Multiple Intelligences are 8 different ways to demonstrate intellectual ability. It is how you learn best.
The Multiple Intelligences – How You Learn Best

1. Visual/Spatial Intelligence
2. Verbal/Linguistic Intelligence
3. Logical/Mathematical Intelligence
4. Bodily/Kinesthetic Intelligence
5. Musical/Rhythmic Intelligence
6. Interpersonal Intelligence
7. Intrapersonal Intelligence
8. Naturalist Intelligence
Visual/Spatial Intelligence

- ability to perceive the visual
- think in pictures
- need to create vivid mental images to retain information
- looking at maps, charts, pictures, videos, and movies.

**Skills include:**

- puzzle building, reading, writing, understanding charts and graphs, sense of direction, sketching, painting, creating visual metaphors and analogies (perhaps through the visual arts), manipulating images

**Possible Career Interests:**

- Navigators, sculptors, visual artists, inventors, architects, interior designers, mechanics, engineers
Verbal/Linguistic Intelligence

- ability to use words and language
- highly developed auditory skills
- elegant speakers
- think in words rather than pictures.

**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
**Logical/Mathematical Intelligence**

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

**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 Interests:**

- Scientists, engineers, computer programmers, researchers, accountants, mathematicians
Bodily/Kinesthetic Intelligence

- control body movements and handle objects skillfully.
- express themselves through movement
- good sense of balance and eye-hand co-ordination
- Through interacting with the space around them, they are able to remember and process information.

**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 Interests:**

- Athletes, physical education teachers, dancers, actors, firefighters, artisans
Musical/Rhythmic Intelligence

- ability to produce and appreciate music
- think in sounds, rhythms and patterns
- respond to music either appreciating or criticizing what they hear
- extremely sensitive to environmental sounds (e.g. crickets, bells, dripping taps).

**Skills include:**

- singing, whistling, playing musical instruments, recognizing tonal patterns, composing music, remembering melodies, understanding the structure and rhythm of music

**Possible Career Interests:**

- Musician, disc jockey, singer, composer, movie scorer, digital music media
Interpersonal Intelligence

- ability to relate and understand others
- try to see things from other people's point of view in order to understand how they think and feel
- uncanny ability to sense feelings, intentions and motivations
- great organizers, although they sometimes resort to manipulation.
- maintain peace in group settings and encourage co-operation
- use both verbal and non-verbal language to open communication channels with others.

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 other people.

Possible Career Interests:
- Counselor, salesperson, politician, business person
Intrapersonal Intelligence

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

**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 Interests:**
- Researchers, theorists, philosophers
Naturalist Intelligence

- likes to be outside, with animals, geography, and weather; interacting with the surroundings.
- learns best by studying natural phenomenon, in a natural setting, learning about how things work.

Skills include:
- categorizing, organizing a living area, planning a trip, preservation, and conservation.

Possible Career Interests:
- Forest Ranger, Landscaper, Geologist, Meteorologist
Which Multiple Intelligence Sounds Like You?