

Intelligences and You











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.

remembering complex movements.	
Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	 Do not use movement or physical precision for self- expression — through dance, painting or handmade
Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Famous People with Strong Kinesthetic Intelligence Michael Jordan (basketball player)	Intelligence
Kinesthetic İntelligence 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 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
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
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

10. Roustabouts, Oil and Gas

Intrapersonal

Intrapersonal Intelligence









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

Strengths	Challenges
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities when making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
 Make decisions thoughtfully and carefully Ethical and objective, aware of how personal viewpoints can be biased or unfair 	 Set unrealistic goals and make limited progress, often giving up Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence Confucius (philosopher, teacher)	Top Careers for Intrapersonal Intelligence
 Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian) 	 Gaming Supervisors Judges, Magistrate Judges, and Magistrates Child, Family, and School Social Workers Chief Executives Education Administrators, Preschool and Childcare Center/Program Postmasters and Mail Superintendents Psychiatric Aides Producers
	9. Transportation Managers10. Sales Managers

Interpersonal

Interpersonal Intelligence







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

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
 others Notice and understand people's needs, perspectives, emotions and motivations Connect and interact with people quickly and easily Form and maintain lasting relationships Able to lead, influence and inspire others 	 Do not notice or respond appropriately to others' feelings, motivations or behaviors Not good at collaborative work Uncomfortable interacting with people whose experiences, views and beliefs differ from own Don't see the humor in things that others find funny
Famous People with Strong Interpersonal Intelligence Martin Luther King, Jr. (clergyman, civil rights activist) Mother Teresa (nun, humanitarian) Oprah Winfrey (talk-show host, philanthropist) Anthony Robbins (success coach, professional speaker) Ellen DeGeneres (comedian, talk-show host)	Top Careers for Interpersonal Intelligence 1. Marriage and Family Therapists 2. Educational, Guidance, School, and Vocational Counselors 3. Patient Representatives 4. Psychiatrists 5. Lodging Managers 6. Arbitrators Mediators and Consiliators
	 6. Arbitrators, Mediators, and Conciliators 7. Public Relations and Fundraising Managers 8. Transportation Managers 9. Emergency Management Directors 10. Counseling Psychologists

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 side of a debate, for example	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
 Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality Connect different ideas to envision something new 	 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
and creative	concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
 Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) Jane Addams (philosopher, activist) 	 Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary Philosophy and Religion Teachers, Postsecondary Social Work Teachers, Postsecondary
	10. History Teachers, Postsecondary

Spatial

Spatial Intelligence









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

Challenges
Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
 Poor memory for visual details such as locations and what things look like; may also forget faces Dislike puzzles, mazes, building models and other activities that require fitting pieces together Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams Struggle to estimate distances and measurements,
whether they are distances for travel or measurements for cooking recipes
Top Careers for Spatial Intelligence
 Civil Drafters Mechanical Drafters Computer Hardware Engineers Agricultural Engineers Commercial and Industrial Designers Biomedical Engineers Architecture Teachers, Postsecondary Pilots, Ship Architectural Drafters

Logical Intelligence









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

Strengths	Challenges
Easily recognize number patterns and can make quick, accurate calculations	Struggle with abstract mathematical and logical concepts
☐ Understand the relationship between cause and effect — to predict how one thing can affect another	Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
Can identify all the parts in a system and how they interact	Dislike activities involving puzzles, strategy, calculations or formulas
Analyze information to determine what is important versus what is not	Find it hard to categorize and organize things in a logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas	Not inclined to experiment or form theories to explain things
Famous People with Strong Logical Intelligence	Top Careers for Logical Intelligence
Thomas Edison (inventor, businessman)	1. Mathematical Technicians
Albert Einstein (physicist, humanitarian)	Operations Research Analysts
Hullialitaliali)	•
Florence Nightingale (nurse, statistician)	3. Actuaries
•	3. Actuaries4. Software Developers, Applications
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary
Florence Nightingale (nurse, statistician)	3. Actuaries4. Software Developers, Applications5. Mathematical Science Teachers, Postsecondary6. Agricultural Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers Transportation Engineers
Florence Nightingale (nurse, statistician) Sherlock Holmes (fictional detective)	 Actuaries Software Developers, Applications Mathematical Science Teachers, Postsecondary Agricultural Engineers Biomedical Engineers

Naturalist

Naturalist Intelligence









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

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

Linguistic

Linguistic Intelligence









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

Strengths	Challenges
Know how to use vocabulary, sentence structure, grammar and spelling for clear communication	Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
 Easily remember word-based information Good at learning new languages and other symbol systems, such as computer code and hieroglyphs Use language creatively for such things as storytelling, writing, using humor and composing poetry Can tailor communication style depending on topic, audience and purpose 	 Struggle with communication, creativity and memory for general facts Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material Don't pick up on subtle forms of humor, such as irony, sarcasm and satire Have trouble remembering things that are read or heard
Famous People with Strong Linguistic Intelligence	Top Careers for Linguistic Intelligence
 William Shakespeare (author, playwright) Barack Obama (lawyer, U.S. president) Maya Angelou (poet, author) Noam Chomsky (linguist, philosopher) Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs) 	 Interpreters and Translators Technical Writers Lawyers Political Scientists Speech-Language Pathologists Neuropsychologists and Clinical Neuropsychologists Training and Development Specialists Soil and Plant Scientists Foreign Language and Literature Teachers, Postsecondary English Language and Literature Teachers, Postsecondary

Musical

Musical Intelligence









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

Strengths	Challenges
Enjoy a wide range of different types of	Enjoy only a few types of music
 music Use music to influence mood, build motivation and boost productivity Easily pick up on the beat or chords in music and recognize different instruments by their sounds Notice and use different tones in speech to impart emotion, emphasis or meaning Sing well, can play one or more instruments and could easily learn another Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things 	 Music has little effect on mood, motivation and emotions Difficulty identifying sounds of different musical instruments Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm Do not sing well and would have trouble learning to play an instrument Do not remember melodies and lyrics of songs
Famous People with Strong Musical Intelligence	Top Careers for Musical Intelligence
Jennifer Lopez (musician, composer)Elvis Presley (singer-	 Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary
songwriter)	
-	3. Music Therapists
Beyoncé Knowles (singer, songwriter and actress)	3. Music Therapists4. Physicists5. Singers
Beyoncé Knowles (singer, songwriter and	4. Physicists
 Beyoncé Knowles (singer, songwriter and actress) William James "will.i.am" Adams Jr. (musician and producer) 	4. Physicists5. Singers6. Music Directors7. Musicians, Instrumental

Rate your profile:

How well does it match you?



Developing Your Intelligences





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

Kinesthetic

Advice for Learning



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

Recommendations

be	est 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 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

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 Logical Intelligences

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

Intrapersonal and Naturalist Intelligences

- Think of the view from a hilltop, the sound of a stream and the smell of a forest. Use these sensory experiences to inspire self-reflection. Start with a focus inward, then shift to the details of the natural environment. Continue to reflect, write your thoughts in a journal, or take time for yourself in nature
- Consider what aspects of the natural environment have a positive effect on you. Look for patterns in these characteristics
- As you begin to appreciate nature, try to learn more through classes, online articles and organizations that interest you

Interpersonal

Advice for Learning





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

Recommendations

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

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

П	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, cultu	res a	and sl	kil
sets			

Interpersonal and Linguistic Intelligences

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

Interpersonal and Musical Intelligences

- Learn to appreciate different styles of music and the various elements that combine to make music. Attend performances or listen to recordings with knowledgeable people who can explain the type of music and how it is made
- Talk about your favorite songs or musical styles with friends. Discuss what you like about music and compare different songs in terms of the rhythm, instruments and other aspects
- If you are learning to play an instrument, talk to others about tips and tricks they use to learn musical skills. You may also be able to find online discussion forums to ask for advice. If contributing online, take care not to provide your personal information

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 Kinesthetic Intelligences

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

Existential and 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

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

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

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

Recommendations

be	st for you.
П	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 involve movement, especially complex moves, visualize your actions before the activity	nt numbers
involve movement, especially complex moves, visualize your actions before the activity	es that
3 · · · · · · · · · · · · · · · · · · ·	

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 Intrapersonal Intelligences

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

Logical

Advice for Learning





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

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

Recommendations

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 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

Naturalist

Advice for Learning





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

Recommendations

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

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the

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 Kinesthetic Intelligences

- Spend time outdoors pursuing sports or other kinesthetic activities. Pay attention to your movements and think about how you can be more efficient in each step or motion
- When available, take classes like outdoor recreation and leadership. Outside of class, hike or bike along your favorite trails or in areas that will give your kinesthetic intelligence a workout
- Set physical challenges for yourself, increasing the difficulty as your ability improves

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

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 Kinesthetic Intelligences

- Research and write out a plan to guide your efforts and track your progress as you work towards your personal kinesthetic goals
- Read a book about an inspirational athlete. Books that provide a first-person view of what athletes call "flow" or being "in the zone" are especially helpful
- Learn sign language. In addition to exercising your linguistic skills, it requires a certain level of coordination. It will improve your arm and hand dexterity

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

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 Kinesthetic Intelligences

- Watch and play instruments that require a lot of coordinated movement, such as drums, guitar, piano or violin
- Take part in fitness routines that use music for motivation, timing and rhythm
- Participate in dance classes, which provide a very strong connection between movement and music. Pay close attention to the pace and rhythm of the music as you move, stretch and control your muscles

Musical and Intrapersonal Intelligences

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

Emotional Intelligence (EI)



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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

Intimate: build and maintain healthy and close personal relationships

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	C hallenge	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
Empathic: intensely aware of needs and feelings — your own, and other people's	Challenge	0	0	0	O Strength
Expressive: can communicate your emotions to others in a healthy way	C hallenge	0	0	0	O Strength
Influential: can guide other's emotions in a purposeful way	Challenge	0	0	0	Strength

Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
Regulated: 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	Strength
Motivated: persist and overcome difficulties to achieve goals	Challenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	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.	
 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 accomplish in the next year Volunteer to help others. This is especially effective if you are able to interest of the pothers. 					
as at a hospital, homeless shelter, or retirement center Participate regularly in healthy activities that provide stress relief. Some music, playing with a pet or talking with a close friend Take responsibility for your problems or difficulties. While it is easy to consolution. Choose one difficulty you're currently dealing with and figure yourself	omplain or	blame o	others, th	is rarely	leads to a
 Learn to say No when you mean it. When you say Yes out of guilt, or Ma problems than you solve in that moment. There is no need to be mean can realistically accomplish Practice being grateful. While it is important to take responsibility for dyourself of the good things in your life. Once a week, write down what it place each time, so you can easily review the things you were grateful for things from your own perspective. When you are critical of other pathings from your own perspective. Before judging, ask others why they 	or selfish. difficulties, makes you for in the p eople or id	Just be a it is just a thankfu revious v eas, it is	assertive a as import I. Record week often bed	about when to real it in the cause yo	hat you emind same u 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

Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Athletic Trainers	Health Science	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Surgeons	Health Science	
Oral and Maxillofacial Surgeons	Health Science	
Dentists, General	Health Science	
Airline Pilots, Copilots, and Flight Engineers	Transportation, Distribution and Logistics	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Sports Medicine Physicians	Health Science	
Coaches and Scouts	Education and Training	
Physical Therapists	Health Science	
First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Prosthodontists	Health Science	
Nurse Anesthetists	Health Science	
Respiratory Therapy Technicians	Health Science	
Surgical Assistants	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
Acute Care Nurses	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Radiation Therapists	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Critical Care Nurses	Health Science	
Chiropractors	Health Science	
Veterinarians	Health Science	

Ship and Boat Captains	Transportation, Distribution and Logistics	
Respiratory Therapists	Health Science	
Municipal Firefighters	Law, Public Safety, Corrections and Security	
Midwives	Health Science	
Pilots, Ship	Transportation, Distribution and Logistics	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
Anesthesiologists	Health Science	
Adapted Physical Education Specialists	Education and Training	
Nurse Midwives	Health Science	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics	
Athletes and Sports Competitors	Hospitality and Tourism	
Registered Nurses	Health Science	
Occupational Therapists	Health Science	
Radiologic Technologists	Health Science	
Anesthesiologist Assistants	Health Science	
Commercial Pilots	Transportation, Distribution and Logistics	
Community Health Workers	Human Services	
Emergency Management Directors	Government and Public Administration	
Clinical Nurse Specialists	Health Science	
Ophthalmologists	Health Science	
Industrial Production Managers	Business Management and Administration	
Orthodontists	Health Science	
Orthotists and Prosthetists	Health Science	
Career/Technical Education Teachers, Secondary School	Education and Training	
Nurse Practitioners	Health Science	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Police Detectives	Law, Public Safety, Corrections and Security	
Flight Attendants	Transportation, Distribution and Logistics	

Obstetricians and Gynecologists	Health Science	
Physical Medicine and Rehabilitation Physicians	Health Science	
Chefs and Head Cooks	Hospitality and Tourism	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Urologists	Health Science	
Wind Energy Operations Managers	Business Management and Administration	
Dermatologists	Health Science	
Coroners	Government and Public Administration	
Exercise Physiologists	Health Science	
Surgical Technologists	Health Science	
Recreational Therapists	Health Science	
General and Operations Managers	Business Management and Administration	
Fitness and Wellness Coordinators	Education and Training	
Geothermal Production Managers	Business Management and Administration	
Nuclear Medicine Technologists	Health Science	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	
Choreographers	Arts, Audio/Video Technology and Communications	
First-Line Supervisors of Logging Workers	Agriculture, Food and Natural Resources	
Optometrists	Health Science	
Security Managers	Business Management and Administration	
Range Managers	Science, Technology, Engineering and Mathematics	
Aquacultural Managers	Agriculture, Food and Natural Resources	
Biomass Power Plant Managers	Business Management and Administration	
Career/Technical Education Teachers, Middle School	Education and Training	
Podiatrists	Health Science	
Psychiatric Technicians	Health Science	
Physician Assistants	Health Science	

Pharmacists	Health Science	
Cardiovascular Technologists and Technicians	Health Science	
Hydroelectric Production Managers	Business Management and Administration	
Manufactured Building and Mobile Home Installers	Architecture and Construction	
Industrial Safety and Health Engineers	Science, Technology, Engineering and Mathematics	
Loss Prevention Managers	Business Management and Administration	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
Government Property Inspectors and Investigators	Government and Public Administration	
First-Line Supervisors of Construction Trades and Extraction Workers	Architecture and Construction	
Morticians, Undertakers, and Funeral Directors	Human Services	
Farm and Home Management Advisors	Education and Training	
Biofuels Production Managers	Business Management and Administration	
Embalmers	Human Services	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	