

The Multiple Intelligences Self-Assessment

The Multiple Intelligences system proposes there are many different ways to be intelligent besides IQ. Dr. Howard Gardner, a psychologist, researcher and professor of education at Harvard University developed his theory of multiple intelligences after noticing that humans throughout history have always possessed a broad range of abilities not identified by an IQ test. There are currently 8 comprehensive categories of intelligence that Dr. Gardner has recognized. They are: (1) Verbal-Linguistic intelligence, (2) Logical-Mathematical intelligence, (3) Bodily-Kinesthetic intelligence, (4) Visual-Spatial intelligence, (5) Musical intelligence, (6) Interpersonal intelligence, (7) Intrapersonal intelligence, and the latest intelligence is the (8) Naturalist intelligence. Dr. Gardner does not rule out the existence of other intelligences but his strict criteria must be met for a potential intelligence to be considered a full-blown intelligence. One potential intelligence that is currently under investigation by Howard Gardner is what he calls, "the existential intelligence."

This self-assessment will help you determine your most favored multiple intelligences, but it is not designed to give you a quantitative score of your proficiency in each intelligence. The best way to determine your proficiency with any of these intelligences is through a realistic appraisal of your performance in the many kinds of tasks, activities, and experiences associated with each intelligence. Which of the following intelligences do you naturally favor and have a proclivity for?

Directions: Please put a check mark in the box next to any statement that you feel applies to you.

Verbal-Linguistic Intelligence

- Type 1 I love reading, writing, telling stories, and/or playing word games.
- Type 2 English, social studies, and history came fairly easily to me in school and I enjoyed them.
- Type 3 Learning to speak or read a foreign language has been relatively easy for me.
- Type 4 Words just seem to come to me in my head effortlessly before I speak or write.
- Type 5 It is easy for me to use language as a tool to convey meaning whether through writing or speaking.
- Type 6 I have a good memory for names, places, dates, or trivia and I find it easy to memorize stories, poems, facts about history, or other tidbits of information.
- Type 7 I'm an avid reader and enjoyed reading at an early age.
- Type 8 I usually find it easy to understand the meaning an author is trying to convey when I read.
- Type 9 I am fairly good at word games like Scrabble, Anagrams, Password and crossword puzzles.
- Type 10 My conversations and writings frequently refer to things I've read or heard, especially famous sayings or quotes.
- Type 11 I enjoy using wordplay such as puns, phonetic mix-ups, clever rhetorical excursions, obscure words and meanings, rhymes, tongue twisters and/or alliteration (two or more words that begin with the same or similar consonants, as in "careless cars cutting corners can create considerable chaos.")
- Type 12 I am effective at using language to change other people's lives in a real, tangible way.
- Type 13 I get more out of listening to spoken-word audio cassettes and CDs than I do from TV or films.
- Type 14 I notice other people's errors in grammar, spelling or pronunciation, even if I don't correct them.

TOTAL SCORE (between 0 and 14 points) for Verbal-Linguistic Intelligence =

Logical-Mathematical Intelligence

- Type 1 I find it relatively easy to work with numbers and do mathematical calculations in my head.
- Type 2 I naturally notice flaws of logic in things people say and do.
- Type 3 Math and/or science were pretty easy for me in school and I enjoyed them.
- Type 4 I naturally think in terms of cause and effect and I'm interested in understanding the relationship between actions, objects or ideas.
- Type 5 I have an investigative mind and naturally want to understand how things work.
- Type 6 I am good at strategy games that require logical thinking, such as (but not limited to) chess, checkers, bridge, hearts, Go(tm), Mastermind(tm), Battleship(tm), Mancala(tm), and Clue(tm).
- Type 7 I enjoy solving brainteasers and logic puzzles, such as Sudoku puzzles (number placement puzzles) and Nonograms (picture logic puzzles, a.k.a. Paint by Numbers).
- Type 8 My mind naturally searches for logical patterns as to why things happen the way they do.
- Type 9 I enjoy quantifying, calculating, measuring, analyzing, or categorizing things (including people!).
- Type 10 My mind sometimes thinks in wordless, imageless, abstract, conceptual ways.
- Type 11 I enjoy researching, studying and analyzing things in detail and depth to understand them better.
- Type 12 I am good at reasoning and understanding conceptual patterns, sequences and processes.
- Type 13 I like to set up "what if" experiments. For example, "What if everyone in the world loved their job because it made perfect use of their natural gifts and talents? How would life be different?"
- Type 14 I have good inductive reasoning skills (reasoning from detailed facts or observations to come up with a general principle) and deductive reasoning skills (reasoning from the general principle to come up with a particular conclusion, or from the general cause to the particular effect).

TOTAL SCORE (between 0 and 14 points) for Logical-Mathematical Intelligence =

Musical-Rhythmic Intelligence

- Type 1 I have a "good ear" for different sounds, pitches, tones, rhythms and musical compositions.
- Type 2 I have a natural ability to compose, sing and/or play a musical instrument.
- Type 3 I can tell when a musical note is off-key.
- Type 4 I have a good voice for singing in tune and in harmony.
- Type 5 I am often singing, whistling, humming or making tapping sounds.
- Type 6 I learn best by hearing and often use rhythm and music as a way to memorize things.
- Type 7 I can easily memorize songs and other musical pieces.
- Type 8 I often have a television jingle or song playing in my head.
- Type 9 I am highly sensitized to different sounds in my environment.
- Type 10 I have an unquenchable passion for music and my life would be much the poorer without it!
- Type 11 If I hear a music piece once or twice, I can usually sing or play it back fairly accurately.
- Type 12 It is easy for me to keep time/rhythm to a piece of music with a simple percussion instrument.

Type 13 I seem to know the tunes to more songs/musical pieces than most people I know.

Type 14 I love listening to music every chance I get.

TOTAL SCORE (between 0 and 14 points) for Musical-Rhythmic Intelligence =

Visual-Spatial Intelligence

Type 1 I am very aware of my surroundings.

Type 2 I have a great sense of direction and can generally find my way around unfamiliar places.

Type 3 I am good at solving visual puzzles, such as jigsaw puzzles and maze-type puzzles.

Type 4 I can easily recall clear visual images when I close my eyes

Type 5 I notice colors and shapes and truly appreciate and admire great photography.

Type 6 I can remember places vividly, almost as if I was there again.

Type 7 I like to draw, paint or doodle.

Type 8 I am good at creative visualization (imagining and visualizing things in my head).

Type 9 I often have vivid dreams at night.

Type 10 I much prefer to read books with pictures than without.

Type 11 I am good at craftwork and/or creating art (or I feel I could be with more practice).

Type 12 I can imagine how something might look if it were viewed from directly above in a birds-eye view.

Type 13 I am good at working with objects to make, build, fix, or assemble things.

Type 14 I have excellent awareness of where I am in space when I'm moving and I'm able to solve three-dimensional problems that require good spatial orientation.

TOTAL SCORE (between 0 and 14 points) for Visual-Spatial Intelligence =

Bodily-Kinesthetic Intelligence

Type 1 I love to move my body and engage in at least one physical activity or sport on a regular basis.

Type 2 I generally have a lot of physical energy.

Type 3 I learn much better by moving and doing something rather than just watching, hearing or reading about it.

Type 4 It is difficult for me to sit still for long periods of time.

Type 5 I am well-coordinated and good at many different motor skills.

Type 6 I am very in tune with and keenly aware of my body.

Type 7 I'm able to use my hands with dexterity and skill.

Type 8 I enjoy the outdoors and like to stay physically active.

Type 9 I like doing practical work, like fixing things, building things, or making things, like a craftsman.

- Type 10 I would rather touch than just look at something because it helps me learn.
- Type 11 Some of my best ideas seem to come to me when I am engaged in a physical activity.
- Type 12 I enjoy daredevil amusement rides and other exhilarating physical experiences.
- Type 13 I often use hand gestures or other animated body language when I'm expressing an idea.
- Type 14 I have natural talent in at least one of the following areas: strength, endurance, flexibility, agility, balance, or hand-eye coordination.
- TOTAL SCORE (between 0 and 14 points) for Bodily-Kinesthetic Intelligence =**

Interpersonal Intelligence

- Type 1 I have been complimented on my ability to understand and relate to different people well.
- Type 2 I learn well through interaction and dialogue with others and I enjoy it too.
- Type 3 I am friendly, outgoing and have many friends.
- Type 4 I prefer to be out with friends or at a party than doing something at home alone.
- Type 5 Many people know me and like to come to me for advice and counsel because I am empathetic and like counseling/helping people whenever I can.
- Type 6 I am cooperative and good at working with all kinds of people.
- Type 7 I love meeting new people and consider myself a sociable person.
- Type 8 I enjoy social events and feel very comfortable in the midst of a crowd.
- Type 9 I enjoy the challenge of teaching others what I know.
- Type 10 When I have a problem I often seek help from at least one other person rather than attempt to work it out all by myself.
- Type 11 I like participating in team sports (like volleyball, soccer, basketball or softball) more than solo sports (like swimming, jogging, ice skating or weight training/body building).
- Type 12 I like to get involved in clubs, associations or other social organizations connected to my work, church, or community.
- Type 13 I am sensitive to and understand other people's moods, motives, feelings and points of view.
- Type 14 I seem to have a natural ability to influence other people and some people have called me a leader.
- TOTAL SCORE (between 0 and 14 points) for Interpersonal Intelligence =**

Intrapersonal Intelligence

- Type 1 I consider myself adept at looking inward and figuring out what I'm feeling and thinking.
- Type 2 I enjoy spending time alone reflecting or thinking about important life questions.
- Type 3 I am an introspective person and learn well independently.
- Type 4 I enjoy learning about myself immensely and have a keen interest in psychology, philosophy, spirituality, theology and/or personal growth.

- Type 5 I am self-employed or think I would like to be.
- Type 6 I enjoy journaling to record the events of my inner life.
- Type 7 I consider myself to be self-aware, self-directed, independent-minded and strong-willed.
- Type 8 I would rather get away to a peaceful location out in nature (like a house or cabin in the woods) than go to a fancy resort with lots of people around, partying going on, and loud music blaring.
- Type 9 I tend to keep my thoughts to myself a lot of the time but I am very good at accurately articulating my feelings when I make a concerted effort to share them.
- Type 10 I have some important personal goals I want to achieve and I plan effectively to achieve them.
- Type 11 I have the ability to monitor myself (my thoughts, feelings, motives) in interpersonal relationships.
- Type 12 I learn well from my failures/feedback in life.
- Type 13 I have a realistic awareness of my strengths/abilities and my weaknesses/shortcomings.
- Type 14 I march to the beat of a different drummer in my style of living.

