

## What are *Learning Styles* and *Multiple Intelligences*?

Conceived by Howard Gardner, Multiple Intelligences are seven different ways people demonstrate their intellectual abilities. Knowing your learning style will help you develop coping strategies to compensate for your weaknesses and capitalize on your strengths. For example, if you are a musical/rhythmic learner you may be able to memorize history dates better by turning them into a song or rhyme. If you are a visual learner teacher directed lectures may be frustrating and difficult for you to understand. You may need to take notes to see the information on paper or go to a historic site before you can understand it.

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## Multiple Intelligences Survey

### Part I

Complete each section by placing a "1" next to each statement you feel accurately describes you. If you do not identify with a statement, leave the space provided blank. Then total the column in each section.

#### Section 1

- \_\_\_\_\_ I easily pick up on patterns
- \_\_\_\_\_ I focus in on noise and sounds
- \_\_\_\_\_ Moving to a beat is easy for me
- \_\_\_\_\_ I've always been interested in playing an instrument
- \_\_\_\_\_ The cadence of poetry intrigues me
- \_\_\_\_\_ I remember things by putting them in a rhyme
- \_\_\_\_\_ Concentration is difficult while listening to a radio or television
- \_\_\_\_\_ I enjoy many kinds of music
- \_\_\_\_\_ Musicals are more interesting than dramatic plays
- \_\_\_\_\_ Remembering song lyrics is easy for me

\_\_\_\_\_ **TOTAL for Section 1**

#### Section 2

- \_\_\_\_\_ I keep my things neat and orderly
- \_\_\_\_\_ Step-by-step directions are a big help
- \_\_\_\_\_ Solving problems comes easily to me
- \_\_\_\_\_ I get easily frustrated with disorganized people
- \_\_\_\_\_ I can complete calculations quickly in my head
- \_\_\_\_\_ Puzzles requiring reasoning are fun
- \_\_\_\_\_ I can't begin an assignment until all my questions are answered
- \_\_\_\_\_ Structure helps me be successful
- \_\_\_\_\_ I find working on a computer spreadsheet or database rewarding
- \_\_\_\_\_ Things have to make sense to me or I am dissatisfied

\_\_\_\_\_ **TOTAL for Section 2**

#### Section 3

- \_\_\_\_\_ I learn best interacting with others

## Gardener's Multiple Intelligences Survey

- \_\_\_\_\_ The more the merrier
- \_\_\_\_\_ Study groups are very productive for me
- \_\_\_\_\_ I enjoy chat rooms
- \_\_\_\_\_ Participating in politics is important
- \_\_\_\_\_ Television and radio talk shows are enjoyable
- \_\_\_\_\_ I am a "team player"
- \_\_\_\_\_ I dislike working alone
- \_\_\_\_\_ Clubs and extracurricular activities are fun
- \_\_\_\_\_ I pay attention to social issues and causes

\_\_\_\_\_ **TOTAL for Section 3**

### Section 4

- \_\_\_\_\_ I enjoy making things with my hands
- \_\_\_\_\_ Sitting still for long periods of time is difficult for me
- \_\_\_\_\_ I enjoy outdoor games and sports
- \_\_\_\_\_ I value non-verbal communication such as sign language
- \_\_\_\_\_ A fit body is important for a fit mind
- \_\_\_\_\_ Arts and crafts are enjoyable pastimes
- \_\_\_\_\_ Expression through dance is beautiful
- \_\_\_\_\_ I like working with tools
- \_\_\_\_\_ I live an active lifestyle
- \_\_\_\_\_ I learn by doing

\_\_\_\_\_ **TOTAL for Section 4**

### Section 5

- \_\_\_\_\_ I enjoy reading all kinds of materials
- \_\_\_\_\_ Taking notes helps me remember and understand
- \_\_\_\_\_ I faithfully contact friends through letters and/or e-mail
- \_\_\_\_\_ It is easy for me to explain my ideas to others
- \_\_\_\_\_ I keep a journal
- \_\_\_\_\_ Word puzzles like crosswords and jumbles are fun
- \_\_\_\_\_ I write for pleasure
- \_\_\_\_\_ I enjoy playing with words like puns, anagrams and spoonerisms
- \_\_\_\_\_ Foreign languages interest me
- \_\_\_\_\_ Debates and public speaking are activities I like to participate in

\_\_\_\_\_ **TOTAL for Section 5**

### Section 6

- \_\_\_\_\_ I am keenly aware of my moral beliefs
- \_\_\_\_\_ I learn best when I have an emotional attachment to the subject
- \_\_\_\_\_ Fairness is important to me
- \_\_\_\_\_ My attitude affects how I learn
- \_\_\_\_\_ Social justice issues concern me
- \_\_\_\_\_ Working alone can be just as productive as working in a group
- \_\_\_\_\_ I need to know why I should do something before I agree to do it
- \_\_\_\_\_ When I believe in something I will give 100% effort to it
- \_\_\_\_\_ I like to be involved in causes that help others
- \_\_\_\_\_ I am willing to protest or sign a petition to right a wrong

## Gardener's Multiple Intelligences Survey

\_\_\_\_\_ TOTAL for Section 6

### Section 7

- \_\_\_\_\_ I can imagine ideas in my mind
- \_\_\_\_\_ Rearranging a room is fun for me
- \_\_\_\_\_ I enjoy creating art using varied media
- \_\_\_\_\_ I remember well using graphic organizers
- \_\_\_\_\_ Performance art can be very gratifying
- \_\_\_\_\_ Spreadsheets are great for making charts, graphs and tables
- \_\_\_\_\_ Three dimensional puzzles bring me much enjoyment
- \_\_\_\_\_ Music videos are very stimulating
- \_\_\_\_\_ I can recall things in mental pictures
- \_\_\_\_\_ I am good at reading maps and blueprints

\_\_\_\_\_ TOTAL for Section 7

### Part II

Now carry forward your total from each section:

Section	Total
1	
2	
3	
4	
5	
6	
7	

### **Key:**

- Section 1 – This suggests your Musical strength**
- Section 2 – This indicates your Logical strength**
- Section 3 – This shows your Interpersonal strength**
- Section 4 – This tells your Kinesthetic strength**
- Section 5 – This indicates your Verbal strength**
- Section 6 – This reflects your Intrapersonal strength**
- Section 7 – This suggests your Visual strength**

## Explanation of Score

### 1) Musical/Rhythmic Intelligence

**ability to produce and appreciate music.** These musically inclined learners think in sounds, rhythms and patterns. They immediately respond to music either appreciating or criticizing what they hear. Many of these learners are extremely sensitive to environmental sounds (e.g. crickets, bells, dripping taps).

Their skills include: singing, whistling, playing musical instruments, recognizing tonal patterns, composing music, remembering melodies, understanding the structure and rhythm of music

Possible career paths: musician, disc jockey, singer, composer

### 2) Logical/Mathematical Intelligence

**ability to use reason, logic and numbers.** These learners think conceptually in logical and numerical patterns making connections between pieces of information. Always curious about the world around them, these learner ask lots of questions and like to do experiments.

Their skills include: problem solving, classifying and categorizing information, working with abstract concepts to figure out the relationship of each to the other, handling long chains of reason to make local progressions, doing controlled experiments, questioning and wondering about natural events, performing complex mathematical calculations, working with geometric shapes

Possible career paths: Scientists, engineers, computer programmers, researchers, accountants, mathematicians

### 3) Interpersonal Intelligence

**ability to relate and understand others.** These learners try to see things from other people's point of view in order to understand how they think and feel. They often have an uncanny ability to sense feelings, intentions and motivations. They are great organizers, although they sometimes resort to manipulation. Generally they try to maintain peace in group settings and encourage co-operation. They use both verbal (e.g. speaking) and non-verbal language (e.g. eye contact, body language) to open communication channels with others.

Their skills include: seeing things from other perspectives (dual-perspective), listening, using empathy, understanding other people's moods and feelings, counseling, co-operating with groups, noticing people's moods, motivations and intentions, communicating both verbally and non-verbally, building trust, peaceful conflict resolution, establishing positive relations with others.

Possible Career Paths: Counselor, salesperson, politician, business person

### 4) Bodily/Kinesthetic Intelligence

**ability to control body movements and handle objects skillfully.** These learners express themselves through movement. They have a good sense of balance and eye-hand co-ordination. (e.g. ball play, balancing beams). Through interacting with the space around them, they are able to remember and process information.

Their skills include: dancing, physical co-ordination, sports, hands on experimentation, using body language, crafts, acting, miming, using their hands to create or build, expressing emotions through the body

Possible career paths: Athletes, physical education teachers, dancers, actors, firefighters, artisans

### 5) Verbal/Linguistic Intelligence

**ability to use words and language.** These learners have highly developed auditory skills and are generally elegant speakers. They think in words rather than pictures.

Their skills include: listening, speaking, writing, story telling, explaining, teaching, using humor, understanding the syntax and meaning of words, remembering information, convincing someone of their point of view, analyzing language usage.

Possible career interests: Poet, journalist, writer, teacher, lawyer, politician, translator

## 6) Intrapersonal Intelligence

**ability to self-reflect and be aware of one's inner state of being.** These learners try to understand their inner feelings, dreams, relationships with others, and strengths and weaknesses.

Their Skills include: Recognizing their own strengths and weaknesses, reflecting and analyzing themselves, awareness of their inner feelings, desires and dreams, evaluating their thinking patterns, reasoning with themselves, understanding their role in relationship to others

Possible Career Paths: Researchers, theorists, philosophers

## 7) Visual/Spatial Intelligence

**ability to perceive the visual.** These learners tend to think in pictures and need to create vivid mental images to retain information. They enjoy looking at maps, charts, pictures, videos, and movies.

Their skills include: puzzle building, reading, writing, understanding charts and graphs, a good sense of direction, sketching, painting, creating visual metaphors and analogies (perhaps through the visual arts), manipulating images, constructing, fixing, designing practical objects, interpreting visual images.

Possible career interests: navigators, sculptors, visual artists, inventors, architects, interior designers, mechanics, engineers

**Everyone has all the intelligences!  
You can strengthen each intelligence!  
This inventory is meant as a snapshot in time - it can change!  
MI is meant to empower, not label learners!**