



# **Intelligences and You**





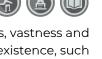




Existential

# **Existential Intelligence**





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

Stren	gth	S	

and creative

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

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

#### Challenges

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

Not interested in exploring "deep" questions about life,

### **Top Careers for Existential** Intelligence

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

# 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
	Have difficulty with grammar, vocabulary, reading,
grammar and spelling for clear communication	writing, new languages and word-based puzzles
Easily remember word-based information	Struggle with communication, creativity and memory
<ul> <li>Good at learning new languages and other symbol systems, such as computer code and hieroglyphs</li> <li>Use language creatively for such things as storytelling, writing, using humor and composing poetry</li> <li>Can tailor communication style depending on topic, audience and purpose</li> </ul>	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)	1. Interpreters and Translators
Barack Obama (lawyer, U.S. president)	2. Technical Writers
Maya Angelou (poet,	3. Lawyers
author)	4. Political Scientists
Noam Chomsky (linguist, philosopher)	5. Speech-Language Pathologists
Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs)	6. Neuropsychologists and Clinical Neuropsychologists
deciphered Egyptian merogryphis)	7. Training and Development Specialists
	8. Soil and Plant Scientists
	<ol><li>Foreign Language and Literature Teachers, Postsecondary</li></ol>
	<ol> <li>English Language and Literature Teachers, Postsecondary</li> </ol>

### Naturalist

# **Naturalist Intelligence**









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

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

### 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

	<del></del>
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities wher 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
<ul><li>Make decisions thoughtfully and carefully</li><li>Ethical and objective, aware of how personal viewpoints can be biased or unfair</li></ul>	<ul> <li>Set unrealistic goals and make limited progress, often giving up</li> <li>Don't understand how to recognize and manage own emotions</li> </ul>
Famous People with Strong Intrapersonal Intelligence  Confucius (philosopher, teacher) Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian)	<ol> <li>Top Careers for Intrapersonal Intelligence</li> <li>Gaming Supervisors</li> <li>Judges, Magistrate Judges, and Magistrates</li> <li>Child, Family, and School Social Workers</li> <li>Chief Executives</li> <li>Education Administrators, Preschool and Childcare Center/Program</li> <li>Postmasters and Mail Superintendents</li> <li>Psychiatric Aides</li> <li>Producers</li> </ol>
	<ul><li>8. Producers</li><li>9. Transportation Managers</li></ul>

10. Sales Managers

# Interpersonal

# **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></ul>
	<ul><li>7. Public Relations and Fundraising Managers</li><li>8. Transportation Managers</li></ul>
	<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

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# **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>

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

Strengths	Challenges
Have good balance and coordination when moving or being physically active	<ul> <li>Avoid activities that require good coordination or complex movements</li> </ul>
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	<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 Doonle with Strong	Ton Corone for Vincethatic
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic 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>

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# **Spatial Intelligence**









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

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things	Poor memory for visual details such as locations and what things look like; may also forget faces
Can work with shape, size, position and location to solve problems and design, arrange or build things	Dislike puzzles, mazes, building models and other activities that require fitting pieces together
☐ Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water	Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
Can accurately visualize and estimate distances and measurements	Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes
Famous People with Strong Spatial Intelligence	Top Careers for Spatial Intelligence
Frank Lloyd Wright (architect, interior designer)	1. Civil Drafters
Michelangelo (artist, engineer)	2. Mechanical Drafters
Steven Spielberg (film director, video game designer)	3. Computer Hardware Engineers
✓ Vera Wang (fashion designer)	4. Agricultural Engineers
	5. Commercial and Industrial Designers
Christopher Columbus (explorer, navigator)	6. Biomedical Engineers
	7. Architecture Teachers, Postsecondary
	8. Pilots, Ship
	9. Architectural Drafters

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# **Logical Intelligence**









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

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

# Rate your profile:

How well does it match you?