TOTAL SCORE (between 0 and 14 points) for Intrapersonal Intelligence =

Naturalist Intelligence

- Type 1 I have a deep sensitivity to and appreciation for nature and feel most alive when in it.
- Type 2 I love having animals around me and a garden to work in and enjoy. My life would be much the poorer without them.
- Type 3 I have a natural gift for nurturing and growing flora as well as an innate ability to care for and interact with animals.
- Type 4 I love walking, hiking, backpacking, and camping in nature.
- Type 5 I have a sensitivity to and curiosity about natural formations such as mountains and clouds.
- Type 6 I love to visit zoos, aquariums, or natural history museums.
- Type 7 I am good at telling the difference between various kinds of flora, such as trees and flowers, and various kinds of fauna, such as dogs and birds. I can easily distinguish other patterns in nature too.
- Type 8 I love to read books/magazines (like National Geographic) and watch movies or TV shows that help me learn more about nature in some way.
- Type 9 I would much prefer to go to a natural setting (such as a park, campground, lake, mountain, or hiking trail) than to a large hotel, resort or other urban location.
- Type 10 I'm involved in a hobby that involves nature in some way (i.e., bird watching, camping, farming, rearing animals or plants, exploring rain forests!).
- Type 11 I have taken (or would like to take) courses relating to nature such as botany, ecology, zoology, or environmental science.
- Type 12 I belong (or would like to belong) to a organization related to nature and the environment (e.g., Sierra Club) because I am concerned about saving our beautiful planet from further destruction.
- Type 13 I am extremely bothered by pollution, not just for myself but for all living creatures.
- Type 14 I notice changes in nature better than most anyone I know. For example, I notice subtle changes in weather that most people are unaware of.

TOTAL SCORE (between 0 and 14 points) for Naturalist Intelligence =

Results: There are 14 statements for each intelligence. You probably intuitively know which are your favored multiple intelligences from taking this self-assessment, but if you scored 8 or more out of 14 on a given intelligence, then see below for a description.

Verbal-Linguistic Intelligence

Verbal-linguistic intelligence has to do with words, spoken or written. People with verbal-linguistic intelligence display a facility with words and languages. They are typically good at reading, writing, telling stories and/or memorizing words and dates. They tend to learn best by reading, taking notes, listening to lectures, and via discussion and debate. They are also frequently skilled at explaining, teaching and oration or persuasive speaking. Those with verbal-linguistic intelligence often learn foreign languages very easily as they have high verbal memory and recall, and an ability to understand and manipulate syntax and structure.

You probably have a gift for Verbal-Linguistic Intelligence if you:

- Have an innate ability to teach/explain things to others so they understand
- Always enjoyed English class
- Cherish your book collection
- Easily remember quotes and famous sayings
- Enjoy learning foreign languages
- Are good at memorization
- Are good at telling stories
- Are good at reading and writing
- Are good at persuading or influencing people with your choice of words
- Learn well by reading and listening to others
- Like puns, tongue twisters and alliteration
- Like to speak of what you have read
- Like to use rhymes and "fancy" words
- Love and are talented with words
- Love word games
- Notice grammatical mistakes

Sample Verbal-Linguistic Leisure Activities

- Composing poetry
- Debating or public speaking
- Emceeing
- Keeping a journal
- Learning a foreign language
- Listening to a lecture or taking a class
- Playing board games like Scrabble and Trivial Pursuit
- Playing crossword puzzles
- Reading
- Speaking at Toastmasters (a public speaking improvement group)
- Spending time at a library or bookstore
- Teaching or tutoring
- Telling jokes or stories
- Writing

Careers that Especially Utilize Verbal-Linguistic Intelligence

- Any occupation that requires highly developed reading, writing, speaking, or auditory skills
- Announcer (radio, TV, or public address)
- Archivist
- Biographer
- Comedian
- Copy writer
- Court reporter/stenographer
- Creative writer
- Curator
- Editor
- Medical transcriptionist
- Newscaster
- Novelist
- Online course instructor
- Paralegal
- Playwright
- Poet
- Political consultant/aide
- Political scientist
- Politician
- Press secretary

- Education teacher
- English teacher
- English language and literature teacher
- Executive editor
- Foreign language and literature teacher
- Freelance writer
- Ghostwriter
- Historian
- History teacher
- Instructional coordinator/Education consultant
- Interpreter (of oral foreign language)
- Journalist
- Judge
- Language interpreter
- Lawyer
- Legal assistant
- Librarian
- Library science teacher
- Library technician
- Literary agent
- Managing editor
- Media specialist
- Professional speaker
- Proofreader
- Public relations director
- Radio disc jockey
- Reporter/correspondent
- Science and medical writer
- Screenwriter
- Secretary
- Sign language interpreter/specialist
- Speech writer
- Speech-language pathologist
- Staff writer
- Story teller
- Teacher (any)
- Teacher assistant/aide
- Technical writer
- Telephone operator
- Translator (of written foreign language)
- Travel writer
- TV talk show host
- Typist or word processor
- Writer/author (fiction or nonfiction)

Sample Job Skills

- Analyzing language usage
- Articulating
- Convincing someone of your point of view
- Copying
- Debating
- Discussing
- Editing
- Explaining
- Giving instructions
- Informing
- Interpreting
- Joking/using humor
- Lecturing
- Listening
- Persuading
- Proofreading
- Remembering information
- Reporting
- Researching (books/written material)
- Speaking a foreign language
- Story telling
- Talking
- Teaching
- Translating
- Typing
- Understanding syntax/meaning of words
- Word processing
- Writing

Sample Verbal-Linguistic Majors in School

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|------------------------|------------------------------|---------------------|
| • Broadcast journalism | • History and world cultures | • Philosophy |
| • Communication | • Journalism | • Political science |
| • Creative writing | • Law | • Sociology |
| • Education | • Library science | • Theology |
| • English | • Linguistics | |
| • Foreign languages | • Literature | |

Logical-Mathematical Intelligence

This intelligence has to do with logic, abstractions, inductive and deductive reasoning, and numbers. While it is often assumed that those with this intelligence naturally excel in mathematics, chess, computer programming and other logical or numerical activities, a more accurate definition places emphasis less on traditional mathematical ability and more reasoning capabilities, abstract pattern recognition, scientific thinking and investigation, and the ability to perform complex calculations.

