**Handout 1.1: What Are Yours?**

**Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Howard Gardner, an educational psychologist, researched human intelligence and came up with the theory of Multiple Intelligences. Gardner believed that intelligence was not just IQ; in fact, he discovered that there are various ways people demonstrate how smart they are. We just needed to look closer. To date he has come up with eight Intelligences, or “smarts,” as some people call them. They are:

* *Verbal/Linguistic* (Word Smart)
* *Logical/Mathematical* (Logic Smart)
* *Visual/Spatial* (Image Smart)
* *Interpersonal* (People Smart)
* *Intrapersonal* (Self Smart)
* *Bodily/Kinesthetic* (Body Smart)
* *Musical* (Music Smart)
* *Naturalist* (Nature Smart)

1. Read all of the statements below in the eight-part Multiple Intelligences quiz to discover your top three ways of being smart.
2. Use the following guidelines to select which *number* best describes you for each statement.
3. *really like me* **3** *a lot like me* ***2*** *a little like me* **1** *not like me at all*
4. Write the appropriate number in the blank after each statement.
5. Add up your scores, as instructed at the end of this handout (“Identifying Your Top Three Intelligences”).

**Part 1**

1. I like words and language in general. \_\_\_\_\_
2. I remember exact phrases and words people have said to me. \_\_\_\_\_
3. I enjoy writing for myself and sometimes reading my writing to others. \_\_\_\_\_
4. I like telling stories and discussing movies or TV shows I’ve seen. \_\_\_\_\_
5. I like to write short-answer or essay tests more than multiple-choice tests. \_\_\_\_\_

**Part 2**

1. I like math and math problems. \_\_\_\_\_
2. I prefer planning out my work before actually doing it. \_\_\_\_\_
3. I’m very interested in science and experiments. \_\_\_\_\_
4. I like to ask questions and I enjoy reasoning out the answers. \_\_\_\_\_
5. I like doing research and solving complex problems. \_\_\_\_\_

**Part 3**

1. I like color and design. \_\_\_\_\_
2. I have a good sense of direction and can read maps and charts well. \_\_\_\_\_
3. I remember things I have seen well more than things I have heard. \_\_\_\_\_
4. I enjoy drawing, building, and visualizing. \_\_\_\_\_
5. Art is a favorite class of mine, as I understand form, shape, texture, and color well.

**Part 4**

1. I get along well with others and enjoy spending time talking. \_\_\_\_\_
2. I enjoy team sports more than individual sports. \_\_\_\_\_
3. I enjoy listening to other people’s stories and empathizing with their feelings. \_\_\_\_\_
4. I like being the leader of a group who listens to other members’ ideas. \_\_\_\_\_
5. People are energizing for me; parties, visiting, and making new friends is fun. \_\_\_\_\_

**Part 5**

1. I am relaxed and am able to re-energize when I’m alone. \_\_\_\_\_
2. I prefer a small group of friends, not big crowds of people. \_\_\_\_\_
3. I know who I am and how I feel about things most of the time. \_\_\_\_\_
4. I enjoy thinking on my own about values and beliefs. \_\_\_\_\_
5. I understand my areas of strength and weakness. \_\_\_\_\_

**Part 6**

1. I enjoy moving around instead of sitting. \_\_\_\_\_
2. I tend to tap and move my feet or hands when I’m in class. \_\_\_\_\_
3. I learn best when it is a hands-on project, such as building or creating something. \_\_\_\_\_
4. I am good at sports, as I have good coordination. \_\_\_\_\_
5. I like to get up and take an active part in most activities. \_\_\_\_\_

**Part 7**

1. I would listen to my music all day if I could. \_\_\_\_\_
2. I often hear songs and melodies in my head. \_\_\_\_\_
3. I can follow the rhythm in music easily and I like dancing. \_\_\_\_\_
4. I play or would like to play a musical instrument. \_\_\_\_\_
5. I listen well and can distinguish which instrument is playing in a band or an orchestra. \_\_\_\_\_

**Part 8**

1. One of my favorite things to do is be outside. \_\_\_\_\_\_
2. I like hiking in parks and observing plants, insects, and animals. \_\_\_\_\_
3. I learn a lot when I go on a field trip and explore nature. \_\_\_\_\_
4. I recycle always and read up on environmental issues. \_\_\_\_\_
5. I’m interested in taking care of animals or marine life. \_\_\_\_\_

**Identifying Your Top Three Intelligences**

1. Add up your score for each of the above eight parts, and write it down in the space provided below.
2. Identify the three parts that have the highest scores. *These are your top three Intelligences*. Are you surprised? Write them down below, in the last line of this handout.
3. Do some additional research to find out more about what possible jobs might fit best with your top three Intelligences, then complete the following chart.

**TOTAL SCORES**

1. Verbal/Linguistic (Word Smart) \_\_\_\_\_\_\_\_\_\_
2. Logical/Mathematical (Logic Smart) \_\_\_\_\_\_\_\_\_\_
3. Visual/Spatial (Image Smart) \_\_\_\_\_\_\_\_\_\_
4. Interpersonal (People Smart) \_\_\_\_\_\_\_\_\_\_
5. Intrapersonal (Self Smart) \_\_\_\_\_\_\_\_\_\_
6. Bodily/Kinesthetic (Body Smart) \_\_\_\_\_\_\_\_\_\_
7. Musical (Music Smart) \_\_\_\_\_\_\_\_\_\_

8. Naturalist (Nature Smart) \_\_\_\_\_\_\_\_\_\_

My top three Intelligences are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Possible jobs to best fit my top three Intelligences: