

Exercise 3: Multiple Intelligences Checklist*

This exercise helps you discover the numerous ways in which you are intelligent. Everyone has natural intelligences (“smarts”) that can be used to find successful and fulfilling career paths. Each of the following intelligences is a sought after talent that is essential in certain types of jobs.

While thinking about the activities you enjoy doing the most, check the sentences that apply to you and then enter the total number of “checks” in each section. Some of these totals will be entered into the Skills Assessment Summary and the Summary Worksheet found later in the Guide.



Linguistic Intelligence:

- I write well and enjoy putting thoughts on paper (or in the computer).
- I enjoy telling stories or jokes.
- I can remember names, places, dates, or trivia.
- I enjoy word games.
- I enjoy reading books and magazines.
- I am a good speller.
- I enjoy nonsense rhymes, limericks, puns, etc.
- I enjoy listening to the spoken word.
- I have a good vocabulary.
- I enjoy communicating by talking or writing.

- Total number checked

Logical-Mathematical Intelligence:

- I ask questions about how things work.
- I can do arithmetic problems in my head.
- I enjoy math classes.
- I enjoy math games, such as, computer math games.
- I enjoy chess, checkers, or other strategy games.
- I enjoy logic puzzles or brainteasers.
- I like to put things in categories or hierarchies.
- I like to use a variety of thinking skills to figure things out.
- I am good at thinking on an abstract or conceptual level.
- I clearly see cause-effect relationships.

- Total number checked

(more)

* This checklist is adapted from one developed by Thomas Armstrong, which appears in *Multiple Intelligences in the Classroom*, a 1994 publication of the Association for Supervision and Curriculum Development, Alexandria, VA. This exercise was prepared by Cal Crow, Ph. D., (National Training Support Center-Seattle, America’s Career Resource Network) Phone 206 870-3783 / FAX 206-870-5915 / E-mail.CCROW@highline.edu; <http://www.learningconnections.org/crow/> • Rev. 7-Feb-02

Exercise 3: Multiple Intelligences Checklist (continued)**Spatial Intelligence:**

- I can visualize things clearly in my mind.
- I like maps, charts, and diagrams better than words.
- I often daydream.
- I enjoy artistic activities.
- I am good at drawing things.
- I like movies, pictures, and other visual presentations.
- I enjoy mazes, jigsaw puzzles, and Rubik's Cubes.
- I can manipulate three-dimensional drawings in my head.
- I frequently doodle or sketch.
- I enjoy creating designs on paper or by computer.

Total number checked

Bodily-Kinesthetic Intelligence:

- I am good at sports.
- I fidget when asked to sit for very long.
- I am good at mimicking others' gestures.
- I like taking things apart and putting them back together.
- I like touching/holding objects and moving them around.
- I enjoy being on the go: running, jumping, moving, wrestling, etc.
- I like working with my hands, such as sewing, repairing, and making things.
- I use many gestures when expressing myself.
- I experience different physical sensations when thinking or working.
- I enjoy expressing myself through movement, such as dance.

Total number checked

Musical Intelligence:

- I can distinguish among different sounds/tones.
- I remember melodies easily.
- I can carry a tune.
- I can play a musical instrument.
- I often hum or sing to myself.
- I am sensitive to noises, such as rain or traffic.
- I like doing things in a rhythmic way.
- I can hear music in my head.
- I enjoy reading music.
- I can keep time to a variety of music.

Total number checked

Interpersonal Intelligence:

- I enjoy socializing.
- I am a natural leader.
- I am a good listener when friends have problems.
- I make friends easily.
- I enjoy clubs, committees, and organizations.
- I like teaching things to others.
- I have many good friends and close acquaintances.
- I am good at seeing another person's point of view.
- I enjoy talking to groups.
- I enjoy exchanging ideas with others.

Total number checked

(more)

Exercise 3: Multiple Intelligences Checklist (continued)

Intrapersonal Intelligence:

- I know how to set goals and reach them.
 - I clearly know my strengths and weaknesses.
 - I am comfortable with myself and enjoy my own company.
 - I feel good about who I am and what I stand for.
 - I would be described as someone who has my “act together.”
 - I stand up for what I believe, regardless of what others think.
 - I am continually learning from my successes and failures.
 - I am not much concerned about fads, fashion, or what is “in.”
 - I am always honest and up front about how I am feeling.
 - I almost never feel bored or “down.”
- Total number checked

Naturalist Intelligence:

- I am good at noticing and classifying plants, animals, rock formations, and other natural phenomena.
 - I would describe myself as having a “green thumb.”
 - I enjoy collecting and studying items from nature.
 - I have “a way” with animals.
 - I learn more from “the great outdoors” than I do in a classroom.
 - I can name many different types of plants and animals.
 - I have always been interested in and fascinated by nature.
 - I watch many nature programs on TV.
 - I can detect subtleties in appearance and texture.
 - I view a walk in the woods, or through the neighborhood, as a great learning experience.
- Total number checked



Exercise 3: Multiple Intelligences Checklist Wrap-up/Interpretation

Knowing the ways in which you are intelligent can help you cater to your strengths when faced with new situations. If you encounter a career planning issue, for instance, you can use elements from your most favored intelligences to make sure you are operating at your intellectual best. You might read or write about it, state it as a problem to be solved, create a visual representation, write a song, act it out, talk it over with others, call on your own knowledge/experience, or “get in touch with nature” to help you think it through. You might even choose to use a combination of these activities.