

# **Intelligences and You**











# **Interpersonal Intelligence**



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

Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
others  Notice and understand people's needs, perspectives, emotions and motivations  Connect and interact with people quickly and easily  Form and maintain lasting relationships  Able to lead, influence and inspire others	<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)	Top Careers for Interpersonal Intelligence
Mother Teresa (nun, humanitarian)	<ol> <li>Marriage and Family Therapists</li> <li>Educational, Guidance, School, and Vocational</li> </ol>
Mother Teresa (nun, humanitarian)  Oprah Winfrey (talk-show host, philanthropist)	Educational, Guidance, School, and Vocational     Counselors
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)	<ul><li>2. Educational, Guidance, School, and Vocational Counselors</li><li>3. Patient Representatives</li></ul>
humanitarian)	<ol> <li>Educational, Guidance, School, and Vocational Counselors</li> <li>Patient Representatives</li> <li>Psychiatrists</li> </ol>
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)  Anthony Robbins (success coach, professional	<ol> <li>Educational, Guidance, School, and Vocational Counselors</li> <li>Patient Representatives</li> <li>Psychiatrists</li> <li>Lodging Managers</li> </ol>
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)  Anthony Robbins (success coach, professional speaker)	<ol> <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> </ol>
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)  Anthony Robbins (success coach, professional speaker)	<ol> <li>Educational, Guidance, School, and Vocational Counselors</li> <li>Patient Representatives</li> <li>Psychiatrists</li> <li>Lodging Managers</li> </ol>
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)  Anthony Robbins (success coach, professional speaker)	<ol> <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> </ol>
humanitarian)  Oprah Winfrey (talk-show host, philanthropist)  Anthony Robbins (success coach, professional speaker)	<ol> <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> </ol>

# Linguistic

# **Linguistic Intelligence**









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

Strengths	Challenges				
Know how to use vocabulary, sentence structure, grammar and spelling for clear communication	<ul> <li>Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles</li> </ul>				
<ul><li>☐ Easily remember word-based information</li><li>☐ Good at learning new languages and other symbol</li></ul>	Struggle with communication, creativity and memory for general facts				
systems, such as computer code and hieroglyphs  Use language creatively for such things as storytelling, writing, using humor and composing poetry  Can tailor communication style depending on topic, audience and purpose	<ul> <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</li> </ul>				
Famous People with Strong Linguistic Intelligence	Top Careers for Linguistic Intelligence				
William Shakespeare (author, playwright)	Interpreters and Translators				
<ul> <li>Barack Obama (lawyer, U.S. president)</li> <li>Maya Angelou (poet, author)</li> <li>Noam Chomsky (linguist, philosopher)</li> </ul>	Technical Writers				
	3. Lawyers				
	4. Political Scientists				
Jean-François Champollion (linguist who first)	5. Speech-Language Pathologists				
deciphered Egyptian hieroglyphs)	6. Neuropsychologists and Clinical Neuropsychologists				
	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>				

# **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
<ul> <li>music</li> <li>Use music to influence mood, build motivation and 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>Music has little effect on mood, motivation and emotions</li> <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  Jennifer Lopez (musician, composer)  Elvis Presley (singer- songwriter)  Beyoncé Knowles (singer, songwriter and actress)  William James "will.i.am" Adams Jr. (musician and producer)  Adele Adkins (singer-songwriter)	Top Careers for Musical Intelligence  1. Music Composers and Arrangers 2. Art, Drama, and Music Teachers, Postsecondary 3. Music Therapists 4. Physicists 5. Singers 6. Music Directors 7. Musicians, Instrumental 8. Poets, Lyricists and Creative Writers 9. Actors 10. Dancers

