

Intelligences and You



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

- ☐ Have good balance and coordination when moving or being physically active
- ☐ Good at hands-on activities, such as using tools and objects to build, create and repair
- ☐ Can analyze complex movements and the steps involved to identify problems and solutions
- ☐ Use movement to express feelings and ideas — through gestures, body language, acting or dance, for example
- ☐ Have good reflexes — react quickly and instinctively

Famous People with Strong Kinesthetic Intelligence

- ☐ Michael Jordan (basketball player)
- ☐ Bruce Lee (martial artist)
- ☐ Paula Abdul (dancer, choreographer)
- ☐ David Blaine (magician, endurance artist)
- ☐ Jim Carrey (actor, comedian)

Challenges

- ☐ Avoid activities that require good coordination or complex movements
- ☐ Not interested in playing competitive sports
- ☐ Do not use movement or physical precision for self-expression — through dance, painting or handmade crafts, for example
- ☐ Lack confidence when using tools and other physical objects to complete tasks
- ☐ Unaware of own body language and may miss non-verbal cues from others

Top Careers for Kinesthetic Intelligence

1. Fallers
2. Fence Erectors
3. Tire Builders
4. Rail Car Repairers
5. Dancers
6. Athletes and Sports Competitors
7. Municipal Firefighters
8. Fitness Trainers and Aerobics Instructors
9. Athletic Trainers
10. Roustabouts, Oil and Gas



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

- ☐ Know how to use vocabulary, sentence structure, grammar and spelling for clear communication
- ☐ Easily remember word-based information
- ☐ Good at learning new languages and other symbol systems, such as computer code and hieroglyphs
- ☐ Use language creatively for such things as storytelling, writing, using humor and composing poetry
- ☐ Can tailor communication style depending on topic, audience and purpose

Famous People with Strong Linguistic Intelligence

- ☐ William Shakespeare (author, playwright)
- ☐ Barack Obama (lawyer, U.S. president)
- ☐ Maya Angelou (poet, author)
- ☐ Noam Chomsky (linguist, philosopher)
- ☐ Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs)

Challenges

- ☐ Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
- ☐ Struggle with communication, creativity and memory for general facts
- ☐ Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material
- ☐ Don't pick up on subtle forms of humor, such as irony, sarcasm and satire
- ☐ Have trouble remembering things that are read or heard

Top Careers for Linguistic Intelligence

1. Interpreters and Translators
2. Technical Writers
3. Lawyers
4. Political Scientists
5. Speech-Language Pathologists
6. Neuropsychologists and Clinical Neuropsychologists
7. Training and Development Specialists
8. Soil and Plant Scientists
9. Foreign Language and Literature Teachers, Postsecondary
10. English Language and Literature Teachers, Postsecondary



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

- ☐ Relate well to 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

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)

Challenges

- ☐ Difficulty building and maintaining social relationships
- ☐ Do not notice or respond appropriately to others' feelings, motivations or behaviors
- ☐ Not good at collaborative work
- ☐ Uncomfortable interacting with people whose experiences, views and beliefs differ from own
- ☐ Don't see the humor in things that others find funny

Top Careers for Interpersonal Intelligence

1. Marriage and Family Therapists
 2. Educational, Guidance, School, and Vocational Counselors
 3. Patient Representatives
 4. Psychiatrists
 5. Lodging Managers
 6. Arbitrators, Mediators, and Conciliators
 7. Public Relations and Fundraising Managers
 8. Transportation Managers
 9. Emergency Management Directors
 10. Counseling Psychologists
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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

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

Famous People with Strong Existential Intelligence

- ☐ Aristotle (philosopher, teacher)
- ☐ The Dalai Lama (spiritual leader)
- ☐ Deepak Chopra (doctor, speaker/author)
- ☐ Ralph W. Emerson (essayist, transcendentalist)
- ☐ Jane Addams (philosopher, activist)

Challenges

- ☐ Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clear and final answers
- ☐ Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
- ☐ Difficulty understanding perspectives, values and opinions that differ from own
- ☐ Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger concept

Top Careers for Existential Intelligence

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



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

- ☐ Well aware of personal abilities, challenges, feelings and attitudes
- ☐ Set realistic goals, able to focus and stay on track
- ☐ In control of emotions, good at handling high-stress situations
- ☐ Make decisions thoughtfully and carefully
- ☐ Ethical and objective, aware of how personal viewpoints can be biased or unfair

Famous People with Strong Intrapersonal Intelligence

- ☐ Confucius (philosopher, teacher)
- ☐ Sigmund Freud (neurologist, psychoanalyst)
- ☐ Mohandas Ghandi (lawyer, ideological leader)
- ☐ Helen Keller (speaker, author)
- ☐ Terry Fox (athlete, humanitarian)