You probably have a gift for Logical-Mathematical Intelligence if you:

- Enjoy solving mathematical/logical problems
- Enjoy conducting scientific experiments
- Like investigating things deeply
- Are an abstract, logical thinker
- Can easily calculate numbers in your head
- Are good at math and science
- Are good at researching
- Are good at strategy games (like chess)
- Have a mind "like a computer"
- Learn best by logic and reason
- Look for patterns and rational explanations
- Like to organize things into categories
- Wonder about and enjoy learning how things work

Sample Logical-Mathematical Leisure Activities

- Analyzing stock portfolios
- Balancing checkbook and budgeting finances
- Collecting things
- Conducting experiments or doing research
- Going to a science museum
- Learning astronomy
- Playing card games (especially Bridge)
- Playing chess or other games of strategy
- Playing with a chemistry set
- Putting things in order around the house
- Reading science magazines (like Scientific American or American Scientist)
- Solving logic puzzles (like Sudoku)
- Using/discussing computers
- Watching scientific documentaries on TV
- Working on a math or science project

Careers that Especially Utilize Logical-Mathematical Intelligence

- Any occupation that requires highly developed math, science, technical, or logical skills
- Accountant
- Actuary
- Anesthesiologist
- Astronomer
- Audiologist
- Auditor
- Bank officer/teller
- Biologist
- Bookkeeper
- Budget analyst
- CFO (Chief Financial Officer)
- Chemist
- City planner
- Compensation and benefits analyst
- Computer analyst
- Computer programmer
- Computer security specialist
- Computer software applications engineer
- Computer support analyst
- Computer systems analyst
- Computer systems software engineer
- Coroner
- Geologist
- Health diagnosing/treating practitioner (any)
- Health technician (any)
- Health technologist (any)
- Insurance adjuster/examiner/investigator
- Insurance underwriter
- Internist
- Investment broker
- Lawyer
- Loan officer/mortgage broker
- Logician
- Materials scientist
- Math teacher
- Mathematician
- Medical scientist
- Medical technologist/technician
- Network systems and data communications analyst
- Numerologist
- Obstetrician or gynecologist
- Operations research analyst
- Optometrist
- Pharmacist
- Pharmacologist

- Cost estimator
- Credit analyst
- Database administrator
- Detective/private investigator
- Economist
- Electrician
- Engineer
- Epidemiologist
- Financial advisor/planner
- Financial aid officer
- Financial clerk/teller
- Financial examiner
- Financial manager
- Financial/investment analyst
- Foreign-exchange teller
- Forensic science technician
- Geodesist

- Physician/doctor
- Physicist
- Purchasing agent
- Real estate appraiser/assessor
- Real estate developer
- Records clerk
- Research and development specialist
- Respiratory therapist
- Science teacher
- Scientist
- Statistician
- Stock broker
- Tax auditor
- Tax examiner or collector
- Tax preparer
- Treasurer/controller
- Venture capitalist

Sample Job Skills

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| <ul style="list-style-type: none"> • Accounting • Analyzing • Auditing • Balancing budgets • Budgeting expenses • Calculating • Categorizing information • Classifying information • Compiling statistics • Computing solutions • Counting | <ul style="list-style-type: none"> • Diagnosing • Doing economic research • Estimating • Experimenting • Financing • Gauging probabilities • Hypothesizing • Investing • Measuring • Ordering (putting in order) • Preparing tax forms | <ul style="list-style-type: none"> • Problem solving • Programming computers • Quantifying materials • Questioning • Reasoning • Seeing patterns and relationships • Sequencing • Sizing • Surveying land areas • Systematizing |
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Sample Logical-Mathematical Majors in School

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| <ul style="list-style-type: none"> • Accounting • Artificial intelligence and robotics • Astronomy • Astrophysics • Atmospheric science • Chemical physics • Chemistry | <ul style="list-style-type: none"> • Computer science • Criminal science • Economics • Engineering • Finance • Forensic science • Genetics • Geophysics | <ul style="list-style-type: none"> • Mathematics • Medicine • Molecular genetics • Neuroscience • Philosophy • Physics • Sciences • Statistics |
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Musical-Rhythmic Intelligence

This intelligence has to do with rhythm, music, and hearing. Those who have a high level of musical-rhythmic intelligence display greater sensitivity to sounds, rhythms, tones, timbre, and music. They normally have good pitch and may even have absolute pitch. They are often able to sing and play musical instruments well, and some enjoy composing music. Since there is a strong aural component to this intelligence, those with good musical-rhythmic intelligence may learn best via auditory modes (lectures, audiobooks, CDs, etc.). In addition, they often use songs or musical pieces to learn and memorize information. They enjoy having music playing in the background of whatever they are doing.

You probably have a gift for Musical-Rhythmic Intelligence if you:

- Have good rhythm
- Can easily memorize songs & musical pieces
- Can tell when a note is off-key
- Are often singing, whistling, or humming
- Love listening to music at every opportunity
- Have a "good ear" for different sounds, pitches, tones, rhythms and compositions
- Often have a song running in your head
- Have an unquenchable passion for music
- Can compose, sing and/or play instruments
- Can recite songs from heart
- Can reproduce sounds, tunes and songs
- Often use rhythm and music as a way to memorize things

Sample Musical-Rhythmic Leisure Activities

- Collecting music
- Composing music
- Going to concerts
- Listening to music
- Participating in a choir
- Participating in karaoke or sing-alongs
- Playing "Name That Tune"
- Playing a musical instrument
- Playing in a band
- Singing
- Taking music lessons
- Teaching music

