

RACHAEL BULBA'S REPORT

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What are Multiple Intelligences?

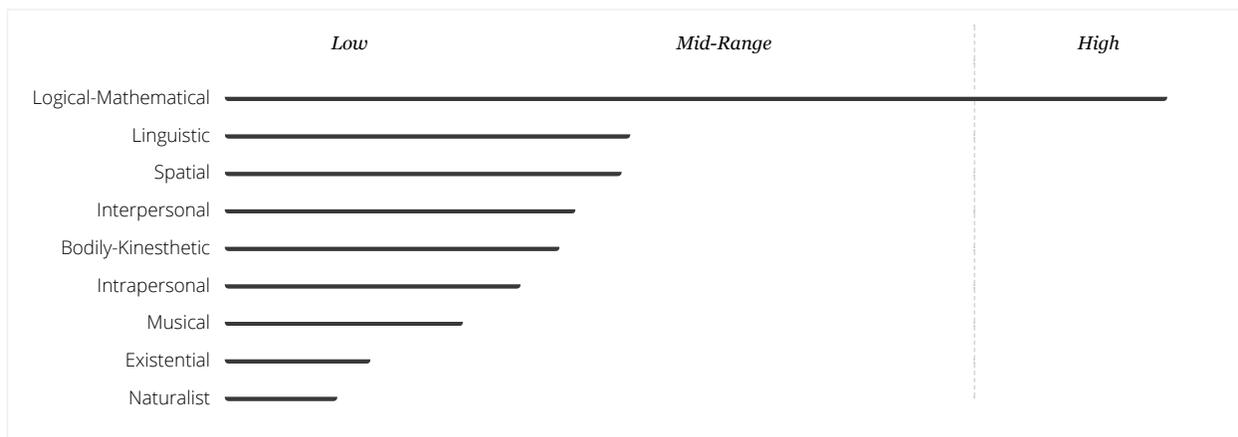
Intelligence is the potential to solve problems and to create ideas and things that are valued in the current culture. A person's intelligence can vary over different areas such as science, art, athletics and social interaction. Research indicates that there are many unique areas of intelligence, and the measure of all those intelligences in a person is his or her multiple intelligence profile.

Your Profile

The intelligence profile shown below is based on how you answered the survey questions. The profile reveals current strength and challenge areas. Strengths usually come from a combination of natural ability and a lot of practice and support in that area. Lower ranked intelligences may exist because the right opportunities to develop them have not been made available. Knowing your intelligence profile will help you to take advantage of your strengths and develop your challenge areas.

Reminders:

- Everybody has all the intelligences.
- Your strengths can be used in many ways to help you be successful.
- Intelligences can always be developed further - both strengths and challenges.
- Profiles can change as intelligences are developed.



Using This Report

Use the individual intelligence links at the top or bottom of the page for details on each of your intelligence areas. Try out some of the suggested strategies to make the most of your strengths and improve your challenge areas - in school, your future career and your personal life.

Traits from Your Top Ranked Intelligences:

Logical-Mathematical

- Recognizing number patterns and making quick calculations
- Understanding and predicting cause and effect relationships
- Identifying all the parts in a system and how they interact
- Making educated guesses and taking the proper steps to discover the best answer
- Determining what information is important vs. what is not
- Ability to work with abstract ideas such as in business and science

Linguistic

- Reading speed and comprehension
- Memory for word-based information
- Ability to change communication style for topic, audience, and purpose

- Creative use of language such as in story-telling, creative writing, humor, and poetry
- Learning new languages and other symbol systems such as computer code and hieroglyphs
- Understanding of vocabulary, sentence structure, grammar, and spelling for clear communication

Logical-Mathematical

Description

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 (e.g. numbers), recognizing logical sequences and patterns, recognizing problems and solving them. This intelligence is closely linked with being successful in school.

Famous People with Strong Logical-Mathematical Intelligence:

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

Logical-Mathematical Intelligence and You

Your assessment indicates that you are strongly oriented towards logical-mathematical intelligence.

Academic and Work Tasks

This means that mathematical and logical concepts have probably come easy to you and that you most likely enjoy activities that use analytical thinking. You probably earn good grades in math or at least find it one of the easier subjects in school. In fact, you likely do well in school overall because logical thinking can help you on tests in most subjects, especially when combined with a strong verbal-linguistic intelligence. Logical thinking also plays a big role in many career-related tasks such as organizing, research, developing strategy, and problem solving.

Problem-Solving

People with a strong logical-mathematical ability are often seen as investigators or questioners. Your favorite questions are likely "how" and "why". You're probably interested in learning about scientific discoveries, including exactly how the discovery was made. You tend to believe there are rational explanations for most things, and will spend time and energy trying to find those reasons. Solving problems is something you enjoy and can usually do well because of your methodical approach and your ability to process a lot of information very quickly. You often think about different strategies to make things more efficient and effective - for school, work and play.

Connecting Ideas

You can see patterns and connections between things more quickly and easily than most others, especially when it comes to abstract ideas or lessons in school. For example, you may see the connection between the way a computer stores and indexes information, and the index at the back of a book. This ability to recognize patterns can easily be applied to just about any area: economics, biology, history, logistics, architecture, medicine, language and more.

Finding Balance

With your strong ability to analyze and compare, be careful that you don't get caught up in every curiosity you have at the expense of other responsibilities or other people's feelings. Remember to develop your interpersonal and intrapersonal abilities to keep things in balance, and even enhance your logical-mathematical abilities in certain areas. For example, the skills of empathy, perspective and self-knowledge, which are important in building relationships, can also help to make more accurate predictions for situations involving people. The reverse is also true. Our relationships can be studied and improved using logical-mathematical skills. When the emotional world is analyzed using estimations, patterns, and probabilities, it can increase awareness and provide information that supports a better understanding.

In the Learning Environment

Logical-mathematical intelligence is one of the most frequently used intelligences in school. It can be used across all subjects for both finding and solving problems. This intelligence also helps with rational decision-making. Good decisions help students have a positive school experience when it comes to course selection, extra-curricular activities, time management, and much more.

Below are ways to use and improve your logical-mathematical intelligence. Make sure you discuss with your teachers and counselors where and when you can use the following strategies.

- Become familiar with the [fallacies of logic](#) (in other words, incorrect arguments or reasoning) with the goal of improving your critical thinking skills. Practice creating and identifying different statements that have fallacies. Different forms of media often contain fallacies, from newspapers to television shows. Fallacies are most often found in open platforms where anyone can comment, such as online forums and letters to the editor.
- When appropriate, practice thinking out loud, especially when working in groups. Share your problem solving and analytical strategies with others so that they can help you to improve upon them. And, listen to how others think their way through a problem.
- When you watch someone else analyze or solve a problem, ask questions about each of the steps taken. Find out what the person was thinking as he or she solved it. Put some focus on the process of solving the problem, not just the problem itself.
- Get some extra practice, add an element of fun, or challenge your math and logic skills by visiting one of the recommended websites listed below. Also feel free to find your own website that helps with logic and math. Be sure to check with a teacher or counselor to make sure that the site is one that will provide good support for your logical-mathematical intelligence.
- In any class or subject, try to look for patterns and ways to organize information to make it easier to remember. For example, create acronyms like HOMES to memorize the names of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.
- Try to get information represented in multiple ways. For example, data can be placed in a chart or a graph. Outlines can also be shown as a mind map. Even music can be represented differently, e.g. guitar tab vs. chords. Also, try to create different versions of the same information yourself. If you take notes in outline form, re-write them as a mind map or a chart.

Developing Your Logical-Mathematical Intelligence

There are many fun and interesting ways to develop your logical-mathematical intelligence.

Online Puzzles

There are plenty of websites dedicated to logic puzzles, riddles, and unique math problems. This is a great way to practice your logical-mathematical intelligence because there is so much variety, you get immediate feedback, and many sites are freely available. The only disadvantage is that you are not practicing the intelligence in a real-world situation. However, the flexibility and choice does make it convenient and allows you to select the level of difficulty as you develop your skills. The websites listed below will help get you started.

Practice, Practice, Practice

Math is like any other skill - you will get better if you practice. When dealing with everyday math problems, for example, calculating a tip at a restaurant, first try calculating in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer. It's true that some can learn easier and faster than others, but everybody can improve.

Real-World Examples

Take a little time each week to read or watch a science-based article or story. Pick a topic that somehow relates to the people or things in your life. Get to know some of the theories or facts in the story. Over the next few weeks, try to find real-world situations to the concepts you read about. For example, if you have a cell phone, you can learn about microwave radiation and how it is used to send the signal to and from your phone. Also, learn about how microwaves travel and what materials block or absorb them. Then, you can see where you get the best and worst signals on your phone and try to figure out why.

