Ergonomists	Science, Technology, Engineering and Mathematics	
Allergists and Immunologists	Health Science	
Instructional Coordinators	Education and Training	
Automotive Engineers	Science, Technology, Engineering and Mathematics	
Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary	Education and Training	
Biofuels Production Managers	Business Management and Administration	
Management Analysts	Business Management and Administration	<b>★••••••••••••••••••••••••••••••••••••</b>