Challenges

- ☐ Give little thought to personal goals and abilities when making decisions
- ☐ Unaware of how mood, attitude and tone of voice can affect other people
- ☐ Allow personal opinions to negatively affect decisions and interactions with others
- ☐ Set unrealistic goals and make limited progress, often giving up
- ☐ Don't understand how to recognize and manage own emotions

Top Careers for Intrapersonal Intelligence

1. Gaming Supervisors
2. Judges, Magistrate Judges, and Magistrates
3. Child, Family, and School Social Workers
4. Chief Executives
5. Education Administrators, Preschool and Childcare Center/Program
6. Postmasters and Mail Superintendents
7. Psychiatric Aides
8. Producers
9. Transportation Managers
10. Sales Managers



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

- ☐ Sensitive to nature — feel a concern for, and connection to, living things and the natural environment
- ☐ Observe similarities and differences in plants, animals and natural formations, as well as in manufactured objects
- ☐ Organize and group things according to their traits
- ☐ Enjoy growing plants, taking care of animals or learning about the natural environment
- ☐ Aware of subtle changes in the weather, climate and seasons
- ☐ Have an interest in conservation and recycling

Famous People with Strong Naturalist Intelligence

- ☐ Charles Darwin (geologist, naturalist)
- ☐ Jane Goodall (biologist, conservationist)
- ☐ Jacques Cousteau (marine ecologist, filmmaker)
- ☐ Chico Mendes (human rights activist, environmentalist)
- ☐ Steve Irwin "The Crocodile Hunter" (naturalist, environmentalist)

Challenges

- ☐ Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
- ☐ Don't notice similarities between seemingly different objects
- ☐ Unable to identify the sights and sounds of nature — birds and their songs, for example, or the appearance of plants, rocks or cloud formations
- ☐ Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences
- ☐ Unaware of gradual shifts in the weather and the effects of factors such as temperature, humidity, wind and pressure
- ☐ Not concerned about environmental protection, pollution controls or water quality

Top Careers for Naturalist Intelligence

1. Hunters and Trappers
2. Park Naturalists
3. Sustainability Specialists
4. Veterinarians
5. Environmental Science Teachers, Postsecondary
6. Animal Breeders
7. Farmworkers, Farm, Ranch, and Aquacultural Animals
8. Environmental Science and Protection Technicians, Including Health
9. Forest and Conservation Workers
10. Fishers and Related Fishing Workers



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

- ☐ Easily recognize number patterns and can make quick, accurate calculations
- ☐ Understand the relationship between cause and effect — to predict how one thing can affect another
- ☐ Can identify all the parts in a system and how they interact
- ☐ Analyze information to determine what is important versus what is not
- ☐ Able to work with abstract concepts and use symbols to represent concrete ideas

Challenges

- ☐ Struggle with abstract mathematical and logical concepts
- ☐ Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
- ☐ Dislike activities involving puzzles, strategy, calculations or formulas
- ☐ Find it hard to categorize and organize things in a logical manner
- ☐ Not inclined to experiment or form theories to explain things

Famous People with Strong Logical Intelligence

- ☐ Thomas Edison (inventor, businessman)
- ☐ Albert Einstein (physicist, humanitarian)
- ☐ Florence Nightingale (nurse, statistician)
- ☐ Sherlock Holmes (fictional detective)
- ☐ Bill Gates (businessman, philanthropist)

Top Careers for Logical Intelligence

1. Mathematical Technicians
2. Operations Research Analysts
3. Actuaries
4. Software Developers, Applications
5. Mathematical Science Teachers, Postsecondary
6. Agricultural Engineers
7. Biomedical Engineers
8. Transportation Engineers
9. Manufacturing Engineering Technologists
10. Industrial-Organizational Psychologists



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

- ☐ Enjoy a wide range of different types of music
- ☐ Use music to influence mood, build motivation and boost productivity
- ☐ Easily pick up on the beat or chords in music and recognize different instruments by their sounds
- ☐ Notice and use different tones in speech to impart emotion, emphasis or meaning
- ☐ Sing well, can play one or more instruments and could easily learn another
- ☐ Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things

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)

Challenges

- ☐ Enjoy only a few types of music
- ☐ Music has little effect on mood, motivation and emotions
- ☐ Difficulty identifying sounds of different musical instruments
- ☐ Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm
- ☐ Do not sing well and would have trouble learning to play an instrument
- ☐ Do not remember melodies and lyrics of songs

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



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

- ☐ Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified
- ☐ Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things
- ☐ Can work with shape, size, position and location to solve problems and design, arrange or build things
- ☐ Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water
- ☐ Can accurately visualize and estimate distances and measurements