Strong Reasoning for Valid Conclusions

Logical-mathematical development also involves making accurate conclusions, using reliable and unbiased information. Information needs to be examined at face value and not skewed because you want it to support a certain idea. You can improve your reasoning skills by learning about and avoiding common [logical fallacies](#).

Continue to use and build your strengths in this intelligence by trying a wide variety of activities from puzzles, math and strategy games, to business and economic analysis, to medical research and science experiments. Also, remember that nearly all activities use at least several intelligences at once. Take advantage of your strengths and keep improving your other intelligences to get the most of your abilities in all situations. Be sure to look at the strategies below for ways to use your other strengths to help develop your logical mathematical intelligence.

Math and Logic Websites

[Khan Academy](#)

This fully-sponsored, ad-free site allows anyone to view videos and practice problems in math and other topics including science, computer programming, finance, humanities, and test prep. Whether you want to browse the site or create an account, everything is free of charge. Creating an account on the site allows you to track your progress and earn badges for achieving certain milestones. The site contains topics for primary school through up to advanced graduate level. This site is highly recommended.

[Math Playground](#)

This site is an excellent all-around math site that is supported by ads for educational products. The site appears geared towards younger students, but it actually addresses concepts that apply all the way through post-secondary mathematics. It uses a fun and interactive approach to math and even some computer programming concepts. This is a great site for those who may want to start at a more basic level, but it also contains challenges and fun for those with fairly advanced skills.

The Math Forum

The Math Forum is a research and educational enterprise of the Goodwin College of Professional Studies. This site contains a variety of word problems that you would typically see in school assignments and tests. Each problem includes a full step-by-step explanation of how to come up with a solution for the problem itself and others like it. This site is a great 'next step' once you are comfortable with the basics, or are doing some practice before a big test.

Galileo Network Educational Association

This site contains more off-the-wall and advanced problems for those seeking a challenge as well as those looking for math concepts that are applied to interesting real world problems. The puzzles on this site are the kind often seen at math competitions. Students who are comfortable with math will find the challenges on this site entertaining and helpful in sharpening their skills.

Using This Strength with Other Intelligences

Because this intelligence is a strength for you, continue to develop and apply it wherever and whenever it proves effective - at work and in your personal life. But, remember that intelligences are almost never used individually. Your effectiveness in almost any situation depends on a combination of at least several intelligences. Therefore, it is also beneficial to use your strengths to help develop your other intelligences. See below for specific strategies on using logical-mathematical intelligence to help develop the other intelligences.

Existential

A strong logical-mathematical intelligence can be a very good partner for existential intelligence. Existential intelligence helps you appreciate and have interest in many deep and important topics. Logical-mathematical intelligence provides good reasoning skills to work through and recognize patterns within those topics. Very often, philosophers utilize strong logical-mathematical intelligence to address various existential questions.

- If your strong logical-mathematical ability drives you to explore scientific concepts, just extend your exploration into the existential topics, where such theories often go. For example, [brain research](#) has indicated that the 'awareness' center of the brain may recognize our actions only after they are initiated by the subconscious areas of the brain. This can lead to a discussion of whether humans are really master of their own destiny, or are our 'decisions' more based on reactions to our environment? Remember, for existential questions, you do not have to reach a final answer.
- Your logical-mathematical ability may tempt you to quickly scan information (e.g. your textbook) to put your pattern finding skills to work. However, before you try to learn new information, take some time to understand the context and why you are learning it in the first place. What purpose will it serve? Not only will this improve your existential intelligence, but it will also help your logical analysis of the information.

Musical

[Math and music](#) are more closely connected than most people realize. Music is very much about patterns, sequences of notes, and changes in vibration, a lot of which can be analyzed and understood through logical and mathematical analysis.

- When working on logical-mathematical activities, try listening to music that helps you focus. Listening to Baroque music and taking part in formal musical training has been shown to help with math and reasoning.
- Learn basic note patterns in terms of pitch and length. Also, learn about how different instruments produce sound (e.g. [wind](#), [strings](#) and [percussion](#)). Then, pick an instrument and play with the [musical scales](#).
- Try music-based video games or other computer-based methods of music production and editing, both of which tend to focus on the logical-mathematical side of music.

Naturalist

Naturalist intelligence has many connections to math and logic, such as pattern recognition. However, while logical-mathematical people notice patterns in abstract concepts like numbers and scientific principles, naturalistic people see patterns in physical objects in the environment.

- Learn about some scientific discoveries of the natural world (e.g. ecology, geology, meteorology, astronomy, etc.), until you find one that interests you. Look for information that uses stats, measurements, and other methods to show clear comparisons. This type of information should be easily understood with your logical-mathematical intelligence.
- Get involved with a school group or outside organization that deals with the natural environment in a way that your logical-mathematical intelligence can be used.

Linguistic

Description

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.

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)

Linguistic Intelligence and You

Your assessment indicates that you are moderately oriented towards linguistic intelligence.

Academic Ability

This means that you probably have moderate skills in the areas of languages, grammar and vocabulary. Linguistic ability also affects your communication, creativity, and [semantic memory](#). Therefore, you may occasionally enjoy activities like reading, writing and wordplay. You probably earn decent grades in your English classes at school, but are maybe not a top performer in the higher grade levels. Chances are you prefer classes that do not involve a lot of reading or writing.

Communication Preferences

Linguistic intelligence affects your ability to both give and receive information. In other words, it affects your ability to read and listen as much as it affects your ability to speak and write. Having moderate linguistic skills, you may be more comfortable with some of those activities, but less comfortable with others. However, other traits and intelligences can affect how often and how well you perform each activity. For example, an extroverted personality type with a strong interpersonal intelligence and musical ability (for pacing and tone), may enjoy lively group discussions and debates on difficult topics. Meanwhile, a shy individual with strong intrapersonal intelligence may prefer reading advanced psychology textbooks.

Understanding Language Styles

As you develop your linguistic abilities, you may want to think more about different styles of communication, such as [rhetoric](#) or persuasive language, where the intent is to influence or convince an audience. Another style is explanatory or [technical](#) communication, which is meant to provide information. There are also many creative ways to use language such as [poetry](#) and [humor](#), which tend to entertain, as well as express or stir emotion. Of course, these communication styles can be combined and do not necessarily describe all the possibilities that are out there. Rather, they are mentioned here to demonstrate the potential when developing your linguistic ability.

Knowledge and Memory

Knowledge and memory are also closely tied to linguistic intelligence, as they are often formed and recalled through language. Having a moderate ability to understand language, you probably have a good memory for information. However, developing your linguistic intelligence may allow you to process even more information and retain a greater amount of meaning.

In the Learning Environment

Using language to communicate well is very important in both school and whenever you're learning something new. Improving your linguistic skills will allow you to better understand others and communicate more clearly. It will also help you to remember more information so that you can easily share what you've learned.

Below are ways to use and improve your linguistic intelligence. Make sure you discuss with your teachers and counselors where and when you should use the following strategies.

- Underline, highlight, or write down any new or unfamiliar words you come across in your reading. Look up these words as soon as you are able. Remember, many textbooks and electronic devices have glossaries. Even after you have looked them up, review their definitions when you prepare for a test.
- Take every chance you get to read aloud, especially books that you find easier - e.g. stories for a little brother or sister, or volunteer to read to students in lower grade levels or children at the library. This will improve your flow, pronunciation, and confidence. You can also practice scanning ahead of where you are reading to figure out how you can change your tone and pace to match the story. This will allow you to add the appropriate emotion and suspense to the stories you read.
- Before you start reading, make sure you know the goals and main concept of the chapter. Textbooks very often start chapters with an outline or some key questions. Spend the time to understand these lead-ins. If you are reading a novel, think about the last chapter before starting a

new one. This will help your mind to better grasp the new information you are reading.

- Take elective classes like creative writing, speech and debate, drama, computer programming, and foreign languages. These classes can help your linguistic intelligence. Each of these examples uses language in creative and specific ways that encourage you to learn more about [semantics](#), [syntax](#), and [phonology](#).
- Every day, try to find time for one or more fun or interesting language activities. Below are some examples of linguistic-based activities that some students enjoy.
- Playing Scrabble with friends
- Online sites like [Free Rice](#), [Lumosity's Word Bubbles](#), [Dictionary.com's Flashcards](#), and [WordPlays.com](#)
- Volunteer or ask about writing for the school paper or media club.
- Enter poetry, essay, or speech and debate contests.

