

MULTIPLE INTELLIGENCES: UNDERSTANDING MYSELF

You are unique, **no one** else in the world is exactly like you.

You have your own special individual

- talents, abilities and characteristics
- habits and interests
- strengths and areas to improve upon

Often your abilities may be judged in terms of your Intelligence Quotient, **IQ**

- it is basically a test of Maths and English
- research has shown very clearly that your IQ only contributes between 4 to 10% to being successful.

You also possess a set of specific intelligences called **Multiple Intelligences**

- you have your own personal mix of them
- understanding your individual make-up will enhance your progress considerably.
- there are 8 of these intelligences

Give yourself a rating using

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

and add them up for each intelligence

Verbal/Linguistic Intelligence

Strength in this area lies in

- I express myself well verbally and in written form
- I enjoy explaining things
- I enjoy discussing issues
- I enjoy conversation
- I enjoy writing letters, essays and stories
- I have a good vocabulary
- I enjoy playing word games and doing crosswords and word puzzles



- I enjoy reading and poetry
- I like to keep a personal diary

Score _____

Mathematical/Logical Intelligence

Strength in this area lies in

- I have maths ability and enjoy using numbers
- I am logical in step by step thinking
- I enjoy looking for order and patterns
- I enjoy setting up flowcharts and sequences to follow
- I am organised, keeping a daily "things to do" list
- I enjoy doing logic puzzles and problem solving
- I follow a timetable
- I need to understand the connection between each step
- I enjoy setting up systems

Score _____



Visual/Spatial Intelligence

Strength in this area lies in

- I enjoy picturing events and situations
- I picture how plans will look
- I enjoy map reading and navigating
- I enjoy drawing, painting
- I enjoy locating places
- I like to arrange things on shelves and in cupboards
- I have a good understanding of colour combinations
- I observe and watch things
- I enjoy jigsaws

Score _____



"I am I said." Anon.

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Musical Rhythmic Intelligence

Strength in this area lies in

- I feel the moods and rhythms of music
- I remember the words of songs and melodies
- I keep time to tunes and harmonies
- My mood changes with a type of music
- I have tunes playing in my mind
- My body moves in unison with beat and rhythm
- I enjoy creating sounds
- I notice changes in pitch and key
- I interpret meaning from music



Score _____

- I enjoy group activities rather than individual ones
- I am good at listening
- I am able to mediate in conflict situations
- I get on well with others



Score _____

Physical/Kinesthetic Intelligence

Strength in this area lies in

- I enjoy moving and not being still
- I understand by doing things, interacting
- I enjoy walking, running, climbing, swimming
- I enjoy hands on activities, building, constructing
- I participate in sport and exercise
- I have good co-ordination
- I think about things when moving
- I enjoy dancing
- I like feeling objects and their coverings, textures



Score _____

Intrapersonal Intelligence

Strength in this area lies in

- I think independently
- I understand my feelings and moods
- I enjoy privacy, my own company
- I like to think things out alone
- I have a small circle of friends
- I am not influenced by peer group pressure
- I enjoy setting personal goals and planning
- I analyse issues and events
- I prefer to work alone rather than in groups



Score _____

Naturalistic Intelligence

Strength in this area lies in

- I feel part of the environment
- I enjoy gardens and gardening
- I watch and listen to bird life
- I am interested in all environmental issues
- I dislike litter and pollution
- I enjoy nature documentaries
- I enjoy being outside and experiencing nature
- I am receptive to nature's noises, fragrances, breezes
- I enjoy fishing, camping, bushwalking



Score _____

Interpersonal Intelligence

Strength in this area lies in

- I enjoy coaching and teaching others
- I enjoy training and communicating
- I enjoy listening to others
- I enjoy helping and managing people
- I enjoy others' company
- I feel the moods of others

“Little things make the difference.” Anon.