Famous People with Strong Spatial Intelligence

- ☐ Frank Lloyd Wright (architect, interior designer)
- ☐ Michelangelo (artist, engineer)
- ☐ Steven Spielberg (film director, video game designer)
- ☐ Vera Wang (fashion designer)
- ☐ Christopher Columbus (explorer, navigator)

Challenges

- ☐ Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
- ☐ Poor memory for visual details such as locations and what things look like; may also forget faces
- ☐ Dislike puzzles, mazes, building models and other activities that require fitting pieces together
- ☐ Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams
- ☐ Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes

Top Careers for Spatial Intelligence

1. Civil Drafters
2. Mechanical Drafters
3. Computer Hardware Engineers
4. Agricultural Engineers
5. Commercial and Industrial Designers
6. Biomedical Engineers
7. Architecture Teachers, Postsecondary
8. Pilots, Ship
9. Architectural Drafters
10. Transportation Engineers

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How well does it match you?



Very Accurate
(85% or more)

Developing Your Intelligences



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

Kinesthetic

Advice for Learning



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

Recommendations

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

Kinesthetic and Existential Intelligences

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

Kinesthetic and Intrapersonal Intelligences

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

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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
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Interpersonal



Advice for Learning

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

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work 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
- ☐ Expand your network. Interact with people of different ages, cultures and skill sets

Interpersonal and Musical Intelligences

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

Interpersonal and Spatial Intelligences

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

Advice for Learning



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

Recommendations

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

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

Existential and Kinesthetic Intelligences

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

Existential and 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
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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

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

Intrapersonal and Kinesthetic Intelligences

- Try physical activities that focus on self-awareness. Activities such as yoga or tai chi require being conscious of your positions and movements
- Set a goal to take up an activity or accomplish a certain level of physical achievement. Be sure it is realistic and record your progress as you work towards it. As you accomplish your goals, set more challenging ones

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
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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 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 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
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Logical



Advice for Learning

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

Recommendations

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

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

Logical and Kinesthetic Intelligences

- Pursue activities that combine movement or physical action with strategy, analysis and goal setting. Many team sports, as well as activities like paintball, golf and model building, use strategy, for example
- Design your ideal fitness program. Carry it out like an experiment: make observations, record your results and adjust your method as needed
- Follow a logical sequence of drills – a conditioning program – to prepare for a certain sport or activity. Use mirrors to analyze your movements for correct form

Logical and 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
-

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

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

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

Musical and Kinesthetic Intelligences

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

Musical and Linguistic Intelligences

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

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

Spatial

Advice for Learning



- When taking notes or studying, use mind maps, charts, diagrams or pictures to visualize the topics you are learning about. Create sketches or mental images to help you memorize and recall information
- Imagine different ways of seeing things. Visualize how they would look based on a description. Then think about how they would look if you rotated them, or changed a color, shape or other feature
- Take elective courses like art, marketing and advertising, dance, animation, video production, woodworking or design
- When permitted, incorporate visual representations into your assignments and projects. For example, you could make use of charts, posters, diagrams, animations or videos

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 Kinesthetic Intelligences

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

Spatial and Linguistic Intelligences

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



Emotional Intelligence and You

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

Most Recent Results



Your EI score is a blend of your interpersonal and intrapersonal intelligences scores. EI 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	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Assertive: honest, direct and willing to stand up for yourself	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Composed: think carefully before reacting and resist being impulsive	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Content: happy and satisfied with your life	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Empathic: intensely aware of needs and feelings — your own, and other people's	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Expressive: can communicate your emotions to others in a healthy way	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Influential: can guide other's emotions in a purposeful way	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
Intimate: build and maintain healthy and close personal relationships	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>

Optimistic: have a positive outlook on life



Perceptive: keenly aware of your emotions and those of other people



Regulated: able to manage your emotions and behavior in a variety of situations



Resilient: can deal with pressure and stress in a healthy way



Motivated: persist and overcome difficulties to achieve goals



Connected: build social connections with many different people



Recommendations

The following recommendations are based on your results. Select the ones you think would work best for you.

Developing Emotional Intelligence

- ☐ Develop a sense of humor and try to make people laugh without putting others down
- ☐ Learn to laugh at yourself and endear yourself to others by showing humility
- ☐ Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year
- ☐ Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such 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
- ☐ 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
- ☐ 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
- ☐ Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see things from your own perspective. Before judging, ask others why they feel the way they do. Learn more about people's backgrounds and about cultures that differ from your own. Practice listening more than speaking. Ask questions respectfully, with the goal of learning about others' views, instead of trying to make your own point

Career and Pathways



The careers listed below are all linked to your assessment results, with the careers at the top being the best match for your profile.