First & Last Name: _____ Date: _____ Class Period: _____

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 really enjoy my math class
___ I have a good memory for trivia	___ I like logical math puzzles or brain teasers
___ I enjoy word games (e.g. Scrabble & puzzles)	___ I find solving math problems to be fun
___ I read books just for fun	___ If I have to memorize something I tend to place events in a logical order
___ I am a good speller (most of the time)	___ I like to find out how things work
___ In an argument I tend to use put-downs or sarcasm	___ I enjoy computer and any math games
___ I like talking and writing about my ideas	___ I love playing chess, checkers or Monopoly
___ If I have to memorize something I create a rhyme or saying to help me remember	___ In an argument, I try to find a fair and logical solution
___ If something breaks and won't work, I read the instruction book first	___ 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 do the writing and library research	___ 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	___ My favorite class is gym since I like sports
___ I daydream a lot	___ I enjoy activities such as woodworking, sewing and building models
___ I enjoy hobbies such as photography	___ When looking at things, I like touching them
___ I like to draw and create	___ I have trouble sitting still for any length of time
___ If I have to memorize something I draw a diagram to help me remember	___ I use a lot of body movements when talking
___ I like to doodle on paper whenever I can	___ If I have to memorize something I write it out a number of times until I know it
___ In a magazine, I prefer looking at the pictures rather than reading the text	___ I tend to tap my fingers or play with my pencil during class
___ In an argument I try to keep my distance, keep silent or visualize some solution	___ In a argument I tend to strike out and hit or run away
___ If something breaks and won't work I tend to study the diagram of how it works	___ 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 draw all the pictures	___ 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 get along well with others
___ I tend to hum to myself when working	___ I like to belong to clubs and organizations
___ I like to sing	___ I have several very close friends
___ I play a musical instrument quite well	___ I like helping teach other students
___ I like to have music playing when doing homework or studying	___ I like working with others in groups
___ If I have to memorize something I try to create a rhyme about the event	___ Friends ask my advice because I seem to be a natural leader
___ I an argument I tend to shout or punch or move in some sort of rhythm	___ If I have to memorize something I ask someone to quiz me to see if I know it
___ I can remember the melodies of many songs	___ In an argument I tend ask a friend or some person in authority for help
___ If something breaks and won't work I tend to tap my fingers to a beat while I figure it out	___ If something breaks and won't work I try to find someone who can help me
___ For a group presentation I prefer to put new words to a popular tune or use music	___ 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 am keenly aware of my surroundings and of what goes on around me
___ I like to keep a diary	___ I love to go walking in the woods and looking at the trees and flowers
___ I like myself (most of the time)	___ I enjoy gardening
___ I don't like crowds	___ I like to collect things (e.g., rocks, sports cards, stamps, etc)
___ I know what I am good at and what I am weak at	___ As an adult, I think I would like to get away from the city and enjoy nature
___ I find that I am strong-willed, independent and don't follow the crowd	___ If I have to memorize something, I tend to organize it into categories
___ If I have to memorize something I tend to close my eyes and feel the situation	___ I enjoy learning the names of living things in our environment, such as flowers and trees
___ In an argument I will usually walk away until I calm down	___ 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 and won't work, I wonder if it's worth fixing up	___ 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 like to contribute something that is uniquely mine, often based on how I feel	___ For a group presentation I prefer to organize and classify the information into categories so it makes sense

TOTAL SCORE			
_____	Verbal/Linguistic	_____	Musical/Rhythmic
_____	Logical/Mathematical	_____	Interpersonal
_____	Visual/Spatial	_____	Intrapersonal
_____	Bodily/Kinesthetic	_____	Naturalist

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