Developing Your Linguistic Intelligence

Whether you are reading a textbook, writing an essay, sending an email, doing an interview or speaking to an audience, there are many opportunities to practice and develop your linguistic skills.

Read More

Reading can improve your linguistic skills in understanding and interpretation. However, the quality of what you read is key. Reading Facebook updates and text messages all day won't be of much help. There are books of every sort and subject that have been recognized for the quality of writing. There are also many topics covered in respected magazines and periodicals - both online and paper-based. Simply figure out which topics you're most interested in, and take it from there.

When choosing your reading material, libraries are a great place to start. Talk to the librarian or your English teacher for help finding high quality material. For motivation, think about which linguistic skills you want to improve the most. If you want to understand and share facts with others, try reading journalistic writing in newspapers and magazines. If you want to learn how to write more poetically and use creative language to stir emotions, check out novels, plays and poetry.

Expand Your Vocabulary

When writing, use online dictionaries and thesauruses to help with your vocabulary, then, review what you have written once you're done. When it's appropriate, follow-up conversations with an email to recap what was discussed. This will force you to think about communicating the same meaning in two different ways. Practice speeches using different words with different emphases before an actual presentation. For more advanced development, learn about how words carry different [connotations](#), which is their meaning beyond the exact definitions. You can also play with [syntax](#) - how words are arranged in a sentence, and [pragmatics](#) - how the context of words affects their meaning.

Explore Humor

Finally, a fun and challenging use of linguistics is found in humor. Humor uses all the subtleties of linguistics to achieve its goal. For example, irony, sarcasm, and satire mean the opposite of what is being said. For these forms of humor, sensitivity to context and [intonation](#) are very important. Also, due to the subtext, word choice and sentence structure are important too. Learn to enjoy different types of humor and practice being funny yourself. Note that humor is sometimes a tricky form of communication that also utilizes interpersonal, kinesthetic and other intelligences.

Using Your Strengths to Develop Linguistic Intelligence

The following intelligences have been identified as strengths for you and can help you develop your linguistic intelligence.

Logical-Mathematical

The combination of logical-mathematical and linguistic intelligence is extremely important in school. This combination of skills will allow you to quickly and clearly understand classroom instruction, organize and store information, as well as remember and express what you've learned on tests and assignments.

- Practice your linguistic skills using logic-related activities such as word-based puzzles, Scrabble, crosswords and vocabulary games.
- Simply read. Pay attention to the writing in your textbooks and ask your English teacher about books that may stimulate your logical-mathematical intelligence. For extracurricular books, choose topics related to logical-mathematical intelligence, like scientific discoveries, science fiction, mystery, computers and technology, or philosophy. While the content may be what interests you at first, pay more and more attention to how the content is delivered - the writing.
- Find opportunities to write about things in a logical-mathematical way. Write about how you analyze, compare and reason for different topics. Refine your writing over time so that it appeals to a diverse audience.
- Get involved in discussions or formal debates on issues or theories that center around your logical-mathematical abilities. You may find that you focus on being correct and precise, but remember that being eloquent and persuasive are also important. Work on the latter by starting with written discussions (e.g. web-based forums) where you have time to plan out your wording. Then, gradually move to spoken discussion.

Spatial

Develop your linguistic intelligence by thinking of ways to describe in words what you can see in your mind. The key is to reach the level of detail and accuracy with words that you can mentally picture or draw.

- Improve your vocabulary and your ability to use and understand language by reading books and other materials that use descriptive imagery. Examples include materials on nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and other works of fiction.

Spatial

Description

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.

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)

Spatial Intelligence and You

Your assessment indicates that you are moderately oriented towards spatial intelligence.

Processing Information

This means that you sometimes like to draw, doodle or sketch while you are thinking or listening. You occasionally visualize things when you are learning or talking about them. When reading or writing, you like to have a balance between visuals (pictures, graphs, and charts) and words. You also learn and remember information better when it is presented visually or as objects you can touch and feel, as opposed to only in words. Note: this also depends on your linguistic intelligence.

Memory

You have a good spatial memory, remembering most details of what things look like and where things are. You can usually remember how to find a place after being there, but may need a few tries to get it right. You might also be pretty good with reading maps, and interpreting most charts and diagrams.

Putting the Pieces Together

You probably enjoy and are good at most puzzles and mazes. You may also be pretty good with building models or other activities that involve shaping and fitting pieces together, like woodworking, jewelry making, or [scrapbooking](#). However, you may have some difficulty with complex puzzles and more advanced building projects.

Creativity and Art

If you tend to be creative or artistic, you may enjoy viewing and creating art. The form of art can be just about anything: buildings, sculptures, paintings, film, landscapes, photographs, digital logos, and more. When you view art, you can recognize some detail and meaning behind it. With further effort and practice, you will be able to recognize more patterns in the shapes and lines, and the use of space.

Position and Location

Most of the time you have a good sense of direction, but occasionally you may mix up north, east, south and west. You are pretty good with remembering landmarks and typically use a few to find your way. If you have a general sense of an area through earlier visits or by using a map, then you can easily get around for the most part. When going someplace new, you can usually find your way back if you make an effort to remember the way you came. Also, you can estimate distances and measurements with some accuracy.

In the Learning Environment

Spatial intelligence can be used and improved in many situations at school.

- Whenever you are taking notes or studying, try using [mind maps](#), [concept maps](#), charts, diagrams, or even just pictures of the ideas you are learning about.
- Do a lot of visualization - try to imagine what things look like as they are described and how they would look if you changed something. This can be done when your teacher is describing something in a lesson, a scene is described in a book, your coach is describing a new play for your team, you are getting directions on how to go somewhere, or any other situation like that.
- Take elective courses like Art, Marketing and Advertising, Dance, Video Production, Woodworking, or any courses that use [CADD](#).
- Find out what assignments and projects your teachers will allow you to hand in as a visual representation. For example, charts, posters, diagrams, dioramas, models, etc.
- For physical activities at school, on teams, or in clubs, find out how you can get involved in coaching or assisting. This can give you the opportunity to design plays or routines, or to help analyze and instruct others on the proper movement for the activity. This can also help with developing kinesthetic intelligence.

Developing Your Spatial Intelligence

Perform Hands-on Activities

While paper and computer-based visual puzzles can be helpful, hands-on activities like completing jigsaw puzzles, designing clothes, working on car engines, choreographing a dance routine, and constructing woodwork projects are especially effective. These activities encourage the use of your other senses like touch and hearing to help observe shape, distance and direction in a three-dimensional space.

Use Visual Images

When you have the opportunity, 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 taking notes, you can also sketch ideas to help explain the information. If you have trouble creating these visual elements, look at examples on the web or software programs that help create them for you. Just be sure that you understand the connections between the information and the visual representation.

When you are preparing for activities that involve movement, especially complex movements as in sports, try visualizing your actions before the activity. Doing this gets your brain to 'see' the environment and objects in that space (including you) as accurately as possible. This will also help your kinesthetic intelligence.

Think Composition

Photography, art and design courses are an excellent way to start thinking about [composition](#), or how all the different elements of an image, work of art, or other objects are arranged and work together. Composition is also important in film for framing camera angles and editing a sequence of shots. It is also important in graphic design and desktop publishing, where it is usually referred to as [page layout](#). Becoming more aware of compositional details can help you understand visual information better and help you create more successful visual communication.

Have Some Adventure

From [orienteeing](#), [adventure racing](#) and [geocaching](#), to the more recent activity of [City Chase](#), there are many opportunities to develop your 'inner compass'. Activities like these can develop your spatial abilities on two levels. First, you have to examine your immediate surroundings, understand how to best move through them, learn how to use landmarks, and compare them with a map or other navigational device. Second, you have to create a mental picture of the area and track your location as you move through it.

Using Your Strengths to Develop Spatial Intelligence

The following intelligences have been identified as strengths for you and can help you develop your spatial intelligence.

Logical-Mathematical

Your logical-mathematical strength can be significantly improved by also developing your spatial ability. Spatial intelligence helps you to quickly understand and imagine images and the position of objects within a defined space.

- Attempt to solve logical problems that have a visual-spatial component. Examples include work in architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and much more.
- Visual puzzles use your talent for gathering information and finding answers. Look for patterns and connections in the images and for different possible arrangements.
- Activities like model building, electronic hobby kits, geocaching, orienteeing, and some computer games use both spatial and logical-mathematical intelligence.
- When you are working on logical-mathematical problems, try putting the information into visual form. Create a chart or graph, sketch pictures or diagrams to represent the information.

Linguistic

Start developing your spatial intelligence by trying to visualize the same level of detail and accuracy in your mental pictures that you would otherwise write or describe.

- Read books and other materials that use descriptive imagery, such as materials on nature, art, architecture, mechanics, engineering, graphic design, building trades, electronics, landscaping, and other works of fiction. Try to create mental pictures of what you are reading. Over time, increase the amount of detail you have in your mental pictures - add color, depth, and background. As you get better, imagine how it would look as you moved through areas and how things would appear from different angles.
- Try games like scavenger hunts and geocaching, use word-based clues to help people get to the goal.

Interpersonal

Description

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.

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)

Interpersonal Intelligence and You

Your assessment indicates that you are moderately oriented towards interpersonal intelligence.

Relationships

This means that you are usually good at building social and professional relationships, and that you can usually read and appropriately respond to the feelings, motivations, and behaviors of others. However, you probably experience occasional difficulties in one or more relationships, which of course, can happen to just about anybody. How you deal with drama and how quickly and easily you are able to resolve a situation are where differences may occur. Strong communication skills, in how you receive information and how you deliver it, are important for relationships with teachers, friends, and family.

Working with Others

You likely enjoy working in groups, but you may miss some opportunities to really take advantage of the group environment. For example, you may notice that your ideas sometimes gets ignored or unnoticed, that your strengths are not being used, or that you could be learning more from others who have different talents than your own.

Helping Others

You feel sympathy and empathy for others, as well as a desire to help people. However, you may be unsure of how to help, or feel that you could be doing more. The ability to help someone, whether just by listening or by doing something for them, is greatly aided by your interpersonal intelligence.

Your Network

You enjoy getting to know and understand others, but usually it's with people who share your interests and experiences - people with similar backgrounds and in similar situations. Your connections with those who lead very different lives tend to be more casual. It takes more patience and effort to maintain these kinds of relationships.

Humor

You enjoy humor and can often be funny in various situations, but it doesn't seem to come quite as easy for you as it does for those who you consider to be born funny. Humor involves subtleties, excellent timing, being able to respond quickly, and knowing your audience. Some of these skills may be difficult for you at certain times, while at other times they may come more naturally. Everyone can benefit from developing their sense of humor, as it can help with lowering stress and in forming and strengthening relationships. It can also help with persuading others, relaxing tense situations, and improving morale in a group.

In the Learning Environment

This intelligence can play an important role in learning. Any conversation with a teacher, counselor or another student can benefit from the ability to understand each other's points of view and improve communication. Below are ways to use and develop your interpersonal intelligence. Make sure you discuss with your teachers and counselors where and when you can use any of the following strategies.

- Talk to other students, teachers or experts to learn more about topics covered in class. Try to be prepared with good questions.
- Talk to your teacher about working in pairs or groups, or possibly even doing multi-class projects, to encourage discussion. Also, form study groups for outside class time.
- Try out different roles in your groups for different projects, e.g. researcher, recorder, reporter, etc.
- Look for [safe](#) online forums and discussions on topics covered in school.
- Get involved in a social cause that relates to a class topic.
- Learn about 'listening skills' and practice them every chance you get.

Developing Your Interpersonal Intelligence

Improve Your Relationships

One way to develop your interpersonal intelligence is to work on your current relationships. There are many tools available to help improve relationship skills at school and in your personal life. For example, a personality type assessment is one approach that has proven very useful. However, because some resources are better than others, make sure the ones you use are of good quality, whether they are books, courses, videos or websites. If possible, get feedback from people who have used that resource before.

Observe Others

Leading or participating in groups is always more enjoyable and successful when you are able to read others' body language and communicate accordingly. Whether you are in a group or one-on-one situation, the key is to pay careful attention to facial expression, body positioning, and to just listen and observe. Learn what motivates others and adapt your role to one that works best for the situation - whether as an encourager, harmonizer, follower, opinion-giver, compromiser, etc. Then, you can suggest your ideas to the group in a way that will have the impact you want.

Help Others

Getting involved in charity work and service-oriented activities are excellent ways to express and develop your interpersonal intelligence. These types of projects improve your ability to feel empathy, understand others' points of view, and build your communication skills.

Expand Your Network

While it is fun and easy interacting with friends who have views and interests similar to your own, it does limit your exposure to new ideas from others outside of your group. Try interacting with people of different ages, skill sets, and other cultural groups to broaden your horizons.

Learn Humor

Another good way to develop your interpersonal abilities is to watch and attempt different forms of humor. To be funny requires being able to read your audience well and deliver lines with precise pace, timing, and clarity. Comedians typically use a strong combination of verbal and non-verbal communication. Humor can also help with persuasion and tact in a group setting. Learning how to be funny in a positive way can dramatically improve your interpersonal intelligence.

Using Your Strengths to Develop Interpersonal Intelligence

The following intelligences have been identified as strengths for you and can help you develop your interpersonal intelligence.

Logical-Mathematical

Get involved with groups or even online communities that engage in logical-mathematical activities.

- Many [massively multiplayer online games](#) (MMOGs) rely on a combination of logical strategy and interaction with others to achieve a successful outcome.
- Take psychology and other social science classes. Learn what sorts of interactions people respond positively to and why.
- Get involved with a charity or community service group. Your role may start with a focus on the logical-mathematical aspects, but you can work towards taking part and discovering rewards in the interpersonal side too.

Linguistic

As a linguistic individual, you probably already like to express yourself in various forms, whether it be written, verbal or otherwise.

- Get involved in speech and debate, or try joining groups like [Toastmasters](#) who work on verbal and general communication skills in a highly social environment.
- Improvisational "improv" comedy groups allow you to use your strong linguistic skills in an interactive environment. This type of comedy encourages strong interaction with and attention to your comedy partners and sometimes even the audience.

- When doing novel studies at school, or just in talking to people, pay close attention to how others interpret the same written materials you have read. Try to understand why they may interpret things differently than you.

Spatial

Your ability to interpret, analyze and create shapes and images can be a useful skill for relating to others.

- Offer to help a classmate, group, or team with your spatial skills. Pay close attention to what is being asked of you, as it is an opportunity to practice understanding others better.
- Use your spatial ability to read body language. Look at things like posture, eyes, and how people hold their head, etc.
- Try courses in photography, film, orienteering or geocaching, art, interior design, landscaping, and even woodworking. The key is to feel comfortable and confident in a spatial activity with others around. Then, you can put some focus into how you interact with others and develop your interpersonal skills.

Bodily-Kinesthetic

Description

This intelligence provides you with the mind and body coordination needed to move your body and other objects. It affects both **gross** and **fine** motor skills, and the ability to perform and remember complex movements.

Famous People with Strong Bodily-Kinesthetic Intelligence:

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

Bodily-Kinesthetic Intelligence and You

Your assessment indicates that you are moderately oriented towards bodily-kinesthetic intelligence.

Confidence and Coordination

You likely do O.K. in most activities that require coordinated movements, although you might not always feel completely confident when doing so. There may be times when you can tell that your senses are sharper than others. During these times, your heightened focus allows you to react more quickly and effectively with the appropriate actions - whether you are playing sports, working with your hands, doing magic tricks, or even acting and doing impressions. Getting your physical abilities and senses to work together helps you to get the best use out of your bodily-kinesthetic intelligence.

Analyzing Movements

You probably have some ability to analyze your own movements and also do well when coached in your athletic or physical goals, especially if your spatial ability is strong. Of course this does take focus and some intrapersonal and interpersonal intelligence. Continue to practice your bodily-kinesthetic intelligence through physical activities, using intrapersonal reflection to analyze your movements. When combined with interpersonal and linguistic intelligences, your bodily-kinesthetic intelligence can help you to coach and instruct others as well.

Body Language

When you pay attention, you may find that you are able to understand body language and other non-verbal forms of communication. You can also be expressive in your own body language when you practice your bodily-kinesthetic intelligence. Adding this layer of non-verbal communication gives you the potential for excellent communication skills when combined with strong interpersonal and linguistic intelligences.

In the Learning Environment

There are many opportunities to use bodily-kinesthetic intelligence at school or whenever you are learning something new. Bodily-kinesthetic people learn best when they can use their muscles and senses, in addition to watching and listening. Below are ways to "learn by doing" to improve your bodily-kinesthetic intelligence. Make sure you discuss with your teacher or counselor where and when you should use any of the following strategies.

