

# **Intelligences and You**











# **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

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
<ul> <li>Thomas Edison (inventor, businessman)</li> <li>Albert Einstein (physicist, humanitarian)</li> <li>Florence Nightingale (nurse, statistician)</li> <li>Sherlock Holmes (fictional detective)</li> <li>Bill Gates (businessman, philanthropist)</li> </ul>	<ol> <li>Mathematical Technicians</li> <li>Operations Research Analysts</li> <li>Actuaries</li> <li>Software Developers, Applications</li> <li>Mathematical Science Teachers, Postsecondary</li> <li>Agricultural Engineers</li> <li>Biomedical Engineers</li> <li>Transportation Engineers</li> </ol>
	9. Manufacturing Engineering Technologists

10. Industrial-Organizational Psychologists

# Naturalist

# **Naturalist Intelligence**









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

Strengths Challenges	
Sensitive to nature — feel a concern for, and connection to, living things and the natural environment  Difficulty identifying or grouping plants, animal objects in the natural environment, as well as manufactured objects like cars and clothing	als and
<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> <li>Don't notice similarities between seemingly displayed objects</li> <li>Unable to identify the sights and sounds of nativities between seemingly displayed objects</li> <li>Unable to identify the sights and sounds of nativities and their songs, for example, or the appear plants, rocks or cloud formations</li> <li>Feel uncomfortable in a natural environment fear wild animals, dislike insects, sand and dirt, urban conveniences</li> <li>Unaware of gradual shifts in the weather and to of factors such as temperature, humidity, wind pressure</li> <li>Not concerned about environmental protection pollution controls or water quality</li> </ul>	ture — earance of — may , and miss the effects I and
Famous People with Strong Naturalist Intelligence Charles Darwin (geologist, naturalist)  Top Careers for Naturalist Intelligence	
<ul> <li>Jane Goodall (biologist, conservationist)</li> <li>Jacques Cousteau (marine ecologist, filmmaker)</li> <li>Hunters and Trappers</li> <li>Park Naturalists</li> <li>Sustainability Specialists</li> </ul>	
Chico Mendes (human rights activist, environmentalist)  Steve Irwin "The Crocodile Hunter" (naturalist,  4. Veterinarians  5. Environmental Science Teachers, Postsecond  6. Animal Breeders	
environmentalist) 7. Farmworkers, Farm, Ranch, and Aquacultura 8. Environmental Science and Protection Techn Including Health	
9. Forest and Conservation Workers	

# **Existential Intelligence**









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

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

# **Interpersonal Intelligence**









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
<ul> <li>others</li> <li>Notice and understand people's needs, perspectives, emotions and motivations</li> <li>Connect and interact with people quickly and easily</li> <li>Form and maintain lasting relationships</li> <li>Able to lead, influence and inspire others</li> </ul>	<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  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)	<ol> <li>Top Careers for Interpersonal Intelligence</li> <li>Marriage and Family Therapists</li> <li>Educational, Guidance, School, and Vocational Counselors</li> <li>Patient Representatives</li> <li>Psychiatrists</li> <li>Lodging Managers</li> <li>Arbitrators, Mediators, and Conciliators</li> <li>Public Relations and Fundraising Managers</li> <li>Transportation Managers</li> </ol>
	Emergency Management Directors
	10. Counseling Psychologists

# **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
<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)	Top Careers for Intrapersonal Intelligence
<ul> <li>Sigmund Freud (neurologist, psychoanalyst)</li> <li>Mohandas Ghandi (lawyer, ideological leader)</li> <li>Helen Keller (speaker, author)</li> <li>Terry Fox (athlete, humanitarian)</li> </ul>	<ol> <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>9. Transportation Managers</li><li>10. Sales Managers</li></ul>

# Kinesthetic

# **Kinesthetic Intelligence**









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

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

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

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# **Linguistic Intelligence**









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

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

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

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# **Developing Your Intelligences**



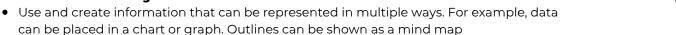


These are your superpowers -- use your strengths to improve in other areas.

