

MULTIPLE INTELLIGENCES: UNDERSTANDING MYSELF

There is no one else in the world who is exactly like you.

You have your own individual

- talents and abilities
- habits and interests
- characteristics
- areas to develop and improve upon

People are a mixture of eight different intelligences, called **Multiple Intelligences**.

Understanding your own special mix of them will help your learning.

Give yourself a rating using :-

**1- Not me, 2- Sometimes me, 3- Yes me**

**Verbal Intelligence (Linguistic)**

Strength in this area lies in

- I speak and write well
- I enjoy explaining things
- I enjoy reading
- I enjoy writing stories and essays
- I enjoy playing word games and doing word puzzles and crosswords



Rating

Score \_\_\_\_\_

**Logical Intelligence (Mathematical)**

Strength in this area lies in:-

- I enjoy maths and using numbers
- I enjoy setting up problems to solve
- I look for patterns in things
- I enjoy logical step by step thinking
- I enjoy doing logic puzzles and solving problems



Score \_\_\_\_\_

**Visual Intelligence (Spatial)**

Strength in this area lies:-

- I enjoy drawing and art
- I enjoy arranging colour combinations
- I picture things in my mind
- I enjoy jigsaws and reading maps
- I like to arrange things on shelves and in cupboards



Score \_\_\_\_\_

**Musical Intelligence (Rhythmic)**

Strength in this area lies in:-

- I feel the moods, tones and rhythm of music
- I like singing and listening to songs, tunes
- I remember the words of songs
- I have tunes playing in my mind
- I enjoy creating sounds



Score \_\_\_\_\_

**Physical Intelligence (Kinesthetic)**

Strength in this area lies in:-

- I enjoy moving and not being still
- I understand by doing things
- I enjoy physical activities
- I think about things when exercising
- I have good co-ordination



Score \_\_\_\_\_

**Self Awareness Intelligence (Interpersonal)**

Strength in this area lies in:-

- I know my feelings and how I think
- I like privacy, my own company
- I enjoy setting personal goals
- I prefer to work alone
- I have a small circle of friends



Score \_\_\_\_\_

**People Intelligence (Interpersonal)**

Strength in this area lies in:-

- I enjoy being around people
- I like group work and talking
- I understand others moods, feelings
- I enjoy helping and coaching others
- I listen to other people



Score \_\_\_\_\_

**Environmental Intelligence (Naturalistic)**

Strength in this area lies in:-

- I enjoy being outside
- I feel part of the environment
- I dislike litter and pollution
- I enjoy camping, fishing, bushwalking



Score \_\_\_\_\_

*“Remember, happiness is a journey not a destination” Ray Goodman*

**MULTIPLE INTELLIGENCES: MY SCORE AND RANKING**

Now add up your score for each intelligence and rank them from 1 to 8. If you have two scores the same, rank the one that you feel suits you better, higher.

INTELLIGENCE	SCORE	RANKING	DESCRIPTION OF PREFERRED INTELLIGENCE
Verbal			Words and writing describe my world
Logical			Thinking and patterns describe my world
Visual			Pictures and images describe my world
Musical			Music and songs describe my world
Physical			Movement and activities describe my world
Interpersonal			Privacy and reflecting describe my world
People			People and groups describe my world
Environment			Nature and outdoors describe my world

My strongest Intelligence is \_\_\_\_\_

This means that in my learning I will \_\_\_\_\_

An Intelligence that I would like to strengthen is why? \_\_\_\_\_

**HOW I LEARN**

People learn in three main ways

- prefer practical subjects
- do extra subject work rather than read it.

**Visual**

- by seeing, 35% of people
- read subject notes and summarise
- draw diagrams and posters
- watch videos on subjects
- create mental pictures to see where it fits.

A **combination** of all three will give the best results. The more that you “feel” your learning, the better it will be. You learn in a number of different ways.

**Auditory**

- by hearing, 25% of people
- recite work aloud
- make tapes of subject material and listen to them
- discuss ideas with friends and teachers
- listen to points teachers stress.

You **REMEMBER:**

- 10% from reading
- 25% from hearing
- 35% from seeing
- 50% from both seeing and hearing
- 75% from discussing things
- 85% from doing something yourself
- 95% from teaching someone else the work.



**Kinesthetic**

- by doing, 40% of people
- are active in class
- watch teachers' body movements for understanding

Always try to explain your work to friends and family.

*“You learn by doing.” Anon.*