# **Developing Your Intelligences**





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

### **Existential**

### **Advice for Learning**

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

#### Recommendations

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

#### Existential and Interpersonal Intelligences

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

  Always use caution and avoid providing personal details online

#### Existential and Intrapersonal Intelligences

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

# 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**

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

- Read the lyrics of your favorite song without the music. Concentrate on the words, looking for meaning. Then listen to the song with the music. Do you notice any additional meaning imparted by the music?
- Practice speaking or singing some simple lyrics in rhythm, mimicking the artist. It doesn't matter if you are off-key. After trying it with the existing lyrics, write your own lyrics to the same music and perform it again
- Increase your understanding by reading books about music and musicians. Check out music magazines and online articles by music journalists and critics. As your knowledge of music grows, you can try writing your own articles

# 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**

be	st for you.
	Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape were formed
	Practice grouping objects — both natural and non-living ones — according to their features. This is called categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds of their song, perfumes by their smell and fabrics by their texture
	Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

#### Naturalist and Logical Intelligences

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

#### Naturalist and Spatial Intelligences

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

## **Intrapersonal**

#### **Advice for Learning**





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

#### Recommendations

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

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

#### Intrapersonal and Existential Intelligences

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

#### Intrapersonal and Linguistic Intelligences

- Read more. You may enjoy self-help books or other motivational and psychology-based books
- In a blog or journal, start with what you know and write about yourself your thoughts and feelings, for example. Examine what you have written and think about how you could improve it. You can also ask for feedback from a teacher, counselor or anyone else you trust to provide good advice
- After some inner reflection, express your thoughts in poetry or creative writing

# **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.

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

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed — and provide support, encouragement, an opinion or advice, for example
Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy, understand others' points of view and build your communication skills
Expand your network. Interact with people of different ages, cultures and skill sets

#### Interpersonal and Existential Intelligences

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

#### Interpersonal and Linguistic Intelligences

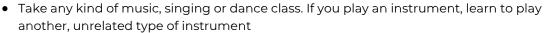
- Before sending a letter or email, review what you have written to see if you can improve the way you've expressed your message
- After sending written communication, ask for feedback on your message. Was it clear? Did it flow well? Seeking this feedback from linguistic individuals is particularly helpful
- 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

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

### **Musical**

#### **Advice for Learning**





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

#### **Recommendations**

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

#### Musical and Existential Intelligences

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

#### Musical and Linguistic Intelligences

- Read books about music or musicians. Or, read song lyrics without the music. Think about the techniques the writer
  has used. Consider word choice, sentence structure, and the way ideas are presented over each paragraph, chapter
  or the entire work
- Try writing lyrics to songs. Start by rewriting a favorite song with your own words. Then move on to create your own original material. You can also try writing poetry and putting it to music
- Take poetry and creative writing classes. Note the emphasis on rhythm and timing in these works. Read poetry aloud and listen for the cadence (the rhythmic flow) of the writing

### Kinesthetic

#### Advice for Learning



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

#### Recommendations

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

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

#### Kinesthetic and Existential Intelligences

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

#### Kinesthetic and Linguistic Intelligences

- When writing or speaking, create more vivid pictures for your audience by using words that are body or actionoriented. For example, a person can be "gripped" with panic, experience "spine tingling" excitement or have "gutwrenching" anxiety
- Read a book about an inspirational athlete, especially one that provides a first-person view of what some athletes call flow or being "in the zone"

# **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 Existential Intelligences

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

#### Spatial and Linguistic Intelligences

- When visualizing something, think of how you would describe it in words. Try to be as detailed and accurate with words as you are with your mental picture
- Improve your vocabulary by reading books and other materials that use descriptive imagery. For example, you could look for materials about nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics or landscaping

# 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 Existential Intelligences

- If you like to explore scientific concepts, extend your exploration to include existential topics for example, the parallel universe theory, the big bang theory or the theory of relativity. Remember, for existential questions, you do not have to reach a final answer
- When learning new information, resist the urge to quickly scan and look for patterns. Instead, take some time to understand the context and why you are learning it in the first place

#### Logical and Linguistic Intelligences

- Practice your linguistic skills using logic-related activities such as word-based puzzles, Scrabble, crosswords and vocabulary games
- Pay attention to the writing in your textbooks. Think about what the writers are trying to accomplish and examine their use of words, symbols and structure
- Select an issue or theory that you can analyze and reason scientifically. Then discuss, debate or write about it. While you may focus on being correct and precise, remember it's also important to be eloquent and persuasive