Careers that Especially Utilize Musical-Rhythmic Intelligence

- Any occupation that involves music or a good sense of rhythm and timing
- Band leader/director
- Choral director
- Composer/songwriter
- Instrumentalist
- Music archivist
- Music conductor
- Music critic
- Music director
- Music librarian
- Music recording engineer
- Music sound technician
- Music teacher
- Music therapist
- Musical copyist
- Musical instrument maker
- Musical instrument repairer/tuner
- Musical instrument salesperson
- Musician
- Orchestrator/arranger
- Performer (song and dance)
- Pianist
- Piano tuner
- Radio disc jockey
- Rerecording mixer
- Sound effects manager
- Sound engineering technician
- Sound mixer
- Vocalist/singer

Sample Job Skills

- Analyzing music
- Arranging music
- Choreographing
- Composing
- Conducting
- Copying music
- Criticizing musical styles/pieces
- Distinguishing tone, pitch, timbre, etc.
- Drumming
- Humming
- Orchestrating
- Playing (an instrument)
- Reciting
- Recording
- Remembering songs/tunes/melodies
- Scoring music
- Singing
- Strumming
- Tapping to keep a beat
- Transcribing

- Improvising
- Keeping rhythm
- Listening

- Tuning
- Vocal coaching
- Whistling

Sample Musical-Rhythmic Majors in School

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| <ul style="list-style-type: none"> • Band • Choir/chorus • Church music • Conducting • Jazz studies • Music | <ul style="list-style-type: none"> • Music composition and arranging • Music theory and history • Music therapy • Musical theater • Opera | <ul style="list-style-type: none"> • Orchestra • Piano • Recording arts technology • Sound engineering • Voice |
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Visual-Spatial Intelligence

This intelligence has to do with visualization and spatial judgment. People with strong visual-spatial intelligence are typically very good at visualizing and mentally manipulating objects. They have a strong visual memory and are often artistically inclined. Those with visual-spatial intelligence also generally have a very good sense of direction and may also have good hand-eye coordination, although this is normally seen as a characteristic of the bodily-kinesthetic intelligence.

You probably have a gift for Visual-Spatial Intelligence if you:

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| <ul style="list-style-type: none"> • Are aware of your surroundings • Can remember places vividly • Can visualize pictures in your head easily • Enjoy photography • Are good at artistic composition • Are good at solving visual puzzles • Are good at putting together jigsaw puzzles | <ul style="list-style-type: none"> • Are good with directions and navigating your way around in unfamiliar territory • Have good spatial awareness • Learn best from drawings and visual aids • Like books with pictures • Like to draw, paint and or sculpt • Notice colors and shapes |
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Sample Visual-Spatial Leisure Activities

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| <ul style="list-style-type: none"> • Building models or other things from scratch • Collecting artwork • Decorating a float or constructing a stage set • Designing art graphics on a computer • Designing clothes (or costumes for the kids) • Drawing, sketching, or painting • Flying an airplane • Going to art museums • Landscaping a house • Learning how to make movies • Making a collage using magazine pictures | <ul style="list-style-type: none"> • Making arts and crafts • Making videos/movies with a camcorder • Putting a jigsaw puzzle together • Photographing • Playing Pictionary or other visual games • Playing with construction kits • Redecorating or redesigning a house • Sculpting or making pottery • Taking an art or creativity class • Visualizing favorable future events • Watching movies |
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Careers that Especially Utilize Visual-Spatial Intelligence

- Any occupation that requires highly developed visual or spatial awareness skills
- Air traffic controller
- Architect
- Architectural drafter
- Art director
- Art teacher
- Artist
- Building contractor
- Camera operator
- Carpenter
- Cartographer
- Cartoonist/ animator
- Creative director
- Draftsperson
- Electrician
- Engineer
- Engineering technician
- Fashion designer
- Film/video editor
- Floral designer
- Furniture restorer
- Geographer
- Graphic artist/designer
- Hairstylist
- Illustrator
- Interior decorator/designer
- Inventor
- Landscape architect
- Make-up artist
- Mapping technician
- Merchandise displayer & window decorator
- Navigator
- Painter
- Photographer
- Photojournalist
- Pilot
- Sailor/ship captain
- Sculptor
- Set and exhibit designer
- Surgeon
- Surveying technician
- Surveyor
- Tailor
- Theoretical physicist
- TV/film/stage/radio director
- Urban and regional planner
- Visual artist

Sample Job Skills

- Arranging flowers
- Coloring
- Constructing
- Crafting
- Creating or displaying artwork
- Creating visual presentations
- Decorating
- Designing
- Drafting
- Drawing
- Engineering
- Filming
- Graphing
- Illustrating
- Imagining
- Interpreting images
- Inventing
- Manipulating images
- Mapping
- Painting
- Photographing
- Reading blueprints
- Sculpting
- Sketching
- Understanding charts and graphs
- Visualizing

Sample Visual-Spatial Majors in School

- Advertising
- Air traffic control
- Animation/special effects
- Architecture
- Aviation
- Cartooning
- Ceramics
- Cinematography and film/video production
- Technical illustration
- Computer graphics
- Crafts
- Drawing
- Engineering design
- Environmental design
- Fashion design
- Film
- Floriculture
- Furniture design
- Urban planning
- Geography
- Graphic design
- Illustration
- Industrial design
- Interior design
- Landscape architecture
- Painting
- Photography
- Sculpture
- Visual arts

Bodily-Kinesthetic Intelligence

This intelligence has to do with movement and doing. Bodily-kinesthetic people are generally adept at physical activities (such as sports or dance) and often prefer activities which utilize movement. They may enjoy acting or performing, and in general they are good at building and making things. They often learn best by physically doing something, rather than reading or hearing about it. Those with strong bodily-kinesthetic intelligence seem to use what might be termed muscle memory; i.e., they remember things through their body, rather than through words (verbal memory) or images (visual memory). Bodily-kinesthetic intelligence requires the skills and dexterity for fine motor movements such as those required for dancing, athletics, surgery, craftmaking, and computer engineering, etc.