# Kinesthetic

# **Kinesthetic Intelligence**









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

Strengths	Challenges
Have good balance and coordination when moving or being physically active	Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	Do not use movement or physical precision for self- expression — through dance, painting or handmade
☐ Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Michael Jordan (basketball player)	1. Fallers
□ Bruce Lee (martial artist)	
Bruce Lee (martial artist)	2. Fence Erectors
Paula Abdul (dancer, choreographer)	
	2. Fence Erectors
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ul><li>2. Fence Erectors</li><li>3. Tire Builders</li></ul>
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)	<ul><li>2. Fence Erectors</li><li>3. Tire Builders</li><li>4. Rail Car Repairers</li></ul>
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <li>Fence Erectors</li> <li>Tire Builders</li> <li>Rail Car Repairers</li> <li>Dancers</li> </ol>
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <li>Fence Erectors</li> <li>Tire Builders</li> <li>Rail Car Repairers</li> <li>Dancers</li> <li>Athletes and Sports Competitors</li> </ol>
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <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>
Paula Abdul (dancer, choreographer)  David Blaine (magician, endurance artist)  Jim Carrey (actor,	<ol> <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>

# Intrapersonal

# **Intrapersonal Intelligence**









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

Strengths	Challenges
Well aware of personal abilities, challenges, feelings and attitudes	Give little thought to personal goals and abilities when making decisions
Set realistic goals, able to focus and stay on track	Unaware of how mood, attitude and tone of voice can affect other people
☐ In control of emotions, good at handling high-stress situations	Allow personal opinions to negatively affect decisions and interactions with others
<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>Confucius (philosopher, teacher)</li> <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> <li>Transportation Managers</li> <li>Sales Managers</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> </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> </ul>
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
<ul> <li>☐ Frank Lloyd Wright (architect, interior designer)</li> <li>☐ Michelangelo (artist, engineer)</li> <li>☐ Stoven Spielberg (film director video game designer)</li> </ul>	<ol> <li>Civil Drafters</li> <li>Mechanical Drafters</li> <li>Computer Hardware Engineers</li> </ol>
<ul> <li>Steven Spielberg (film director, video game designer)</li> <li>Vera Wang (fashion designer)</li> <li>Christopher Columbus (explorer, navigator)</li> </ul>	<ul><li>4. Agricultural Engineers</li><li>5. Commercial and Industrial Designers</li><li>6. Biomedical Engineers</li></ul>
	<ul><li>7. Architecture Teachers, Postsecondary</li><li>8. Pilots, Ship</li><li>9. Architectural Drafters</li><li>10. Transportation Engineers</li></ul>

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# **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
<ul> <li>Aristotle (philosopher, teacher)</li> <li>The Dalai Lama (spiritual leader)</li> <li>Deepak Chopra (doctor, speaker/author)</li> <li>Ralph W. Emerson (essayist, transcendentalist)</li> <li>Jane Addams (philosopher, activist)</li> </ul>	<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> </ol>
	9. Social Work Teachers, Postsecondary

10. History Teachers, Postsecondary

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

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

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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.

# **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**

sets

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

#### Interpersonal and Kinesthetic Intelligences

- Get involved in group activities such as team sports, running clubs or groups that hand-build things. All of these activities train your senses to be focused and require you to perform movements with specific goals
- Talk to people who are active in sports or other kinesthetic activities about what motivates them. It may prompt you to get more involved in physical activity

#### Interpersonal and Intrapersonal Intelligences

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

# Linguistic

## **Advice for Learning**





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

#### **Recommendations**

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

### Linguistic and Existential Intelligences

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

#### Linguistic and Spatial Intelligences

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

# **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
- 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 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

# 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 Interpersonal Intelligences

- You are good at noticing people's posture and body language. Use this to interpret what they might be thinking or feeling
- Change how you react and speak to show that you understand and care about what someone is saying. For example, maintain eye contact and lean forward slightly to show that you are listening
- Get involved in team sports and clubs that focus more on fun and socializing than on competition. Share your techniques and tips with the group

#### 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"

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

# **Intrapersonal**

## **Advice for Learning**





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

### **Recommendations**

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

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

#### Intrapersonal and Interpersonal Intelligences

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

#### Intrapersonal and 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

# 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
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
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 Interpersonal Intelligences

- Offer to help a classmate, group or team improve their spatial skills. Pay close attention to what is being asked of you. It is an opportunity to practice understanding others better
- Take a course or class where you can pursue a spatial activity with other people around. Some examples are photography, film, orienteering or geocaching, art, interior design, landscaping and woodworking. You should feel comfortable and confident doing the activity. Focus on how you communicate and interact with the others
- Participate in group brainstorming sessions to develop ideas for designs or projects. Listen to others' points of view and ask questions

