



## Intelligences and You

Musical



### Musical Intelligence

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

#### Strengths

- ☐ 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



## 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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## 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



## 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



## 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



## 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



## 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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## 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





## 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

### Rate your profile:

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.

## 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 Intrapersonal Intelligences

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

### 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
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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 Existential Intelligences

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

## Interpersonal and 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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# Linguistic



## Advice for Learning

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

## Recommendations

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

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

## Linguistic and Kinesthetic Intelligences

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

## Linguistic and 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
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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 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 Musical Intelligences

- Listen to or play music in different natural environments. Pay attention to the unique acoustics of each location. How are they similar or different, and why?
  - Learn about the different types of wood and fibers used to make woodwinds, drums and stringed instruments. Find out why certain qualities of materials make them suitable for musical instruments
  - Spend time in a natural environment on your own and remain completely quiet. Use your naturalist wisdom to focus on the sounds around you, whether they are made by animals or by other natural sources
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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 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 Musical Intelligences

- Try using music as a tool to influence your mood. Use your self-knowledge and awareness of your feelings. Think about the kind of music you enjoy listening to and how it affects you. Eventually, you can try creating your own music to suit your mood – or to change it
  - Consider why certain music might affect your mood. What instruments are being used? What effect does rhythm have? What style of music appeals to you or turns you off, and why?
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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 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 Musical Intelligences

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

- Spatial intelligence involves the ability to interpret images and physical space around objects. Learn to read music. Your spatial ability will help you to quickly interpret the patterns on the music sheets
  - When learning to play an instrument, try visualization. Picture yourself playing the instrument well. Imagine your hands moving the way they need to move, your posture and breathing
  - Work on puzzles or other visual games while listening to music. Vary the genres of music that you listen to and take note of how each affects your performance in completing the activity. You can also analyze music videos that focus on a visually artistic theme
-



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

## 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 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 Musical Intelligences

- Learn about the connections between music and math. Music is very much about patterns, sequences of notes and changes in vibration. Much of this can be analyzed and understood through logical and mathematical analysis
  - When working on logical activities, listen to music that helps you focus. Baroque music, and taking part in formal musical training, have been shown to help with math and reasoning
  - Learn basic note patterns in terms of pitch and length. Then select an instrument and experiment with the musical scales
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# 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 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 Musical Intelligences

- Try watching and playing instruments that require a lot of coordinated movement, such as drums, guitar, piano or violin
  - Take part in fitness classes or routines that use music for motivation and a sense of timing and rhythm. Think about how the music influences your movements and keeps you moving
  - Take a dance class and pay close attention to the music that is used. Listen for changes in tempo, pitch and volume and think about how those connect to the steps and movements of the dance
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# Emotional Intelligence (EI)



## Emotional Intelligence and You

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

### Most Recent Results



Your EI score is a blend of your 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.

<b>Adaptable:</b> able to deal with new and changing conditions	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
<b>Assertive:</b> honest, direct and willing to stand up for yourself	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
<b>Composed:</b> think carefully before reacting and resist being impulsive	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
<b>Content:</b> happy and satisfied with your life	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
<b>Empathic:</b> 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>
<b>Expressive:</b> 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>
<b>Influential:</b> can guide other's emotions in a purposeful way	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>
<b>Intimate:</b> build and maintain healthy and close personal relationships	<div><div></div><div></div><div></div><div></div><div></div></div> <div>ChallengeStrength</div>

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**Optimistic:** have a positive outlook on life



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



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



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



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**Motivated:** persist and overcome difficulties to achieve goals



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**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.