You probably have a gift for Bodily-Kinesthetic Intelligence if you:

- Enjoy playing sports and/or exercising
- Are good at catching thrown objects
- Can't sit still for too long
- Are dexterous
- Enjoy being active and outdoors
- Enjoy exhilarating physical experiences
- Have a lot of physical energy
- Are in tune with and aware of your body
- Have good hand-eye coordination
- Have quick reflexes
- Learn best by movement & experimentation
- Like figuring out how things work
- Like practical work – fixing, building, making
- Like to work with their hands
- Are athletic
- Are well-coordinated
- Have good motor skills
- Desire to touch rather than just look

Sample Bodily-Kinesthetic Leisure Activities

- Building things
- Coaching a team or individual athlete
- Competing in a sport or race
- Cooking
- Craftwork (woodwork, carving, pottery, etc.)
- Dancing
- Doing outdoor physical activities (skiing, RV riding, biking, hiking, skateboarding, etc.)
- Exercising (lifting weights, yoga, Pilates, etc.)
- Gardening
- Hunting, camping or fishing
- Knitting, crocheting or other needlework
- Participating in plays or drama productions
- Playing sports for fun
- Taking acting lessons
- Working on (fixing) a car or appliance

Careers that Especially Utilize Bodily-Kinesthetic Intelligence

- Any job that requires strength, manual labor, coordination, flexibility, agility, balance, dexterity, physical endurance, speed, power, body awareness, and/or health awareness.
- Actor/actress
- Aircraft mechanic
- Aerobics instructor
- Assembler/fabricator
- Athlete, professional
- Athletic coach
- Athletic trainer
- Automotive mechanic
- Bodybuilder
- Boilermaker
- Brickmason/bricklayer
- Building trade worker
- Camera and photographic equipment repairer
- Delivery person
- Drama teacher
- Drywaller
- Electrician
- Entertainer/performer
- Equestrian
- Factory worker
- Faller/tree cutter
- Farmer
- Firefighter
- Fisherman
- Floor layer/installer
- Floor sander/finisher
- Gardener
- General contractor
- Heavy equipment operator
- Insulation installer
- Inventor (of a product)
- Janitor
- Jeweler
- Landscaper/groundskeeper
- Millwright
- Mime
- Model
- Mover, furniture
- Paramedic/EMT
- Personal fitness trainer
- Physical education teacher
- Physical therapist
- Pilates instructor
- Plasterer/stucco mason
- Plumber
- Police officer
- Postal mail carrier
- Printing worker
- Recreation leader
- Recreational therapist
- Rescue worker
- Rodeo rider
- Roofer
- Security guard
- Ski patroller

- Cargo and freight agent
- Carpenter
- Carpet installer
- Cement mason
- Choreographer
- Clown
- Construction worker
- Cook/chef
- Courier/messenger
- Craftsperson
- Dancer
- Lifeguard
- Logging worker
- Maid/housekeeper
- Machinist
- Magician
- Maintenance/repair worker
- Manual laborer
- Martial arts teacher
- Massage therapist
- Mechanic
- Military personnel
- Sheet metal worker
- Steelworker
- Stonemason
- Stuntman/woman
- Textile/apparel worker
- Tile and marble setter
- Tree trimmer/pruner
- Watch repairer
- Welder
- Woodworker
- Yoga instructor

Sample Job Skills

- Acting
- Assembling
- Balancing
- Carrying
- Cleaning
- Climbing
- Crafting
- Cutting (trees, wood, etc.)
- Dancing
- Delivering
- Dramatizing
- Hiking
- Installing
- Lifting
- Manufacturing
- Miming
- Modeling
- Operating
- Performing
- Playing sports
- Repairing
- Restoring
- Running
- Shipping
- Signing (as in sign language)
- Sorting
- Traveling
- Using body language
- Walking

Sample Bodily-Kinesthetic Majors in School

- Athletic training
- Biomechanics
- Coaching
- Dance
- Dance therapy
- Drama
- Exercise physiology
- Exercise science
- Health and wellness
- Health science
- Human movement
- Kinesiology
- Leisure studies
- Motor behavior
- Nutrition science
- Pedagogy in phys. ed.
- Physical education
- Physical therapy
- Recreation management
- Sport leadership
- Sport management
- Sport performance
- Sport psychology

Intrapersonal Intelligence

This intelligence has to do with knowing one's inner thoughts and feelings. This person has introspective, self-reflective and self-awareness capacities. Those with strong intrapersonal intelligence are often introverts in the Myers-Briggs system. However, some extraverts in the Myers-Briggs system can be strong in intrapersonal intelligence too (e.g., ENFP Type #4s, ENTP Type #5s, extraverted Violets and Indigos, and others). They are usually able to understand their own emotions and motivations and can be quite goal-oriented. They often have an affinity for subjects that help them understand themselves and life more deeply such as philosophy, psychology and/or spirituality (depending on their types in other systems, of course. True Blues and Deep Greens are most likely to be attracted to these subjects). They learn best when allowed to concentrate on a subject by themselves. There is often a high level of perfectionism associated with the intrapersonal intelligence.