#### Spatial and Linquistic 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

# **Existential**

## **Advice for Learning**

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

#### Recommendations

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

### Existential and 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 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

# **Naturalist**

## **Advice for Learning**





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

#### Recommendations

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

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

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

## Naturalist and Interpersonal Intelligences

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

#### Naturalist and Linguistic Intelligences

- Select an environment or cause that interests you, such as mountains, oceans, clean energy or wildlife preservation. Read books or articles or listen to presentations related to the topic. Examine the structure and word choice in these materials and think about how the ideas have been presented. Have the techniques been effective?
- As you become more comfortable with analyzing others' writing and speeches, try writing or speaking on naturalist topics yourself
- Join or start an environmental group. Get involved with producing newsletters, providing outreach services or assisting via other forms of communication

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

Intimate: build and maintain healthy and close personal relationships



Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	O Strength
<b>Regulated:</b> able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	O Strength
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	O Strength
Motivated: persist and overcome difficulties to achieve goals	<b>C</b> hallenge	0	0	0	O Strength
Connected: build social connections with many different people	Challenge	0	0	0	O Strength
Recommendations The following recommendations are based on your results. Select the ones Developing Emotional Intelligence  Develop a sense of humor and try to make people laugh without puttir down		would v	vork best	for you.	
<ul> <li>Learn to laugh at yourself and endear yourself to others by showing humility</li> <li>Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year</li> <li>Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such</li> </ul>					
as at a hospital, homeless shelter, or retirement center  Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend  Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself					
<ul> <li>Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you can realistically accomplish</li> <li>Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week</li> <li>Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see</li> </ul>					
things from your own perspective. Before judging, ask others why they 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**

Actors	Arts, Audio/Video Technology and Communications	
Diagnostic Medical Sonographers	Health Science	
Vocational Education Teachers, Postsecondary	Education and Training	
Choreographers	Arts, Audio/Video Technology and Communications	
Radio and Television Announcers	Arts, Audio/Video Technology and Communications	
Agents and Business Managers of Artists, Performers, and Athletes	Arts, Audio/Video Technology and Communications	
Nannies	Human Services	
Fitness and Wellness Coordinators	Education and Training	
Musicians, Instrumental	Arts, Audio/Video Technology and Communications	
Coaches and Scouts	Education and Training	
Audiologists	Health Science	
Transit and Railroad Police	Law, Public Safety, Corrections and Security	
Directors- Stage, Motion Pictures, Television, and Radio	Arts, Audio/Video Technology and Communications	
Recreation Workers	Hospitality and Tourism	
Meeting, Convention, and Event Planners	Business Management and Administration	
Dancers	Arts, Audio/Video Technology and Communications	
Aircraft Cargo Handling Supervisors	Transportation, Distribution and Logistics	
Morticians, Undertakers, and Funeral Directors	Human Services	
Makeup Artists, Theatrical and Performance	Arts, Audio/Video Technology and Communications	
Radiologic Technologists	Health Science	
Technical Directors/Managers	Arts, Audio/Video Technology and Communications	
Recreation and Fitness Studies Teachers, Postsecondary	Education and Training	
First-Line Supervisors of Retail Sales Workers	Marketing	
Costume Attendants	Arts, Audio/Video Technology and Communications	
First-Line Supervisors of Helpers, Laborers, and Material Movers, Hand	Transportation, Distribution and Logistics	