- Imagine ideas in action when reading or listening to learning material. E.g. atoms spinning, historical battles taking place, numbers changing based on the operation, etc.
- Use gestures when speaking, handle a stress ball or doodle when listening, and sit on an exercise ball instead of a chair.
- 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.
- When possible, use models and other physical objects to learn new concepts.
- For science, take part in labs with hands-on tasks and experiments.
- For language arts, focus on topics for reading and writing that include a lot of action and movement.
- For social studies, attempt re-enactments and use physical objects that can be handled.
- For math, find out which concepts can be applied to the measurement and calculation of your physical abilities. Also, try using physical objects that can demonstrate mathematical concepts.
- For physical activities at school, on teams, or in clubs, find out how you can get involved in coaching or assisting. This can give you the opportunity to design plays or routines, or to help analyze and instruct on proper movement for the activity. This can also help with developing spatial intelligence.

Developing Your Bodily-Kinesthetic Intelligence

Focus on Movement

Whatever your current level, you can always develop your bodily-kinesthetic intelligence further. Pay attention to how movements feel in an activity and always think about the goal of your movements. Also, expect to make mistakes! Bodily-kinesthetic intelligence comes from repetition so that your nerves and muscles can learn the proper patterns for movement. Yoga, martial arts, dance, surfing, and certain magic tricks are just a few activities that allow your senses to be focused on all the details of the activity.

However, more important than the kind of activity, is how you focus your senses to the goals of each movement. For example, going for a simple run can help your development if you are focused on the movements of your arms and legs, and how changing those movements can affect your speed and efficiency. Through repeated practice your muscles will become trained to automatically carry out the correct movements, allowing you to focus more on the overall goals of the activity, like winning a race. Getting feedback from a trained coach or instructor will ensure that you are practicing the most effective movements.

Using Your Strengths to Develop Bodily-Kinesthetic Intelligence

The following intelligences have been identified as strengths for you and can help you develop your bodily-kinesthetic intelligence.

Logical-Mathematical

Logical-mathematical people may enjoy bodily-kinesthetic activities that incorporate strategy, analysis and goal-setting.

- Many team sports use strategy, as well as activities like paintball, golf, and model building.
- Look into fitness programs with the goal of designing the ideal program for you. Carry out the program like an experiment: make observations, record your results, and adjust your method as needed.
- Practice every movement with the goal of feeling coordinated and natural.
- Use mirrors to analyze your movements for correct form.

Linguistic

A word-based blueprint can provide a huge help when developing bodily-kinesthetic intelligence.

- Read a book about an inspirational athlete, especially books that provide a first person view of what some athletes call "flow" or being "in the zone". Some examples are, *Born to Run*, by Christopher McDougall, and *For the Love of the Game: My Story* - Michael Jordan.
- Linguistic intelligence can affect ability to perform sign language. Sign language also requires a certain level of coordination, and learning it will improve arm and hand dexterity.

Spatial

Those with high spatial intelligence often show a lot of potential in bodily-kinesthetic activities requiring these skills.

- Try to imagine doing an activity before you begin. Get a clear mental picture of how the movements should be performed. Go back and forth between visualization and physical practice to get it right.
- Many sports and other physical activities make use of both intelligences at the same time. Gymnastics, martial arts, skilled trades, and sports involving catching, throwing, and hitting all require a keen awareness of distance and visual patterns, i.e. spatial intelligence.

Intrapersonal

Description

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.

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)

Intrapersonal Intelligence and You

Your assessment indicates that you are moderately oriented towards intrapersonal intelligence.

Reflection and Decision-Making

This means that you are sometimes reflective and able to review your thoughts, decisions and behaviors in a careful manner. However, you may occasionally act more on impulse rather than on careful comparison of the pros and cons. This does not mean you can't be spontaneous. But, for decisions that will have a long-term and significant impact, it is important to consider the consequences of each option.

Strengths and Challenges

You have some awareness of the strengths and challenges you have at school and in your personal life. Therefore, this report should not be entirely surprising. You probably enjoy taking assessments like this one and are interested in understanding yourself better and how you fit into the world around you. Maintain and develop your awareness further through reflection and resources like self-assessments, books and your school counselor.

Self-Awareness

Intrapersonal intelligence can affect your social ability because self-awareness helps you to recognize the impact on those around you. Being in the mid-range, you are probably conscientious most of the time. However, there may be times when your thoughtfulness slips a little. Being aware of your tone of voice and how you carry yourself can help with understanding why people react to you the way that they do. It is also helpful to be aware of your own biases. We all carry biases that come from our personal character and life experience. However, if you have a strong awareness of your biases, you can prevent them from negatively affecting your judgment and how you interact with others. Maintaining objectivity like this allows you to see other viewpoints and make positive connections with more people.

Goals

You have likely set out at least some goals for yourself, but may not have a complete plan for accomplishing them. You may get side-tracked at times, but you typically make progress towards and eventually accomplish most of your goals. At school, you will be more productive when you take time at the start and end of each day to reflect on what you did well, and what you can improve. You should also take time to plan out how you can avoid mistakes of the past and repeat your successes in the future.

Confidence and Emotions

Your awareness of self and progress towards your goals contribute to your confidence. In other words, you know who you are and where you are going - although you may get shaken at times when life gets challenging. You can probably keep your feelings in check in most situations, but occasionally may need some extra time or help bringing yourself back to a balanced state. Taking time to reflect and understand all of your emotions can help you recognize how different situations may affect you and how best to respond. As a result, you will be more confident, ready to face challenges, and will feel less emotionally drained at the end of a tough day.

In the Learning Environment

Intrapersonal intelligence is important for understanding how you learn best and what may prevent you from learning. It can also keep you on track with your goals, help you to adjust your mood, and boost your confidence so that you can have the best student experience possible. Below are some of the ways to use and develop intrapersonal intelligence. Make sure you discuss with your teacher/counselor where and when you can use any of the following strategies.

- Take self-assessments like this one to help you determine what your strengths and challenges are.

- Create a plan of how to use your strengths in the various areas of school. Some may be obvious such as using logical-mathematical intelligence in math class. Others may need more thought such as using your musical intelligence in P.E. It can be done - with a little creativity and some help from other sections in this report.
- Write down some strategies that you feel will help you avoid or improve your challenge areas. Review these strategies often as they are often forgotten the minute a challenging situation arises.
- Keep a journal or personal blog about your experience at school. Try to record your feelings and thoughts close to the time that they occur. Re-read your journal at a later time so that you can be more objective when analyzing your thoughts.
- Take time to reflect before and after each learning experience. Talk to your teachers for suggestions about what questions might spark good reflection.
- When receiving feedback on your schoolwork, remind yourself that the feedback is an opportunity to improve your skills. It is not meant to judge you as a person.
- Learn about and practice good decision-making skills. Talk to teachers, counselors, and use other resources such as this [website](#).
- Practice mental breaks. Even if just for a few seconds, these short inner time-outs can help you get yourself in check whenever you're feeling frustrated, angry, upset, or any other negative emotion that may interfere with learning or your ability to perform. Athletes often do this in the middle of a big game; the same strategy works for learning and test preparation.

This intelligence, especially when combined with a strong interpersonal intelligence, can make you a better communicator. When you can understand and manage your own feelings well, it is easier to imagine what it is like for others. Sympathy and empathy are powerful tools for communicating with people so that they understand you and respond positively. Also, when you spend time self-reflecting, you are more energized to engage the outside world and are better able to help others. These abilities to communicate, influence, and help others also improves your ability to take on leadership roles.

Developing Your Intrapersonal Intelligence

Reflect

The most basic way to improve your intrapersonal intelligence is to take time to reflect on your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? Analyze your strengths and weaknesses. Taking the time to reflect on your behaviors and feelings outside of the moments they occur makes it easier for you to see things more clearly. Doing so will help you to better understand yourself, allowing you to create plans for self-improvement that will really work.

Reflection can be done just by thinking about a situation or by writing out your thoughts. Writing often works best, as it gives you a chance to review your thoughts later on. You will also need to find the time and place to reflect. Ideally, it is best to reflect when there are few distractions. Some people find it easier while exercising, or simply walking from place to place. If you take the bus or get a ride to school, that might be a good time. You may prefer a serene setting like a park or just a quiet room. Sometimes, your teachers may give you time in class to reflect on something specific. Whatever you use, just remember to make at least some time to do it.

If you find it difficult to focus on self-reflection, there are many methods and resources that can help. Assessments like this one are good tools to help with self-analysis. You can also try meditation, self-help books, courses and seminars, or seek other professional guidance. Use the strategies shown in the section below on how to take advantage of other areas to develop intrapersonal intelligence. Then, based on your self-analysis, create goals and realistic plans to achieve them.