# **Emotional Intelligence (EI)**







### **Emotional Intelligence and You**

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

Most Recent Results		
Your EI score is a blend of your interpersintelligences.	sonal and intrapersonal intelligences score	s. El relates closely to these two
feeling. You sometimes realize how you	at a moderate level. This affects your ability r mood is affecting your thoughts, but at o d occasionally convince others to go along	ther times you may not. You can

## **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.

that you can improve with effort. The information in this section will help you develop your emotional intelligence.

Adaptable: able to deal with new and changing conditions	<b>C</b> hallenge	0	0	0	Strength
Assertive: honest, direct and willing to stand up for yourself	<b>C</b> hallenge	0	0	0	Strength
Composed: think carefully before reacting and resist being impulsive	<b>C</b> hallenge	0	0	0	Strength
Content: happy and satisfied with your life	<b>O</b> Challenge	0	0	0	O Strength
<b>Empathic:</b> intensely aware of needs and feelings — your own, and other people's	<b>C</b> hallenge	0	0	0	O Strength
<b>Expressive:</b> can communicate your emotions to others in a healthy way	<b>O</b> Challenge	0	0	0	O Strength
Influential: can guide other's emotions in a purposeful way	<b>O</b> Challenge	0	0	0	O Strength
Intimate: build and maintain healthy and close personal relationships	<b>O</b> 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
<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 accomplish in the next year</li> <li>Volunteer to help others. This is especially effective if you are able to interest to help others.</li> </ul>					
<ul> <li>as at a hospital, homeless shelter, or retirement center</li> <li>Participate regularly in healthy activities that provide stress relief. Some music, playing with a pet or talking with a close friend</li> <li>Take responsibility for your problems or difficulties. While it is easy to consolution. Choose one difficulty you're currently dealing with and figure yourself</li> </ul>	omplain or	· blame o	others, th	is rarely	leads to a
<ul> <li>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</li> <li>Practice being grateful. While it is important to take responsibility for d yourself of the good things in your life. Once a week, write down what r place each time, so you can easily review the things you were grateful f</li> <li>Move outside of your own perspective. When you are critical of other potentials are from your perspective.</li> </ul>	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 people's backgrounds and about cultures that differ from your own. Pr questions respectfully, with the goal of learning about others' views, ins	actice liste	ning mo	re than s	peaking	. 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**

<b>3</b>		A CONTRACTOR OF THE STATE OF TH
Tour Guides and Escorts	Hospitality and Tourism	
Librarians	Education and Training	
Speech-Language Pathology Assistants	Health Science	
Human Resources Assistants, Except Payroll and Timekeeping	Business Management and Administration	
Acupuncturists	Health Science	
Licensing Examiners and Inspectors	Government and Public Administration	
Archivists	Education and Training	
Copy Writers	Arts, Audio/Video Technology and Communications	
Graduate Teaching Assistants	Education and Training	
Private Detectives and Investigators	Law, Public Safety, Corrections and Security	
Paralegals and Legal Assistants	Law, Public Safety, Corrections and Security	
Historians	Science, Technology, Engineering and Mathematics	
Occupational Therapy Assistants	Health Science	
Nursing Assistants	Health Science	
Teacher Assistants	Education and Training	
Executive Secretaries and Executive Administrative Assistants	Business Management and Administration	
Social Science Research Assistants	Science, Technology, Engineering and Mathematics	
Dental Hygienists	Health Science	
Occupational Health and Safety Technicians	Government and Public Administration	
Municipal Clerks	Government and Public Administration	
Human Resources Specialists	Business Management and Administration	
Ophthalmic Medical Technologists	Health Science	
Freight Forwarders	Transportation, Distribution and Logistics	
Medical Secretaries	Health Science	
Production, Planning, and Expediting Clerks	Manufacturing	
Physical Therapist Assistants	Health Science	

