What are my Learning Strengths?

Research shows that all human beings have at least eight different types of intelligence. Depending on your background and age, some intelligences are more developed than others. This activity will help you find out what your strengths are. Knowing this, you can work to strengthen the other intelligences that you do not use as often.

Verbal/Linguistic Intelligence	Logical/Mathematical Intelligence
___I enjoy telling stories and jokes ___I have a good memory for trivia ___I enjoy word games (e.g. Scrabble & puzzles) ___I read books just for fun ___I am a good speller (most of the time) ___In an argument I tend to use put-downs or sarcasm ___I like talking and writing about my ideas ___If I have to memorize something I create a rhyme or saying to help me remember ___If something breaks and won't work, I read the instruction book first ___For a group presentation I prefer to do the writing and library research	___I really enjoy my math class ___I like logical math puzzles or brain teasers ___I find solving math problems to be fun ___If I have to memorize something I tend to place events in a logical order ___I like to find out how things work ___I enjoy computer and any math games ___I love playing chess, checkers or Monopoly ___In an argument, I try to find a fair and logical solution ___If something breaks and won't work, I look at the pieces and try to figure out how it works ___For a group presentation I prefer to create the charts and graphs
Visual/Spatial Intelligence	**Bodily/Kinesthetic Intelligence**
___I prefer a map to written directions ___I daydream a lot ___I enjoy hobbies such as photography ___I like to draw and create ___If I have to memorize something I draw a diagram to help me remember ___I like to doodle on paper whenever I can ___In a magazine, I prefer looking at the pictures rather than reading the text ___In an argument I try to keep my distance, keep silent or visualize some solution ___If something breaks and won't work I tend to study the diagram of how it works	___My favourite class is gym since I like sports ___I enjoy activities such as woodworking, sewing and building models ___When looking at things, I like touching them ___I have trouble sitting still for any length of time ___I use a lot of body movements when talking ___If I have to memorize something I write it out a number of times until I

___For a group presentation I prefer to draw all the pictures	know it ___I tend to tap my fingers or play with my pencil during class ___In a argument I tend to strike out and hit or run away ___If something breaks and won't work I tend to play with the pieces to try to fit them together ___For a group presentation I prefer to move the props around, hold things up or build a model
Musical/Rhythmic Intelligence	**Interpersonal Intelligence**
___I enjoy listening to CD's and the radio ___I tend to hum to myself when working ___I like to sing ___I play a musical instrument quite well ___I like to have music playing when doing homework or studying ___If I have to memorize something I try to create a rhyme about the event ___I an argument I tend to shout or punch or move in some sort of rhythm ___I can remember the melodies of many songs ___If something breaks and won't work I tend to tap my fingers to a beat while I figure it out ___For a group presentation I prefer to put new words to a popular tune or use music	___I get along well with others ___I like to belong to clubs and organizations ___I have several very close friends ___I like helping teach other students ___I like working with others in groups ___Friends ask my advice because I seem to be a natural leader ___If I have to memorize something I ask someone to quiz me to see if I know it ___In an argument I tend ask a friend or some person in authority for help ___If something breaks and won't work I try to find someone who can help me ___For a group presentation I like to help organize the group's efforts
Intrapersonal Intelligence	**Naturalist Intelligence**
___I like to work alone without anyone bothering me ___I like to keep a diary ___I like myself (most of the time) ___I don't like crowds ___I know what I am good at and what I am weak at ___I find that I am strong-willed, independent and don't follow the crowd ___If I have to memorize something I tend to close my eyes and feel the situation ___In an argument I will usually walk away until I calm down	___I am keenly aware of my surroundings and of what goes on around me ___I love to go walking in the woods and looking at the trees and flowers ___I enjoy gardening ___I like to collect things (e.g., rocks, sports cards, stamps, etc) ___As an adult, I think I would like to get away from the city and enjoy nature ___If I have to memorize something, I tend to organize it into categories

___If something breaks and won't work, I wonder if it's worth fixing up ___For a group presentation I like to contribute something that is uniquely mine, often based on how I feel	___I enjoy learning the names of living things in our environment, such as flowers and trees ___In an argument I tend to compare my opponent to someone or something I have read or heard about and react accordingly ___If something breaks down, I look around me to try and see what I can find to fix the problem ___For a group presentation I prefer to organize and classify the information into categories so it makes sense
TOTAL SCORE	
_____Verbal/Linguistic **_____Logical/Mathematical** **_____Visual/Spatial** **_____Bodily/Kinesthetic**	**_____Musical/Rhythmic** **_____Interpersonal** **_____Intrapersonal** **_____Naturalist**

Greg Gay - *Adapted by J. Ivanco, 1998*