Set Goals

Some advice to get you started with goal-setting is to remember the 4 R's. Record your goals. Make your goals realistic. Be specific with your goals so that you can recognize when they have been accomplished. Try to have a range of goals, from short-term to long-term, and from easy to more challenging. As you achieve your goals and develop your abilities, you will start to notice your self-confidence strengthen. You can then take on more and more challenging goals. Ultimately, your goals should be your own, but sometimes it helps talking about them to people like teachers, counselors, friends and family.

Be Self-Aware

Beyond understanding your past situations, intrapersonal intelligence also relates to being aware of your impact in the present. At any moment in time, you have an impact on your own future, the people around you, and sometimes even on the people and places where you are not present. For example, you may be trying to finish a conversation with a friend while you are late for class. Your friend may see your body language as expressing a desire to leave, while your teacher may see your absence as a sign of disrespect. Meanwhile, in your rush to get to class, you forget your notebook and are unable to take the notes you will need to study. You may be able to fix things later on, but being more aware of your impact during or even beforehand may allow you to avoid these issues altogether. Practice being self-aware. Try to predict how your actions or inactions will affect others and your own future.

Apply What You Learn

Reflection and goal-setting may seem like a lot of time spent on yourself, however, it is highly constructive time. Understanding your own feelings allows you to better sympathize and empathize with others - to appreciate what they feel. Spending time on yourself can also leave you more energized, self-confident, and focused in dealing with other activities. Finally, a strong self-awareness allows you to take advantage of your strengths for better results whenever you put your help into action, whether that is at school or in your personal life.

Using Your Strengths to Develop Intrapersonal Intelligence

The following intelligences have been identified as strengths for you and can help you develop your intrapersonal intelligence.

Logical-Mathematical

Logical-mathematical intelligence involves a lot of pattern recognition, reasoning, and problem solving. The trick is to apply these skills to knowing and improving yourself.

- Treat your emotions and innermost thoughts as puzzles that need to be analyzed. The clues to these puzzles are your behaviors and feelings in different situations. Just as puzzle-solving benefits from focus and undivided attention, learning about yourself occurs best during quiet self-reflection.
- Ask your school counselor about self-assessments that are available (in addition to this one). Take any that are recommended, go over the reports with your counselor and compare them to what you have learned from personal experience.
- Set goals, make plans, and track your progress for specific achievements in school, such as test scores, grades, making sports teams, election to student council, etc. Whether or not you achieve every goal, the process will help develop your intrapersonal intelligence, and you just might accomplish a few great things along the way.

Linguistic

Skills in language and expression can be very helpful in developing intrapersonal intelligence.

- Try journaling or blogging, and record your thoughts and feelings in a well-articulated manner. This will allow you to analyze those thoughts and feelings at a later time when you can be more objective.
- Self-help books or other psychology-based books can be useful in developing your intrapersonal abilities and improving self-confidence.
- Poetry and creative writing are good ways to understanding yourself better. These creative forms of expression are often inspired by inner thoughts and feelings. Whether you are writing for school or for yourself, pick topics that get you to think carefully about your past decisions, current motivations and plans for the future.

Spatial

You have strength in seeing and measuring things around you. By finding the connection between what you see on the outside and your inner self, you can develop your intrapersonal intelligence.

- Express your emotions and inner thoughts in new and creative ways. Explore different forms of visual art, such as painting, photography, sculpting, etc., or create your own functional objects.
- Spend some time in a museum or gallery and use the different art forms to inspire self-reflection. If art is not your thing, you can also use architecture, natural structures, or even spend some quiet time working on a puzzle.

Musical

Description

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

Famous People with Strong Musical Intelligence:

- [Wolfgang Amadeus Mozart](#) (musician, composer)
- [Elvis Presley](#) (singer-songwriter, dancer)
- [Aretha Franklin](#) (singer-songwriter, pianist)
- [William James "will.i.am" Adams Jr.](#) (record producer, composer)
- [Adele Adkins](#) (singer-songwriter, instrumentalist)

Musical Intelligence and You

Your assessment indicates that you are not oriented towards musical intelligence.

This means that you tend to avoid activities and skills that focus on musical intelligence, the most obvious of which are singing and playing instruments. However, there is much more to musical intelligence than just making music.

Listening to Music

When you listen to music you are probably only hearing what is on the surface. Almost everyone enjoys listening to music, but those with less developed musical intelligence usually only listen to and appreciate a few styles. You probably cannot tell apart all the different instruments and melodies within a song. It also may take you some time to pick up the rhythm and timing of a piece of music. You may have a hard time hearing the difference between notes that are close together on the musical scale or copying a note with an instrument or your voice.

Music and Emotions

For you, music has a weaker connection to emotions than for most people. Those with a more developed musical intelligence usually experience stronger connections between the parts of the brain that notice things like pitch and rhythm, and the parts of the brain for emotions. These connections allow people to use music to influence their emotions. For example, music can be used to produce calm when stressed, or to get motivated before a physical challenge. You may be better able to do this if you improve your musical intelligence.

Music and Memory

You also probably have a harder time remembering the melodies and lyrics to songs. The same goes for memories associated with music. For example, while others can recall a lot of details about the time and place they heard a song, you probably can't remember as much.

Patterns and Language

Good speakers use [intonation](#) (changes in pitch) to express emotion, emphasis, and other meaning in their speech. Some languages even use [tone](#) to tell different words apart (e.g. Chinese). Therefore, developing your musical intelligence can help you understand more when listening to people speak and when learning some languages. Of course, linguistic intelligence plays a large role here as well.

Many people feel they have no talent for music or that it is not an important ability to have. However, musical development is not just learning how to read music, sing, or play an instrument. Musical intelligence can help in areas such as math, language, memory, emotions, and much more. See below to discover different ways to develop your musical intelligence.

In the Learning Environment

There is a pretty obvious connection between musical intelligence and classes such as Music, Band and Choir. However, there are many less obvious areas in which musical intelligence either can be used as a strength or improved when it is not as strong.

Below are ways to use and develop your musical intelligence at school or when learning something new. Make sure you discuss with your teacher/counselor where and when you can use any of the following strategies.

- When working on assignments, try listening to quiet music in the background. Experiment with different styles to find music that helps you focus and inspires you to complete your work. While this strategy will only do a little to develop your musical intelligence, it may motivate musically-oriented people to complete non-musical activities.
- Pay close attention to the [prosody](#) (tone, rhythm and emphasis) in other people's speech. Prosody affects the meaning of what is said. Prosody is often used to express emotion, sarcasm, contrast or importance. Developing this skill allows you to get more meaning out of what people say and can even reveal things that are unsaid.
- Practice finding rhythm in what you read, especially in creative forms like poetry. This can make reading more enjoyable and help you find more meaning in the text. You may notice that good writers will change the rhythm of their writing to match the different moods in a story. This will also help your linguistic intelligence.
- In addition to the two points above, try to write with a rhythm that flows and try using prosody in your speech. This will help people listen and understand what you are communicating because you are tapping into more than one intelligence - linguistic and musical.
- When working on assignments, playing sports, or working with your hands, try to move and work with a rhythm that suits the activity. It may help to have a song in your head. Try different tunes until you find one that works best. For example, when running, you may want to listen to fast-paced dance music. Meanwhile when studying, you may prefer instrumental music without any distracting lyrics.

Developing Your Musical Intelligence

Music is much more than just a hobby or entertainment; it is deeply rooted into our biology and culture. Regardless of ability, all of our brains are wired to notice and understand music. Music plays a big role in nearly every human culture around the world, going back as far as 40,000 years. Also, music has been shown to trigger various emotional centers in our brain. So, it is no wonder that developing your musical intelligence can improve your ability to process information, form and recall memories, interact with others, and adjust your emotions.

Using Music to Focus

The easiest way to begin developing your musical intelligence is to try out different types of background music or white noise to help you focus during an activity. For tasks that need a lot of mental effort, background music is usually most helpful when it is without lyrics, is somewhat energizing, at low volume, and not distracting. Different personalities and different activities will work better with different types of music. Experiment with a few types and decide on which ones work best for you. Also, remember that some people and activities still work best with silence.

Listening to Music

You should also listen to music when you are not working on another task, and you can focus entirely on the music. At these times, practice your listening skills by analyzing the music you hear. Pay attention to different tempos, levels of pitch, instrument types, repeating patterns, and any gradual or sudden changes. Also, try to listen to a variety of musical styles, rhythms and sounds.