# Logical

## **Advice for Learning**





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

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

#### Recommendations

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

#### Logical and Interpersonal Intelligences

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

### Logical and Intrapersonal Intelligences

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

# **Naturalist**

## **Advice for Learning**





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

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

#### Recommendations

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

# who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

## Naturalist and 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 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

## **Existential**

## **Advice for Learning**

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

#### Recommendations

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

#### Existential and Linguistic Intelligences

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

#### Existential and Musical Intelligences

- As you listen to music, try to determine what the overall theme is, whether it's a single song or an entire album. Think about why certain sounds and rhythms were used, and how a story may be told by the individual aspects of the music
- Explore music through history and across different cultures. From hymns to chants to drumming, people have posed existential questions and responses through music. Try to find out why music exists. What purpose does it serve?

# **Interpersonal**

## Advice for Learning





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

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

• Take part in role playing, presentations, debates and group activities

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

#### Recommendations

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

#### Interpersonal and Logical Intelligences

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

#### Interpersonal and Naturalist Intelligences

- Join an outdoor or environmentalist club that requires someone with your interpersonal skills. You can help the group by hosting public discussions or giving presentations on its behalf
- Get involved with a naturalist cause through an organization like Audubon or the World Wildlife Fund. As you interact with the group's members, learn about the issues and sympathize with their cause, you will begin to appreciate nature on your own

# **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

## 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 Logical Intelligences

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

#### Kinesthetic and Naturalist Intelligences

- When participating in outdoors activities, be aware of your surroundings. Noticing the sights, sounds and smells around you while doing something you enjoy can improve your appreciation of nature and the environment
- Participate in an activity you do often and know well, so that it doesn't require your full attention. When you take a break, stop and carefully observe your setting. Take note of similarities and differences in the objects around you
- As you get used to one environment, try activities in different environments. Try to make connections between them

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

# **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 Logical Intelligences

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

#### Spatial and Naturalist Intelligences

- If you enjoy art, select subjects from nature and try creating realistic-looking pieces. Observe the fine details of a natural object and apply your understanding of composition lines, color and space to bring the artwork to life
- Pursue hobbies such as gardening, flower arranging or landscape design. You will learn about nature and natural objects while employing your keen senses of color, imagination and visual detail
- Take part in activities like orienteering, geocaching and adventure racing. They use your ability to visualize paths and judge distances, while you observe and analyze landmarks in different environments

# 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 Logical Intelligences

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

#### Linguistic and Naturalist Intelligences

- Read books or articles or listen to presentations on topics related to nature. As you learn more, select an environment or cause that interests you, such as mountains, oceans, clean energy or wildlife preservation. Deepen your understanding of this issue by reading more detailed accounts and attending speaking events that appeal to your linguistic abilities
- If you enjoy writing, try using nature for inspiration. As you write, look for patterns in the natural environment and think about how different elements can be categorized
- Join a naturalist or environmental interest group and volunteer to help with newsletters, outreach and other forms of communication

# **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

he	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 Logical Intelligences

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

#### Musical and Naturalist Intelligences

- Listen to or play music in different natural environments. Take note of the unique acoustics in each setting
- Learn about the types of wood and fibers used to make musical instruments for example, woodwinds, drums or strings. Find out what qualities of these materials make them suitable for this purpose
- Spend time quietly in a natural environment. Focus on the sounds, whether they are made by animals or by other natural sources

# **Emotional Intelligence (EI)**



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# **Emotional Intelligence and You**

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

Most Recent Results	

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

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

# **Emotional Intelligence Traits**

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

Adaptable: able to deal with new and changing conditions	<b>O</b> Challenge	0	0	0	O 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	<b>O</b> Challenge	0	0	0	O 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>O</b> Challenge	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	Challenge	0	0	0	Strength

Intimate: build and maintain healthy and close personal relationships

Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	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.	
<ul> <li>Learn to laugh at yourself and endear yourself to others by showing humility</li> <li>Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year</li> <li>Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such</li> </ul>					
as at a hospital, homeless shelter, or retirement center  Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend  Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself					
<ul> <li>Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you can realistically accomplish</li> <li>Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week</li> <li>Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see</li> </ul>					
things from your own perspective. Before judging, ask others why they 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**