Intelligence Analysts	Law, Public Safety, Corrections and Security	
Medical Assistants	Health Science	
Phlebotomists	Health Science	
Regulatory Affairs Managers	Business Management and Administration	
Dispatchers, Except Police, Fire, and Ambulance	Transportation, Distribution and Logistics	
Self-Enrichment Education Teachers	Education and Training	
Gaming Surveillance Officers and Gaming Investigators	Law, Public Safety, Corrections and Security	
New Accounts Clerks	Business Management and Administration	
Tutors	Education and Training	
Occupational Therapy Aides	Health Science	
Regulatory Affairs Specialists	Government and Public Administration	
Administrative Services Managers	Business Management and Administration	
Radio Operators	Arts, Audio/Video Technology and Communications	
Eligibility Interviewers, Government Programs	Government and Public Administration	
Dental Assistants	Health Science	
Recycling Coordinators	Transportation, Distribution and Logistics	
Dietetic Technicians	Health Science	
Low Vision Therapists, Orientation and Mobility Specialists, and Vision Rehabilitation Therapists	Health Science	
Compensation and Benefits Managers	Business Management and Administration	
Kindergarten Teachers, Except Special Education	Education and Training	
Interpreters and Translators	Education and Training	
Hearing Aid Specialists	Health Science	
First-Line Supervisors of Personal Service Workers	Human Services	
Buyers and Purchasing Agents, Farm Products	Agriculture, Food and Natural Resources	
Secretaries and Administrative Assistants, Except Legal, Medical, and Executive	Business Management and Administration	
Funeral Service Managers	Human Services	
Reporters and Correspondents	Arts, Audio/Video Technology and Communications	

Concierges	Hospitality and Tourism	
Insurance Sales Agents	Finance	
Adult Basic and Secondary Education and Literacy Teachers and Instructors	Education and Training	
Vocational Education Teachers, Postsecondary	Education and Training	
Pharmacy Technicians	Health Science	
Procurement Clerks	Business Management and Administration	
Receptionists and Information Clerks	Business Management and Administration	
Sales Representatives, Wholesale and Manufacturing, Except Technical and Scientific Products	Marketing	
Storage and Distribution Managers	Transportation, Distribution and Logistics	
Radiologic Technicians	Health Science	
Compliance Managers	Business Management and Administration	
Immigration and Customs Inspectors	Law, Public Safety, Corrections and Security	
Ophthalmic Medical Technicians	Health Science	
Personal Care Aides	Human Services	
Order Clerks	Business Management and Administration	
Psychiatric Aides	Health Science	
Compensation, Benefits, and Job Analysis Specialists	Business Management and Administration	
Airfield Operations Specialists	Transportation, Distribution and Logistics	
Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Office and Administrative Support Workers	Business Management and Administration	
Social and Human Service Assistants	Human Services	
Legal Secretaries	Law, Public Safety, Corrections and Security	
Parking Enforcement Workers	Law, Public Safety, Corrections and Security	
Opticians, Dispensing	Health Science	
Online Merchants	Business Management and Administration	
Claims Examiners, Property and Casualty Insurance	Finance	

Coroners	Government and Public Administration	
Police Identification and Records Officers	Law, Public Safety, Corrections and Security	
Clinical Research Coordinators	Agriculture, Food and Natural Resources	
Reservation and Transportation Ticket Agents and Travel Clerks	Hospitality and Tourism	
Equal Opportunity Representatives and Officers	Government and Public Administration	
Customer Service Representatives	Business Management and Administration	
History Teachers, Postsecondary	Education and Training	
Neurodiagnostic Technologists	Health Science	
Purchasing Agents, Except Wholesale, Retail, and Farm Products	Manufacturing	
Food Service Managers	Hospitality and Tourism	
Preschool Teachers, Except Special Education	Education and Training	
Real Estate Sales Agents	Marketing	
Loan Interviewers and Clerks	Finance	
Property, Real Estate, and Community Association Managers	Marketing	
First-Line Supervisors of Food Preparation and Serving Workers	Hospitality and Tourism	
Probation Officers and Correctional Treatment Specialists	Law, Public Safety, Corrections and Security	
Demonstrators and Product Promoters	Marketing	
Childcare Workers	Human Services	
Massage Therapists	Human Services	