Making Music

And, of course, learning to produce music is an excellent way to develop this intelligence. You can choose to take singing or instrument lessons, or try a self-taught method. There are plenty of tools to help you learn on your own, such as books, videos and online resources. Even instrument-based video games can help you develop a sense of timing and rhythm. As your musical intelligence develops, it can be of much help to your work habits and personal life.

Using Your Strengths to Develop Musical Intelligence

The following intelligences have been identified as strengths for you and can help you develop your musical intelligence.

Logical-Mathematical

Math and music are more closely connected than most people realize. Music is very much about patterns, sequences of notes, and changes in vibration, a lot of which can be analyzed and understood through logical and mathematical analysis.

- When working on logical-mathematical activities, try listening to music that helps you focus. Listening to Baroque music and taking part in formal musical training has been shown to help with math and reasoning.
- Learn basic note patterns in terms of pitch and length. Also, learn about how different instruments produce sound (e.g. **wind, strings** and **percussion**). Then, pick an instrument and play with the **musical scales**.
- Try music-based video games or other computer-based methods of music production and editing, both of which tend to focus on the logical-mathematical side of music.

Linguistic

Use your ability to express yourself through words as a starting place to develop your ability to express yourself with music.

- Read the lyrics of your favorite song without the music, while looking for meaning in the words. Then, listen to the complete song and for any additional meaning that the music brings. What do different aspects of the music add to the song? Does the tempo quicken to build excitement? What emotion is felt during an instrument solo?
- Learn how to say some simple lyrics in rhythm, even if you are off-key, mimicking the artist. First try it with the existing lyrics, and then write your own lyrics to the same music.
- Read books about music and musicians, as well as music magazines and online articles by music journalists and critics. As your knowledge of music grows, you can try writing your own articles.
- Take a poetry or creative writing class.

Spatial

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, you may benefit from visualization. Picture yourself playing the instrument well; see your hands moving the way they need to move.
- Try working on puzzles or other visual games and activities while listening to music. Vary the genres of music that you listen to.
- Analyze music videos that focus on a visually artistic theme. Try to determine why certain images were used, and how shape, color and space connect to the music and lyrics.
- If you have access to video editing tools, try creating your own videos to go along with your favorite music.

Existential

Description

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.

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)

Existential Intelligence and You

Your assessment indicates that you are not oriented towards existential intelligence.

Questioning

People with strong existential intelligence tend to question ideas, actions and policies. However, this is not always because they disagree. It is more out of curiosity and a desire to find deeper meaning. The questions are often, "What purpose does this have?" or, "How does this fit with everything else?"

You probably don't spend much time thinking about questions like these. Instead you prefer to have clear and final answers. You would much rather deal with more immediate and down-to-earth topics such as assignments, daily responsibilities, and relationships.

The Big Picture

You prefer to focus on getting things done rather than think about different possibilities for what you are doing. Occasionally, you may get caught up in performing activities for their own sake and lose perspective on your overall purpose. By reminding yourself of what the big picture is, you will be better able to ensure that you are working towards your intended goal. For example, when studying for a test, don't get caught up reviewing entire textbook chapters and re-reading all of your notes from start to finish. Instead focus on practice questions and what will be asked on the test - especially your weaker areas. Then, you can go back to the textbook and your notes focusing on the areas that you need to know most.

When you have a problem with a task, you may sometimes feel stuck or like you have reached a dead end. If you take time to understand the whole game plan, you will be better able to find alternatives to accomplish the same overall goal.

You may also find it hard at times to understand others' viewpoints, or accept values and beliefs that are different from your own. Rather than seeing others' opinions as right or wrong, try to see them as different options that people adopt based on a combination of their natural traits and life experience.

Memory and Recall

Knowing the big picture is probably not that important for you when learning new information. You likely have relied more on repetition and other memory techniques for learning. To remember bits of information, you may simply think, "These are the points I have to remember." You can remember quite a lot this way. However, making connections between the facts and the overall idea will help your memory more in the long term. An example of this is when preachers and storytellers describe from memory detailed examples to explain a concept, such as in a sermon or parable.

In the Learning Environment

Existential intelligence is useful in many situations and can help make learning easier and more successful. Asking questions and seeing the big picture helps with understanding new information, remembering it, and in being able to show what you have learned on assignments and tests.

Below are ways to use and develop existential intelligence at school and when learning something new. Make sure you discuss with your teachers and counselors where and when you can use any of the following strategies.

- When learning new topics, ask and think about the following questions:
 - What other topics that I know of are similar to this topic?
 - What are the larger themes that this topic might fit under?
 - How can I connect this to what I know in the real world?
 - Why is this important?
- When reading textbooks or other schoolbooks, read the table of contents (chapter headings) to understand the book order. Before starting a chapter, read the introduction carefully and scan through the subheadings, if applicable. Try to get a sense of what the main idea is for each chapter before starting it. Then, when you read the chapter, think about how each of the smaller points relates back to the main idea.

- Try to imagine multiple points of view when there are people involved. For example, when studying wars in history, try to understand what it was like for people on both sides of the war. For both civilians and soldiers. For leaders and for people following orders. In Literature and Drama classes imagine what it was like for the various characters in the stories. How might each perspective be different?
- Try different note-taking strategies like [mind-mapping](#), [outlining](#), and [SQ3R](#) - all of these strategies help with understanding how smaller, more specific bits of information fit under larger, more general ideas, which can then be related to the bigger questions about existence.

Developing Your Existential Intelligence

Question Others

People with strong existential intelligence like to ask 'why' things are the way they are, or want to understand the purpose behind doing things. However, remember to ask such questions only when it is appropriate and do so respectfully. Even if you are not really curious, asking questions can help you understand how things fit into the bigger picture. As you learn about how stuff connects, hopefully your curiosity will grow, and you will ask questions on deeper topics. Talk to people who explore deep topics on a regular basis such as religious leaders, counselors, university professors, sociologists, etc. Seek multiple sources to get different points of view.

Question Yourself

When learning new information or talking with others, be prepared to question your own beliefs and be open to new possibilities. We all have our own ways of thinking about things, but existential thinking means thinking about the larger society, the world, and even the universe. Remember that other people and cultures can have very different life experiences and so their views can differ from yours. By truly listening to other viewpoints, and not just sticking to your own, you can learn much about the world. You don't have to believe everything you hear, but if you put it all together and add it to what you know, you will have a better idea of the big picture.

Ask Big Questions

Explore questions that stretch beyond your normal daily routine. What is life's purpose? Are we alone in the universe? What is the difference between good and evil, and what lies in the middle? Questions like this may seem like they have nothing to do with your daily life, but thinking about them can help you understand yourself better and how you want to live. For example, having a clear sense of good and evil can help you in making decisions about what you do and what you don't do on a daily basis. Having this knowledge to guide your decisions can also help you feel more confident and fulfilled when you look back on your actions in the future.

Be Comfortable with No Answer

Through questioning, you can learn much about different topics. However, sometimes answers can lead to even more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity. Focus on the journey rather than the destination.

Using Your Strengths to Develop Existential Intelligence

The following intelligences have been identified as strengths for you and can help you develop your existential intelligence.

Logical-Mathematical

A strong logical-mathematical intelligence can be a very good partner for existential intelligence. Existential intelligence helps you appreciate and have interest in many deep and important topics. Logical-mathematical intelligence provides good reasoning skills to work through and recognize patterns within those topics. Very often, philosophers utilize strong logical-mathematical intelligence to address various existential questions.

- If your strong logical-mathematical ability drives you to explore scientific concepts, just extend your exploration into the existential topics, where such theories often go. For example, [brain research](#) has indicated that the 'awareness' center of the brain may recognize our actions only after they are initiated by the subconscious areas of the brain. This can lead to a discussion of whether humans are really master of their own destiny, or are our 'decisions' more based on reactions to our environment? Remember, for existential questions, you do not have to reach a final answer.
- Your logical-mathematical ability may tempt you to quickly scan information (e.g. your textbook) to put your pattern finding skills to work. However, before you try to learn new information, take some time to understand the context and why you are learning it in the first place. What purpose will it serve? Not only will this improve your existential intelligence, but it will also help your logical analysis of the information.

Linguistic

While existential learners look to find meaning, linguistic people look to express meaning. There are many talented authors who write about existential topics.

