

# What are My Learning Strengths?

Research shows that all human beings have at least eight different types of intelligences.

Depending on your background and age, some intelligences are more developed than others.

This activity will help you find out what your strengths are.

Knowing this, you can work to strengthen the other intelligences that you do not use as often.

Verbal/Linguistic Intelligence	Logical/Mathematical Intelligence
<ul style="list-style-type: none"> <li><input type="checkbox"/> I enjoy telling stories and jokes</li> <li><input type="checkbox"/> I have a good memory for trivia</li> <li><input type="checkbox"/> I enjoy word games (ex. Scrabble, puzzles)</li> <li><input type="checkbox"/> I read books just for fun</li> <li><input type="checkbox"/> I am a good speller</li> <li><input type="checkbox"/> In an argument I tend to use put-downs or sarcasm</li> <li><input type="checkbox"/> I like talking and writing about my ideas</li> <li><input type="checkbox"/> If I have to memorize something I create a rhyme or saying to help me remember</li> <li><input type="checkbox"/> If something breaks and won't work, I read the instruction book first</li> <li><input type="checkbox"/> For a group presentation I prefer to do the writing and library research</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I really enjoy my math class</li> <li><input type="checkbox"/> I like the logical math puzzles or brain teasers</li> <li><input type="checkbox"/> I find solving math problems to be fun</li> <li><input type="checkbox"/> If I have to memorize something I tend to place events in a logical order</li> <li><input type="checkbox"/> I like to find out how things work</li> <li><input type="checkbox"/> I enjoy computer and any math games</li> <li><input type="checkbox"/> I love playing chess, checkers, or Monopoly</li> <li><input type="checkbox"/> In an argument, I try to find a fair and logical solution</li> <li><input type="checkbox"/> If something breaks and won't work, I look at the pieces and try to figure out how it works</li> <li><input type="checkbox"/> For a group presentation I prefer to create the charts and graphs</li> </ul>
Visual/Spatial Intelligence	Bodily/Kinesthetic Intelligence
<ul style="list-style-type: none"> <li><input type="checkbox"/> I prefer a map to written directions</li> <li><input type="checkbox"/> I daydream a lot</li> <li><input type="checkbox"/> I enjoy hobbies such as photography</li> <li><input type="checkbox"/> I like to draw and create</li> <li><input type="checkbox"/> If I have to memorize something I draw a diagram to help me remember</li> <li><input type="checkbox"/> I like to doodle on paper whenever I can</li> <li><input type="checkbox"/> In a magazine, I prefer looking at the pictures rather than reading the text.</li> <li><input type="checkbox"/> In an argument I try to keep my distance, keep silent or visualize some solution</li> <li><input type="checkbox"/> If something breaks and won't work I tend to study the diagram of how it works</li> <li><input type="checkbox"/> For a group presentation I prefer to draw all the pictures</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> My favourite class is gym since I like sports</li> <li><input type="checkbox"/> I enjoy activities such as woodworking, sewing, and building models</li> <li><input type="checkbox"/> When looking at things, I like touching them</li> <li><input type="checkbox"/> I have trouble sitting still for any length of time</li> <li><input type="checkbox"/> I use a lot of body movements when talking</li> <li><input type="checkbox"/> If I have to memorize something I write it out a number of times until I know it</li> <li><input type="checkbox"/> I tend to tap my fingers or play with my pencil during class</li> <li><input type="checkbox"/> In an argument I tend to strike out and hit or run away</li> <li><input type="checkbox"/> If something breaks and won't work I tend to play with the pieces to try to fit them together</li> <li><input type="checkbox"/> For a group presentation I prefer to move props around, hold things</li> </ul>

<b>Musical/Rhythmic Intelligence</b>	<b>Interpersonal Intelligence</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> I enjoy listening to CDs and the radio</li> <li><input type="checkbox"/> I tend to hum to myself when working</li> <li><input type="checkbox"/> I like to sing</li> <li><input type="checkbox"/> I play a musical instrument quite well</li> <li><input type="checkbox"/> I like to have music playing when doing homework or studying</li> <li><input type="checkbox"/> If I have to memorize something I try to create a rhyme about the event</li> <li><input type="checkbox"/> In an argument I tend to shout or punch or move in some sort of rhythm</li> <li><input type="checkbox"/> I can remember the melodies of many songs</li> <li><input type="checkbox"/> If something breaks and won't work I tend to tap my fingers to a beat while I figure it out</li> <li><input type="checkbox"/> For group presentations I prefer to put new words to a popular tune or use music</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I get along well with others</li> <li><input type="checkbox"/> I like to belong to clubs and organizations</li> <li><input type="checkbox"/> I have several very close friends</li> <li><input type="checkbox"/> I like helping teach other students</li> <li><input type="checkbox"/> I like working with others in groups</li> <li><input type="checkbox"/> Friends ask my advice because I seem to be a natural leader</li> <li><input type="checkbox"/> If I have to memorize something I ask someone to quiz me to see if I know it</li> <li><input type="checkbox"/> In an argument I tend to ask a friend or some person in authority for help</li> <li><input type="checkbox"/> If something breaks and won't work I try to find someone who can help me</li> <li><input type="checkbox"/> For a group presentation I like to help organize the group's efforts</li> </ul>
<b>Intrapersonal Intelligence</b>	<b>Naturalist Intelligence</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> I like to work alone without anyone bothering me</li> <li><input type="checkbox"/> I like to keep a diary</li> <li><input type="checkbox"/> I like myself</li> <li><input type="checkbox"/> I don't like crowds</li> <li><input type="checkbox"/> I know what I am good at and what I am weak at</li> <li><input type="checkbox"/> I find that I am strong-willed, independent and don't follow the crowd</li> <li><input type="checkbox"/> If I have to memorize something I tend to close my eyes and feel the situation</li> <li><input type="checkbox"/> In an argument I will usually walk away until I calm down</li> <li><input type="checkbox"/> If something breaks and won't work, I wonder if it's worth fixing up</li> <li><input type="checkbox"/> For a group presentation I like to contribute something that is uniquely mine, often based on how I feel</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I am keenly aware of my surroundings and of what goes on around me</li> <li><input type="checkbox"/> I love to go walking in the woods and looking at the flowers and trees</li> <li><input type="checkbox"/> I enjoy gardening</li> <li><input type="checkbox"/> I like to collect things (ex. rocks, sports cards, stamps)</li> <li><input type="checkbox"/> As an adult, I think I would like to get away from the city and enjoy nature</li> <li><input type="checkbox"/> If I have to memorize something, I tend to organize it into categories</li> <li><input type="checkbox"/> I enjoy learning the names of living things in our environment, such as flowers and trees</li> <li><input type="checkbox"/> In an argument I tend to compare my opponent to someone or something I have read or heard about and react accordingly</li> <li><input type="checkbox"/> If something breaks down, I look around me to try and see what I can find to fix the problem</li> <li><input type="checkbox"/> For a group presentation I prefer to organize and classify the information into categories so it makes sense</li> </ul>

**TOTAL SCORE**

- \_\_\_\_\_ Verbal/ Linguistic
- \_\_\_\_\_ Logical Mathematical
- \_\_\_\_\_ Visual/Spatial
- \_\_\_\_\_ Bodily/Kinesthetic

- \_\_\_\_\_ Musical/Rhythmic
- \_\_\_\_\_ Interpersonal
- \_\_\_\_\_ Intrapersonal
- \_\_\_\_\_ Naturalist