

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

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

<p>_____ In an argument I will usually walk away until I calm down</p> <p>_____ If something breaks and won't work, I wonder if it's worth fixing up</p> <p>_____ For a group presentation I like to contribute something that is uniquely mine, often based on how I feel</p>	<p>_____ If I have to memorize something, I tend to organize it into categories</p> <p>_____ I enjoy learning the names of living things in our environment, such as flowers and trees</p> <p>_____ In an argument I tend to compare my opponent to someone or something I have read or heard about and react accordingly</p> <p>_____ If something breaks down, I look around me to try and see what I can find to fix the problem</p> <p>_____ For a group presentation I prefer to organize and classify the information into categories so it makes sense</p>
<b>TOTAL SCORE</b>	
_____ <b>Verbal/Linguistic</b>	_____ <b>Musical/Rhythmic</b>
_____ <b>Logical/Mathematical</b>	_____ <b>Interpersonal</b>
_____ <b>Visual/Spatial</b>	_____ <b>Intrapersonal</b>
_____ <b>Bodily/Kinesthetic</b>	_____ <b>Naturalist</b>

*J. Ivanko, 1998*