- Read resources like [The 10 Big Questions](#), *Philosophy: A Beginner's Guide* (Blackwell Publishing, 1999) and the Galilean Library's online section on [philosophy for beginners](#). While these may discuss topics already familiar to you, they are good examples of how linguistic intelligence can be used to explain complex topics in a simple way.
- Talk to your English teacher about opportunities to read a novel that would appeal to your existential intelligence.
- Read about different philosophies, such as [ontology](#), [cosmology](#), [realism](#), [idealism](#), [Hellenistic philosophy](#), [analytic philosophy](#), [postmodernism](#), [Transcendent theosophy](#) or any other theories that may interest you. You will be able to take advantage of your existential intelligence as you develop your linguistic skills.

- Talk to your teachers about opportunities to write or speak about your own ideas on existential topics. You can also use a journal, blog, forum, etc. In addition to your teacher's feedback, try to get feedback on your writing from other existential thinkers, and then from those who are less existentially inclined. Existential topics can be one of the more difficult topics to write about clearly. Writing on a difficult topic for a general audience is a great way to develop your writing skills.
- For more advanced reading levels and existential discussion, try books from authors such as [Chomsky](#), [Emerson](#) and [Kierkegaard](#), [Tolstoy](#), [Dostoyevsky](#), and [Camus](#) all of whom excel in both existential and linguistic intelligence. Their writings will hold interest for your strong existential intelligence while you are exposed to examples of excellent linguistic skills.

Spatial

The connection between spatial intelligence and existential intelligence may not be obvious. Your spatial intelligence deals more with things you can see and touch, while existential deals more with thoughts and ideas.

- Some visual artists use existential questions to inspire their work. You may enjoy learning about the art of [Michelangelo](#), [Salvador Dali](#), or [Germaine Richier](#). Find out what inspired these artists and how their art addressed different existential questions.
- [Cosmology](#) is one area that involves both spatial and existential intelligence. Spatial (and logical-mathematical) intelligence is very useful for learning some of the basic physics in cosmology. As you explore cosmology further, you can get into more existential topics.

Naturalist

Description

Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes, etc. It also allows you 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 seen as "in tune" with nature.

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)

Naturalist Intelligence and You

Your assessment indicates that you are not oriented towards naturalist intelligence.

Observation and Categorization

This may mean that you have difficulty identifying or grouping different objects in the environment. For example, you may not notice as many differences as others do between various animals, plants, and natural formations, or man-made objects like cars and clothing. You may also miss the similarities between seemingly different objects. For example, it may be hard for you to recognize the similarities between a human hand, a whale fin and a bat wing (see [homology](#))

Connection to Nature

You probably don't feel a strong connection to nature, and instead see it as more of a foreign environment. When out in nature - especially in a wild environment - you are usually less comfortable and quickly miss the conveniences found in cities and towns. You may have a fear of wild animals and see things like insects, sand and dirt as nuisances. Many of the different sounds found in nature are also unrecognizable to you.

Awareness of Weather and Climate

Naturalist intelligence also has to do with sensitivity to weather changes. While naturalist-oriented people are able to notice the early signs of gradual weather changes, you may feel like the weather shifts suddenly. This is due to their keen awareness of changes in temperature, humidity, wind, etc. You may be surprised to know that animals and plants alter their behavior just before changes in weather and climate as well.

Protecting the Environment

When others express environmental protection concerns, you probably do not feel the same. Their fears and need to act may seem exaggerated and unnecessary to you. You may even have difficulty understanding exactly what they are concerned about, or what their actions will really

accomplish.

Though your naturalist abilities may be currently under-developed, there are many opportunities to improve them to the point where they become useful tools in school, work and life. See below for specific strategies on how to develop your naturalist intelligence.

In the Learning Environment

Naturalist intelligence is especially useful in science class when dealing with subjects like biology, ecology, geology, and astronomy. However, there is potential for this intelligence in other areas as well.

Below are some ways to use and improve your naturalist intelligence at school and whenever you're learning something new. Make sure you discuss with your teachers and counselors where and when you can use the strategies below or ones that you and your teachers create together.

- Work on assignments in a natural environment that help you focus, such as in your backyard, a park, etc.
- Join or start an environmental project within or outside your school. There are some great ideas and resources on the U.S. [Environmental Protection Agency's](#) websites for [students](#), [community](#), and [internships](#).
- Try to find the connection between what you learn in school to things you already know about the natural environment. Below are some examples.
- Ask your math teacher if you can see some word problems that involve nature. You don't have to solve the problems, just read them for a better understanding before you learn a new concept.
- In English class, ask the teacher what opportunities there are to focus your reading and writing on nature and the environment.
- Government: Find out about the organizations within the government that are responsible for nature and the environment.
- History: Look at how conditions in the natural environment may have affected a historical event (e.g. Russian winter in WWII) and how an event may have affected the natural environment (e.g. Industrial Revolution)
- Take part in as many school-organized field trips as you can. Outdoor trips are great, but it also helps to go on trips to zoos, museums, galleries, and other environments where you get to use your senses to identify and classify objects.
- Take advantage of classes like Outdoor Recreation and Leadership when available. Or, ask your counselors and principal about adding similar courses to the timetable.

Developing Your Naturalist Intelligence

Spend Time in Nature

Developing your naturalist intelligence can be very useful in what you do in school, work and life. One of the best ways to improve your naturalist intelligence is to simply spend time in a natural environment. As you experience nature, pay attention to the animals, plants, and other objects that surround you. Note the differences and similarities. Try to imagine how each living thing fits into its environment. Also, try to imagine how the rocks and landscape were formed. If you live in the city, take advantage of any small pockets of nature available. Grow some plants in a window sill. Earn some money walking dogs and observe the behaviors of the dogs carefully. Challenge yourself to find as many weather clues that show seasonal change as you can. Once you are comfortable with making these types of observations, try to group or categorize the things according to your observations.

Practice Categorization

The grouping of natural objects is something our brains are designed to do. It may have helped our ancestors to survive by knowing what to eat, what to avoid, and how to tell friend from foe. Grouping non-living objects by their features also uses and develops your naturalist intelligence. So, if you prefer, try categorizing man-made objects, and remember that it is helpful to use multiple senses in doing so. For example, learn to identify cars by the sound of the engine, colognes and perfumes by their smell, fabrics by their texture, or anything else that interests you.

Get Involved in an Environmental Cause

There are so many causes to choose from, it is very likely that one will interest you. You may join an organization because people you know are involved or because there is a need for some special skill that you have. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself. To help you get started, check out this very useful website from the U.S. [Environmental Protection Agency](#). It has sections for [students](#), [community](#), and [internships](#).

Using Your Strengths to Develop Naturalist Intelligence

The following intelligences have been identified as strengths for you and can help you develop your naturalist intelligence.

Logical-Mathematical

Naturalist intelligence has many connections to math and logic, such as pattern recognition. However, while logical-mathematical people notice patterns in abstract concepts like numbers and scientific principles, naturalistic people see patterns in physical objects in the environment.

- Learn about some scientific discoveries of the natural world (e.g. ecology, geology, meteorology, astronomy, etc.), until you find one that interests you. Look for information that uses stats, measurements, and other methods to show clear comparisons. This type of information

should be easily understood with your logical-mathematical intelligence.

- Get involved with a school group or outside organization that deals with the natural environment in a way that your logical-mathematical intelligence can be used.

Linguistic

Develop your naturalist intelligence while leveraging your strong linguistic intelligence using the following activities.

- Choose a type of environment or cause that interests you, e.g. mountains, oceans, cityscape, clean energy, wildlife preservation, etc., and find some reading material on it or attend speaker presentations that will appeal to your linguistic abilities.
- If you enjoy writing, try using a natural environment for inspiration. Your ability to use language and expression should motivate you to gather many details about the environment that you might otherwise miss. As you write, look for patterns within in the environment and how different elements can be categorized.
- Join a naturalist and environmental interest group. Many organizations need people to help with newsletters, outreach, and other forms of communication.

Spatial

Naturalist and spatial intelligences support each other quite well. Spatial intelligence helps artists understand how to compose art, using lines, color, and space. Meanwhile, naturalist intelligence helps artists notice the small details within natural objects that bring the artwork to life.

- View visual art that portrays nature or an environmental cause. Try to develop your appreciation for the subject matter. Maybe even contact the artist to ask why they chose that subject.
- If you enjoy creating art, try using nature and the environment for your subject matter. Your spatial abilities will be a huge help in recognizing and appreciating the different aspects of nature.
- Try activities like orienteering, geocaching, and adventure racing that use your ability to visualize paths and judge distances, while you observe and analyze landmarks in different environments.

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