

LEARNING STRENGTHS

Research shows that all people have at least eight different types of intelligence. Depending on your background and age, some intelligences are more developed than others. This activity will help you find out what your strengths are. Knowing this, you can work to strengthen the other intelligences that you do not use as often. Put a check mark next to all of the statements that best describe you in each section.

SECTION 1

- ☐ I enjoy telling stories and jokes
- ☐ I have a good memory for trivia
- ☐ I enjoy word games (e.g. Scrabble and puzzles)
- ☐ I read books just for fun
- ☐ I am a good speller (most of the time)
- ☐ In an argument, I tend to use put-downs or sarcasm
- ☐ I like talking and writing about my ideas
- ☐ I create a rhyme or saying to help me memorize things
- ☐ If something breaks, I read the instruction book first
- ☐ For a group presentation, I prefer to do the writing and library research

SECTION 2

- ☐ I really enjoy my math class
- ☐ I like logical math puzzles or brain teasers
- ☐ I find solving math problems to be fun
- ☐ If I have to memorize something I tend to place events in a logical order
- ☐ I like to find out how things work
- ☐ I enjoy computer and any math games
- ☐ I love playing chess, checkers or Monopoly
- ☐ In an argument, I try to find a fair and logical solution
- ☐ If something breaks, I look at the pieces and try to figure out how it works
- ☐ For a group presentation, I prefer to create the charts and graphs

SECTION 3

- ☐ I prefer a map to written directions
- ☐ I daydream a lot
- ☐ I enjoy hobbies such as photography
- ☐ I like to draw and create
- ☐ If I have to memorize something, I draw a diagram to help me remember
- ☐ I like to doodle on paper whenever I can
- ☐ In a magazine, I prefer looking at the pictures rather than reading the text
- ☐ In an argument, I try to keep my distance, keep silent or visualize a solution
- ☐ If something breaks, I tend to study the diagram of how it works
- ☐ For a group presentation, I prefer to draw all the pictures

SECTION 4

- ☐ My favorite class is gym
- ☐ I enjoy activities such as woodworking, sewing and building models
- ☐ When looking at things, I like touching them
- ☐ I have trouble sitting still for any length of time
- ☐ I use a lot of body movements when talking
- ☐ If I have to memorize something, I write it out a number of times until I know it
- ☐ I tend to tap my fingers or play with my pencil during class

- _____ In an argument, I tend to strike out and hit or run away
- _____ If something breaks, I tend to play with the pieces to try to fit them together
- _____ For a presentation, I prefer to move the props around or build a model

SECTION 5

- _____ I enjoy listening to CD's and the radio
- _____ I tend to hum to myself when working
- _____ I like to sing
- _____ I play a musical instrument quite well
- _____ I like to have music playing when doing homework or studying
- _____ If I have to memorize something, I try to create a rhyme about the event
- _____ In an argument, I tend to shout or punch or move in some sort of rhythm
- _____ I can remember the melodies of many songs
- _____ If something breaks, I tend to tap my fingers to a beat while I figure it out
- _____ For a group presentation, I prefer to use music to get my ideas across

SECTION 6

- _____ I get along well with others
- _____ I like to belong to clubs and organizations
- _____ I have several very close friends
- _____ I like helping teach other students
- _____ I like working with others in groups
- _____ Friends ask my advice because I seem to be a natural leader
- _____ If I have to memorize something, I ask someone to quiz me to see if I know it
- _____ In an argument, I tend to ask a friend or some person in authority for help
- _____ If something breaks, I try to find someone who can help me
- _____ For a group presentation, I like to help organize the group's efforts

SECTION 7

- _____ I like to work alone without anyone bothering me
- _____ I like to keep a diary
- _____ I like myself (most of the time)
- _____ I don't like crowds
- _____ I know what I am good at and what I am weak at
- _____ I find that I am strong-willed, independent and don't follow the crowd
- _____ If I have to memorize something, I tend to close my eyes and feel the situation
- _____ For a group presentation, I like to contribute something that is uniquely mine

SECTION 8

- _____ I am keenly aware of my surroundings and of what goes on around me
- _____ I love to go walking in the woods and looking at the trees and flowers
- _____ I enjoy gardening
- _____ I like to collect things (e.g. rocks, sports cards, stamps, etc)
- _____ As an adult, I think I would like to get away from the city and enjoy nature
- _____ If I have to memorize something, I tend to organize it into categories
- _____ I enjoy learning the names of living things, such as flowers and trees
- _____ If something breaks, I look around to see what I can find to fix the problem
- _____ For a group presentation, I prefer to organize the information into categories

Total each section below. Each section corresponds to an intelligence. Then read about the intelligences below. Pick your top **three** intelligences and write a small paragraph explaining how you can use this information to your benefit in your hardest class this year.

_____	Section 1 = Verbal/Linguistic
_____	Section 2 = Logical/Mathematical
_____	Section 3 = Visual/Spatial
_____	Section 4 = Bodily/Kinesthetic
_____	Section 5 = Musical/Rhythmic
_____	Section 6 = Interpersonal
_____	Section 7 = Intrapersonal
_____	Section 8 = Naturalist

Eight Ways of Being Smart

Verbal/ Linguistic Intelligence:

Is strong in: reading, writing, telling stories, memorizing dates, thinking in words.

Likes to: read, write, talk, memorize, work at puzzles.

Learns best by reading, hearing and seeing words, speaking, writing, discussing and debating.

Math/Logic Intelligence:

Is strong in: math, reasoning, logic, problem-solving, patterns.

Likes to: solve problems, question, work with numbers, experiment.

Learns best by working with patterns and relationships, classifying, categorizing, working with the abstract.

Spatial Intelligence:

Is strong in: reading, maps, charts, drawing, mazes, puzzles, imaging things, visualization

Likes to: design, draw, build, create, daydream, look at pictures.

Learns best by working with pictures and colors, visualizing, drawing.

Bodily/Kinesthetic Intelligence:

Strong in: athletics, dancing , acting, crafts, using tools.

Likes to: move around, touch and talk, body language.

Learns best by working with pictures and colors, visualizing, drawing.

Musical Intelligence:

Strong in: singing, picking up sounds, remembering melodies, rhythms.

Likes to: sing, hum, play an instrument, listen to music.

Learns best by rhythm, melody, singing, listening to music and melodies.

Interpersonal Intelligence:

Strong in: understanding people, leading, organizing, communicating, resolving conflicts, selling.

Likes to: have friends, talk to people, join groups.

Learns best by sharing, comparing, relating, interviewing, cooperating.

Intrapersonal Intelligence:

Strong in: understanding self, recognizing strengths and weaknesses, setting goals.

Likes to: work alone, reflect, pursue interests.

Learns best by working alone, doing self-paced projects, having space, reflecting.

Naturalist Intelligence:

Strong in: understanding nature, making distinctions, identifying flora and fauna.

Likes to: be involved with nature, make distinctions.

Learns best by working in nature, exploring things, learning about plants and natural events.

Based on Howard Gardner's Theory of Multiple Intelligences survey created by Greg Gay- Adapted by J. Ivanko, 1998, Adapted by K. Bonds, 2008

Please write a paragraph explaining how you can use this information to your benefit in your two toughest classes this year.