intelligences results		
Respiratory Therapy Technicians	Health Science	
Acute Care Nurses	Health Science	
Veterinarians	Health Science	
Licensed Practical and Licensed Vocational Nurses	Health Science	
Critical Care Nurses	Health Science	
Midwives	Health Science	
Registered Nurses	Health Science	
Respiratory Therapists	Health Science	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Chiropractors	Health Science	
Nurse Midwives	Health Science	
Radiation Therapists	Health Science	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
Psychiatric Technicians	Health Science	
Nurse Anesthetists	Health Science	
Athletic Trainers	Health Science	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Physical Therapists	Health Science	
Fish and Game Wardens	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Nurse Practitioners	Health Science	
Physician Assistants	Health Science	
Optometrists	Health Science	
Community Health Workers	Human Services	
Prosthodontists	Health Science	
Flight Attendants	Transportation, Distribution and Logistics	
Clinical Nurse Specialists	Health Science	
First-Line Supervisors of Animal Husbandry and Animal Care Workers	Agriculture, Food and Natural Resources	
Surgical Assistants	Health Science	

First-Line Supervisors of Police and Detectives	Law, Public Safety, Corrections and Security	
Nursery and Greenhouse Managers	Agriculture, Food and Natural Resources	
Orthodontists	Health Science	
Occupational Therapists	Health Science	
Anesthesiologist Assistants	Health Science	
Obstetricians and Gynecologists	Health Science	
Nuclear Medicine Technologists	Health Science	
Anesthesiologists	Health Science	
Fire Investigators	Law, Public Safety, Corrections and Security	
Recycling Coordinators	Transportation, Distribution and Logistics	
Dentists, General	Health Science	
Forest Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
General and Operations Managers	Business Management and Administration	
Municipal Fire Fighting and Prevention Supervisors	Law, Public Safety, Corrections and Security	
Farm and Ranch Managers	Agriculture, Food and Natural Resources	
Coroners	Government and Public Administration	
Police Detectives	Law, Public Safety, Corrections and Security	
Radiologic Technologists	Health Science	
Dermatologists	Health Science	
Exercise Physiologists	Health Science	
Industrial Production Managers	Business Management and Administration	
Wind Energy Operations Managers	Business Management and Administration	
Oral and Maxillofacial Surgeons	Health Science	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	
Neurodiagnostic Technologists	Health Science	
Adapted Physical Education Specialists	Education and Training	
First-Line Supervisors of Aquacultural Workers	Agriculture, Food and Natural Resources	
Emergency Management Directors	Government and Public Administration	

Aquacultural Managers	Agriculture, Food and Natural Resources	
Immigration and Customs Inspectors	Law, Public Safety, Corrections and Security	
Pharmacists	Health Science	
Urologists	Health Science	
Gaming Managers	Hospitality and Tourism	
Range Managers	Science, Technology, Engineering and Mathematics	
Quality Control Systems Managers	Business Management and Administration	
Spa Managers	Human Services	
Ophthalmologists	Health Science	
Cardiovascular Technologists and Technicians	Health Science	
Surgical Technologists	Health Science	
Dental Hygienists	Health Science	
Chefs and Head Cooks	Hospitality and Tourism	
Soil and Water Conservationists	Science, Technology, Engineering and Mathematics	
Geothermal Production Managers	Business Management and Administration	
Nursing Instructors and Teachers, Postsecondary	Education and Training	
Veterinary Technologists and Technicians	Health Science	
Surgeons	Health Science	
Forest Fire Inspectors and Prevention Specialists	Law, Public Safety, Corrections and Security	
Physical Medicine and Rehabilitation Physicians	Health Science	
Naturopathic Physicians	Health Science	
Acupuncturists	Health Science	
Hospitalists	Health Science	
Podiatrists	Health Science	
Probation Officers and Correctional Treatment Specialists	Law, Public Safety, Corrections and Security	
Advanced Practice Psychiatric Nurses	Health Science	
Residential Advisors	Human Services	
Farm and Home Management Advisors	Education and Training	
Correctional Officers and Jailers	Law, Public Safety, Corrections and Security	
	Agriculture, Food and Natural	
Agricultural Technicians	Resources	

Patient Representatives	Business Management and Administration	
Loss Prevention Managers	Business Management and Administration	
Embalmers	Human Services	
Funeral Service Managers	Human Services	
Career/Technical Education Teachers, Secondary School	Education and Training	
Sports Medicine Physicians	Health Science	
Physical Therapist Assistants	Health Science	
Security Managers	Business Management and Administration	
Park Naturalists	Science, Technology, Engineering and Mathematics	
Forest Firefighters	Law, Public Safety, Corrections and Security	
Medical Assistants	Health Science	
Fitness and Wellness Coordinators	Education and Training	