Magnetic Resonance Imaging Technologists	Health Science	
First-Line Supervisors of Construction Trades and Extraction Workers	Architecture and Construction	
Preschool Teachers, Except Special Education	Education and Training	
Occupational Therapy Assistants	Health Science	
Correctional Officers and Jailers	Law, Public Safety, Corrections and Security	
Railroad Conductors and Yardmasters	Transportation, Distribution and Logistics	
First-Line Supervisors of Landscaping, Lawn Service, and Groundskeeping Workers	Architecture and Construction	
Editors	Arts, Audio/Video Technology and Communications	
Speech-Language Pathology Assistants	Health Science	
Talent Directors	Arts, Audio/Video Technology and Communications	
Radiologic Technicians	Health Science	
Sheriffs and Deputy Sheriffs	Law, Public Safety, Corrections and Security	
Sound Engineering Technicians	Arts, Audio/Video Technology and Communications	
Career/Technical Education Teachers, Secondary School	Education and Training	
Cardiovascular Technologists and Technicians	Health Science	
Producers	Arts, Audio/Video Technology and Communications	
Self-Enrichment Education Teachers	Education and Training	
Chefs and Head Cooks	Hospitality and Tourism	
Fitness Trainers and Aerobics Instructors	Human Services	
Career/Technical Education Teachers, Middle School	Education and Training	
Adapted Physical Education Specialists	Education and Training	
First-Line Supervisors of Mechanics, Installers, and Repairers	Manufacturing	
Physical Therapist Assistants	Health Science	
Music Therapists	Health Science	
Telecommunications Equipment Installers and Repairers, Except Line Installers	Arts, Audio/Video Technology and Communications	
Travel Guides	Hospitality and Tourism	
Subway and Streetcar Operators	Transportation, Distribution and Logistics	
Advertising and Promotions Managers	Marketing	
Bartenders	Hospitality and Tourism	
Recreational Therapists	Health Science	
Audio-Visual and Multimedia Collections Specialists	Education and Training	

Flight Attendants	Transportation, Distribution and Logistics	
Sales Representatives, Wholesale and Manufacturing, Technical and Scientific Products	Marketing	
Food Service Managers	Hospitality and Tourism	
Physical Therapists	Health Science	
First-Line Supervisors of Transportation and Material- Moving Machine and Vehicle Operators	Transportation, Distribution and Logistics	
Police Patrol Officers	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Production and Operating Workers	Manufacturing	
Concierges	Hospitality and Tourism	
Reservation and Transportation Ticket Agents and Travel Clerks	Hospitality and Tourism	
Police Detectives	Law, Public Safety, Corrections and Security	
Athletes and Sports Competitors	Hospitality and Tourism	
Health Educators	Human Services	
Art, Drama, and Music Teachers, Postsecondary	Education and Training	
Parts Salespersons	Marketing	
Ship and Boat Captains	Transportation, Distribution and Logistics	
Adult Basic and Secondary Education and Literacy Teachers and Instructors	Education and Training	
Kindergarten Teachers, Except Special Education	Education and Training	
Fire Investigators	Law, Public Safety, Corrections and Security	
Music Directors	Arts, Audio/Video Technology and Communications	
First-Line Supervisors of Office and Administrative Support Workers	Business Management and Administration	
Camera Operators, Television, Video, and Motion Picture	Arts, Audio/Video Technology and Communications	
Police Identification and Records Officers	Law, Public Safety, Corrections and Security	
Criminal Investigators and Special Agents	Law, Public Safety, Corrections and Security	
First-Line Supervisors of Food Preparation and Serving Workers	Hospitality and Tourism	
Public Relations and Fundraising Managers	Marketing	
Transportation Security Screeners	Government and Public Administration	
Art Directors	Arts, Audio/Video Technology and Communications	

First-Line Supervisors of Personal Service Workers	Human Services	
First-Line Supervisors of Correctional Officers	Law, Public Safety, Corrections and Security	
Emergency Medical Technicians and Paramedics	Law, Public Safety, Corrections and Security	
Museum Technicians and Conservators	Education and Training	
Coroners	Government and Public Administration	
Respiratory Therapists	Health Science	
Solar Energy Installation Managers	Architecture and Construction	
Rail Yard Engineers, Dinkey Operators, and Hostlers	Transportation, Distribution and Logistics	
Dentists, General	Health Science	
Ambulance Drivers and Attendants, Except Emergency Medical Technicians	Transportation, Distribution and Logistics	
Art Therapists	Health Science	
Medical Appliance Technicians	Manufacturing	
Historians	Science, Technology, Engineering and Mathematics	
Middle School Teachers, Except Special and Career/Technical Education	Education and Training	
Public Relations Specialists	Marketing	
Hearing Aid Specialists	Health Science	
Airfield Operations Specialists	Transportation, Distribution and Logistics	