

A Multiple Intelligences Checklist

Course_____ Name_____

Michael Berman is a leading authority on Multiple Intelligences. He believes that our intelligences can be developed and are not fixed. Also, we can all actually improve our learning if we know how we learn. The checklist which follows is taken from Michael's book A Multiple Intelligences Road and is based in ideas developed by Howard Gardner, a highly recognized educational psychologist. Use the checklist to find out more about how you learn best. At the end of the questionnaire you will find ideas on how to use your Multiple Intelligences to study more effectively (which may even cut the length of time you spend studying to learn new things!)

Rank each statement 0, 1, or 2. Write 0 if you disagree with the statement and write 2 if you strongly agree. Write 1 if you are somewhere in between. Then calculate your score for each intelligence type.

Interpersonal Intelligence

- a. ____ I'm often the leader in activities
- b. ____ I enjoy talking to my friends
- c. ____ I often help my friends
- d. ____ My friends often talk to me about their problems
- e. ____ I've got a lot of friends
- f. ____ I'm a member of several clubs

____ TOTAL FOR INTERPERSONAL INTELLIGENCE

Intrapersonal Intelligence

- a. ____ I can go to the cinema alone
- b. ____ I go to the library alone to study
- c. ____ I can tell you some things I'm good at doing
- d. ____ I like to spend time alone
- e. ____ My friends do not understand some of my actions sometimes
- f. ____ I reflect about my life and learn from my mistakes

____ TOTAL FOR INTRAPERSONAL INTELLIGENCE

Logical Intelligence

- a. ____ I often do calculations in my head
- b. ____ I like to put things into categories
- c. ____ I'm good at chess and/or checkers
- d. ____ I like to play number games
- e. ____ I love to mess with computers and technology
- f. ____ I ask lots of questions about how things work

____ TOTAL FOR LOGICO-MATHEMATICAL INTELLIGENCE

Linguistic Intelligence

- a. ____ I like to read books, magazines and newspapers
- b. ____ I consider myself a good reader
- c. ____ I like to tell jokes and stories
- d. ____ I can remember people's names easily
- e. ____ I like to play word games
- f. ____ I have a good vocabulary

____ TOTAL FOR LINGUISTIC INTELLIGENCE

Bodily – Kinesthetic Intelligence

- a. ____ It's hard for me to sit quietly for a long time
- b. ____ It's easy for me to copy exactly what other people do
- c. ____ I'm good at sewing, woodwork, building or mechanics
- d. ____ I'm good at sports
- e. ____ I enjoy working with my hands – working with clay or model making, for example
- f. ____ I enjoy physical exercise

____ TOTAL FOR BODILY – KINAESTHETIC INTELLIGENCE

Spatial Intelligence

- a. ____ I can read maps easily
- b. ____ I enjoy art activities
- c. ____ I tend to create a mental picture of words that are spoken to me
- d. ____ Videos and slides really help me to learn new information
- e. ____ I love books with pictures
- f. ____ I enjoy putting puzzles together

____ TOTAL FOR SPATIAL INTELLIGENCE

Musical Intelligence

- a. ____ I can hum the tunes of lots of songs
- b. ____ I'm a good singer
- c. ____ I play a musical instrument or sing in a choir
- d. ____ I can tell when music sounds off-key
- e. ____ I often tap rhythmically on the table or desk
- f. ____ I often sing songs

____ TOTAL FOR MUSICAL INTELLIGENCE

Naturalist Intelligence

- a. ____ I spend a lot of time outdoors
- b. ____ I enjoy listening to the sounds created in the natural world Birdsong, for example
- c. ____ I can identify plants and animal species
- d. ____ I can distinguish between poisonous and non-poisonous snakes and/or between poisonous and edible mushrooms
- e. ____ I enjoy observing plants and/or collecting rocks
- f. ____ I've got green fingers- I keep potted plants at home and/or have an interest in gardening, for example

____ TOTAL FOR NATURALIST INTELLIGENCE

READ ON TO FIND OUT HOW YOU CAN USE YOUR SCORES TO BETTER UTILIZE YOUR TIME SPENT STUDYING

According to Gardner, your intelligences profile is not fixed, which means that you can develop both your stronger and weaker areas. Also, it is common for people to have more than one type of intelligence. Knowing your multiple intelligences profile can help you because you can identify the kinds of learning activities which may help you learn more effectively.

Interpersonal Intelligence

If you scored highly in this area, you probably enjoy working with other people and have a good understanding of how other people are feeling. In class you probably enjoy working in pairs and groups more than working on your own. While learning, you will likely benefit from studying with another person or in a study group.

Intrapersonal Intelligence

If you scored highly in this area, you probably have a very strong sense of self-awareness and enjoy working on your own. (We can also be a combination of these first two intelligences...so do not worry. It may depend on the situation or subject matter.)

Logical-Mathematical Intelligence

If you scored highly in this area, you probably have a very logical mind which analyses processes in steps. You like clear, logical grammatical explanations. Organizing large amounts of wording into bulleted lists or diagrams may help you learn better.

Linguistic Intelligence

If you scored highly in this area, you probably love words and learning languages. This is obviously very helpful if you have a lot of reading for a course. You may find breaking words apart and focusing on vocabulary to be useful activity to help you learn.

Bodily-Kinesthetic Intelligence

If you scored highly in this area, you probably use your body to express your emotions and you might find sitting still in the same seat quite difficult. If you scored highly in this area, you might want to improve your studying by working with cut-up slips of paper or notecards which you can move around. You may also find that your learning improves if you try to move at the same time; taking notes is a natural way to help you learn.

Spatial Intelligence

If you scored highly in this area, you probably have good spatial and visual awareness. You may find chess or parking your car in a small parking place easy when others find this really difficult. When you are learning vocabulary, you could try drawing a picture of the concept you are learning. Using different color ink (blue, red, black and green pens for example) will make your notes much more colorful and memorable.

Musical Intelligence

If you scored highly in this area, listening to and even playing music are probably important in your life. Try listening to music when you are studying (some people recommend Mozart) and even try to create jingles that involve what you're trying to learn.

Naturalist Intelligence

If you scored highly in this area, you probably enjoy being outside and nature in general. You are probably also good at classifying and categorizing things into groups so when you are learning vocabulary, think of ways of grouping new words in ways which make sense to you. Also, you may want to try studying outside or to pet a cat or dog while studying.