You probably have a gift for Intrapersonal Intelligence if you:

- Know and accept how you feel
- Listen to yourself
- Understand the nature of your emotions
- Plan your life direction
- Motivate yourself
- Are philosophical
- Are introspective
- Are self-aware
- Can work well alone
- Can be perfectionistic with self
- Are, or would like to be, self-employed
- Are spiritual (or at least open to inspiration)
- Are imaginative
- Are intuitive
- Are insightful
- Are independent-minded and strong-willed
- See yourself as unconventional

Sample Intrapersonal Leisure Activities

- Taking personal growth seminars
- Reading self-help books/books on psychology
- Meditating/praying
- Journaling
- Studying scriptures and philosophy
- Reading wisdom literature
- Being involved with a spiritual teaching
- Listening to motivational tapes/CDs
- Learning astrology or another metaphysical system (certain types!)
- Reading biographies of spiritual leaders
- Participating in self-esteem workshops
- Participating in life purpose workshops
- Participating in emotional healing workshops
- Planning and organizing a project
- Participating in counseling
- Reading books about world leaders
- Daydreaming
- Cooking/eating foods that nourish the soul
- Spending time alone
- Going to a fortune teller or psychic
- Doing dream interpretation
- Reflecting on the congruence of actions with personal values (or lack of)

Careers that Especially Utilize Intrapersonal Intelligence

- Any occupation that requires awareness of one's inner thoughts, desires and feelings
- Astrologer
- Biographer
- Business owner
- Clergy
- Community activities director
- Counselor/therapist
- Entrepreneur
- High level executive
- Holistic health practitioner
- Inspirational speaker
- Inventor
- Leadership trainer
- Marriage and family therapist
- Meditation teacher
- Minister
- Missionary
- Nutritionist
- Peace Corp volunteer
- Philosopher
- Philosophy teacher
- Program planner
- Psychiatrist
- Psychologist
- Psychotherapist
- Rehabilitation counselor
- Religious leader/worker
- Religious studies teacher
- Researcher
- Spiritual teacher/leader
- Theologian
- Vocational counselor
- Writer

Sample Job Skills

- Analyzing
- Appraising
- Attaining objectives
- Being aware of inner states
- Carrying out decisions
- Diagnosing (source of problems)
- Discerning opportunities
- Evaluating
- Healing
- Initiating
- Introspecting
- Looking inward
- Meditating
- Organizing
- Planning
- Promoting self-awareness
- Reasoning with themselves
- Reflecting
- Reprogramming childhood conditioning
- Self-promoting
- Setting goals
- Unblocking limiting beliefs
- Understanding self
- Working alone

Sample Intrapersonal Majors in School

- Aviation
- Creative writing
- Entrepreneurial business
- Leadership
- Metaphysics
- Ministry
- Philosophy
- Psychology
- Religion
- Teaching
- Theology

Interpersonal Intelligence

Interpersonal intelligence involves being able to "read" (i.e., understand) and communicate well with other people. It involves both verbal and nonverbal communication. It involves being keenly sensitive to others' moods, feelings, temperaments and motivations. Interpersonally intelligent people have the ability to cooperate in order to work as part of a group. They communicate effectively and empathize easily with others, and may be either leaders or followers. They typically learn best by working with others and enjoy interpersonal discussions.

You probably have a gift for Interpersonal Intelligence if you:

- Are good at reading people
- Make friends easily
- Communicate well with others
- Understand other peoples' motives
- Empathize with others
- Easily seduce members of the opposite sex
- Are outgoing and personable
- Enjoy socializing
- Love groups and crowds
- Enjoy teaching others
- Enjoy playing team sports more than individual ones
- Have people come to you for advice
- Love meeting new people
- Are cooperative in groups
- Are sensitive to others' moods/needs

Sample Interpersonal Leisure Activities

- Doing community projects
- Being involved in a club or organization
- Doing volunteer work
- Participating in a support group
- Participating in a discussion group
- Going out with a group of friends
- Playing team sports (especially with bodily-kinesthetic intelligence also)
- Going to camps/sleepovers (kids)
- Going to conferences (adults)
- Going to parties (or dinner parties)
- Being active in a fraternity or sorority
- Teaching or tutoring
- Going on vacation with close friends
- Helping a friend in some way
- Spending time with others

Careers that Especially Utilize Interpersonal Intelligence

- Any job that requires good people skills, understanding of and empathy for others
- Administrator
- Advertising account executive
- Advertising and promotions manager
- Ambassador
- Arbitrator/mediator
- Baggage porter/bellhop
- Business manager
- CEO
- Child care worker/nanny
- Coach, life
- Meeting/convention/conference planner
- Motivational speaker
- News anchor/newscaster
- Nurse
- Occupational therapist
- Outplacement consultant
- Personnel recruiter
- Politician
- Probation officer
- Program director
- Public relations specialist/manager
- Publicist

- Coach, sports
- Community association manager
- Concierge
- Corporate or team trainer
- Correctional treatment specialist
- Counselor
- Crisis hotline operator
- Customer service representative
- Diplomat
- Director of admissions (academic)
- Director of student affairs (academic)
- Diversity manager
- Elected public official
- Employee assistance program coordinator
- Employment interviewer
- Event coordinator
- Flight attendant
- Foreign correspondent
- Fund-raiser
- Health care aide/assistant (nurse, home health, occupational therapist, etc.)
- Host/hostess, restaurant/lounge/coffee shop
- Hotel/motel/resort desk clerk
- Human resources manager/specialist
- Insurance sales agent
- Labor relations specialist
- Lodging manager
- Management consultant
- Manager (any)
- Marketing manager/consultant
- Medical or dental assistant (any)

- Radio disc jockey
- Real estate sales agent
- Receptionist
- Rehabilitation counselor
- Representative of the United Nations
- Residential advisor
- Sales person/manager
- School principal
- Secretary of state
- Social and community service manager
- Social and human service specialist
- Social director
- Social worker
- Sociologist
- Statesman/woman
- Store greeter (e.g., Wal-Mart)
- Supervisor
- Talent director
- Taxi driver (the good ones at least!)
- Teacher
- Telemarketer
- Telephone operator
- Tour guide/escort
- Training and development specialist
- TV/film/stage/radio producer
- TV game show host
- TV talk show host
- Travel agent
- University president
- Waiter/waitress
- Wedding coordinator

Sample Job Skills

- Accommodating
- Building trust
- Coaching
- Collaborating
- Communicating
- Confronting (diplomatically)
- Cooperating
- Coordinating
- Counseling
- Delegating
- Empathizing
- Encouraging
- Establishing rapport
- Facilitating
- Hosting
- Inspiring
- Interviewing
- Listening
- Mediating

- Mentoring
- Motivating
- Negotiating
- Peace making
- Persuading
- Publicizing
- Reading people's moods/behaviors/intentions
- Recruiting
- Selling
- Serving
- Socializing
- Supervising
- Teaching
- Trading
- Training
- Tutoring
- Understanding
- Uplifting

Sample Interpersonal Majors in School

- Business communications
- Business management
- Child development
- Communications studies
- Counseling psychology
- Hospitality
- Human resources
- International business
- Marketing and sales
- Mass communication
- Advertising
- Ministry
- Nursing
- Political communication
- Public administration
- Public relations
- Radio and television
- Real estate
- Social psychology
- Sociology
- Teacher education

Naturalist Intelligence

This intelligence has to do with being in tune with nature and one's natural surroundings. This is the eighth and newest of the intelligences, added to the MI theory in 1999, and is not as widely accepted as the original seven. This intelligence was not part of Gardner's original theory of Multiple Intelligences. Those with it are said to have greater sensitivity to nature and their place within it, the ability to nurture and grow things, and greater ease in caring for, interacting with and taming animals. They may also be able to discern changes in weather or similar fluctuations in their natural surroundings. They are also good at recognizing and classifying different species. Naturalists learn best when the subject involves observing, collecting and analyzing, or is closely related to something prominent in nature.

You probably have a gift for Naturalist Intelligence if you:

- Are sensitive to and appreciative of nature
- Enjoy gardening
- Love caring for and interacting with animals
- Are gifted at nurturing/growing flora (plants)
- Appreciate scenic places
- Feel alive when in contact with nature
- Like to camp, hike, backpack and climb
- Have a hobby that involves nature
- Are bothered by pollution
- Easily distinguish patterns in nature
- Are very aware of changes in weather
- Are extremely environmentally conscious

Sample Naturalist Leisure Activities

- Walking or backpacking in nature
- Gardening
- Camping
- Hiking mountains or trails
- Caring for animals and/or plants
- Studying/observing animals or plants in their natural habit (e.g., bird watching)
- Reading nature books or magazines
- Taking courses related to nature (such as botany, ecology, zoology, etc.)
- Volunteering for an ecological organization (such as Greenpeace or Sierra Club)
- Visiting a zoo, natural history museum, national park, etc.
- Watching nature shows on TV (National Geographic, Nova, the Discovery Chanel)
- Reading biographies and autobiographies of famous naturalists
- Participating in environmental or nature preservation causes

Careers that Especially Utilize Naturalist Intelligence

- Any job that requires a highly developed sensitivity to and appreciation for nature
- Agronomist
- Animal communicator
- Animal husbandry specialist
- Animal rescue worker
- Animal scientist
- Geoscientist (any)
- Herpetologist
- Horticulturist
- Ichthyologist
- Landscape architect
- Limnologist
- Malacologist

- Animal therapist
- Animal trainer
- Anthropologist
- Anthrozoologist
- Apiologist (aka Melittologist)
- Arachnologist
- Astronomer
- Beekeeper
- Botanist
- Cetologist
- Conchologist
- Conservationist/Conservation scientist
- Cryptozoologist
- Dog sitter/walker (self-employed)
- Ecologist
- Entomologist
- Environmental compliance inspector
- Environmental engineer
- Environmental scientist
- Environmentalist (any)
- Ethologist
- Evolutionary biologist
- Farmer (crop or animal)
- Floriculturist
- Forest and conservation worker/technician
- Forest ranger
- Forester/forest ecologist
- Gardener
- Geochemist
- Geographer
- Geologist
- Geophysicist
- Mammalogist
- Marine biologist
- Meteorologist
- Mountaineer (leader/guide)
- Myrmecologist
- Natural history museum worker
- Natural scientist
- Naturalist
- Nature guide
- Neuroethologist
- Nonfarm animal caretaker
- Nursery worker
- Ornithologist
- Paleontologist
- Park or forest ranger
- Park naturalist
- Pet groomer/washer
- Pet store owner/worker
- Planktologist
- Preservationist
- Primatologist
- Range manager/conservationist/ecologist
- Seismologist
- Tree trimmer and pruner
- Veterinarian
- Viticulturist/Vintner
- Weather tracking specialist
- Wildlife biologist
- Wildlife illustrator/painter
- Zookeeper
- Zoologist

Sample Job Skills

- Analyzing
- Camping out
- Charting relationships (among species)
- Climbing
- Collecting data
- Distinguishing (among species)
- Examining
- Gathering
- Growing
- Hiking
- Inspecting
- Interacting (with animals)
- Investigating
- Nurturing
- Observing
- Preserving
- Protecting
- Researching
- Restoring (the environment)
- Studying
- Tracking
- Understanding climate patterns

Sample Naturalist Majors in School

- Agriculture
- Agronomy and crop science
- Animal behavior & ethology
- Animal science
- Biology
- Botany
- Ecology
- Environmental science
- Entomology
- Forestry
- Geology
- Horticulture
- Landscape architecture
- Marine biology
- Marine science
- Meteorology
- Natural resource conservation
- Organic chemistry
- Paleontology
- Physical science
- Plant pathology
- Soil science
- Sustainable resource management
- Wildlife management
- Zoology