

A Multiple Intelligences Inventory

Directions:

Check off the items in each of the following categories for which you have the strongest affinity.

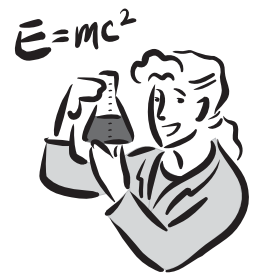
Verbal-Linguistic

- I am able to write clearly and enjoy doing so.
- I have a good vocabulary and enjoy all things associated with words.
- I spell well—accurately and easily.
- I often spend my free time reading.
- People tell me that I express myself well, in speaking and/or in writing.
- I enjoy word-based humor and jokes, like puns, tongue twisters, etc.
- I prefer written directions as a navigational tool.
- The grammar and syntax of language make sense to me.



Logical-Mathematical

- I am good in math and enjoy it.
- I have a knack for working with numbers.
- I find outlining a natural process that reflects my ability to sequence things.
- People tell me that I am a good problem-solver because I am so logical.
- I enjoy using the computer, especially to organize data I can analyze and interpret.
- I am especially good at logic and strategy games like chess, and enjoy solving puzzles.
- I prefer precise distances (tenths of miles) and uncluttered navigational directions.
- Abstract symbols and formulas make sense to me.



Visual-Spatial

- I have a heightened sense of color, pattern, and texture.
- I am quite naturally oriented in the space around me and good at knowing where I am.
- I can visualize three-dimensional objects and rotate them in my head.
- I prefer mind-mapping to outlining.
- People tell me I am good at “art.”
- I prefer maps as tools for navigation.
- I enjoy representing my feelings with pictures, colors, and other graphic representations.
- I enjoy humor that is visual in nature.



Bodily-Kinesthetic

- When I talk, I often use many gestures to emphasize what I mean.
- People tell me that I am good at sports. I am well coordinated and always have been.
- When I read, I enjoy and remember action-packed content best.
- To relax, I do something physical.
- Sometimes, it's hard for me to find the right words.
- I learn best by doing, as in hands-on activities, role-playing, field trips, or building.
- When I've been somewhere once, I can almost always find my way back.
- I'm good at games like charades, where I have to act something out.



Musical-Rhythmic

- I can easily remember content if there is a melody or rhythm associated with it.
- I have sensitive hearing and often hear sounds around me that others don't.
- People tell me that I am musical.
- I enjoy musical activities and have often been involved in them during my life.
- I use music as an important tool to enhance many aspects of my life.
- I am aware of the "music" in sounds and voices around me: pitch, duration, rhythm, etc.
- I often have a tune or melody running through my mind.
- I use the rhythm and inflection of words to help me learn and recall vocabulary.



Intrapersonal

- I am very aware of my internal thought processes, feelings, strengths, and weaknesses.
- People tell me that I am "insightful."
- I naturally spend quite a bit of time in thought. I have a private, inner world.
- I have strong opinions and am willing to take a stand when controversial topics are discussed.
- I can stand back during or after an activity and think about how I learned and what would have made the experience more effective for me—and often do so.
- I find personal reflection not only meaningful, but important to my well-being.
- If I am able to choose, I prefer to work on projects independently. I am self-motivated.
- To relax and focus, I sometimes meditate.



Interpersonal

- I have a natural knack for getting along with other people.
- I am often called upon to help solve interpersonal conflicts, and I often do so successfully.
- I sense other's feelings easily and often do so intentionally to communicate better.
- I seek out and enjoy social situations in which I can interact with others.
- I work well in teams and help members to pull together.
- People tell me I am a "people person."
- I enjoy organizing group activities and often do so.
- I learn best by talking and interacting with others.



Naturalist

- I have always been interested in plants, animals, and the world around me.
- I am aware of characteristics of plants and animals that many people don't even see.
- I often find myself putting the things I observe into categories by "sorting out" the similarities and differences among their characteristics.
- Animals seem to like me and I can communicate with them well.
- I enjoy having plants growing in my living space and know what they need to flourish.
- I learn best when I can make analogies between what I am learning and natural phenomena I can see and understand.
- I take pleasure in being out "in nature."
- I remember where I've been by the natural landmarks I've seen.



References:

Learning Style Activities [Pamphlet]. (2003). Cadiz, KY: Performance Learning Systems.
Lazear, D. (2003). *Eight Ways of Teaching* (4th ed.). Palatine, IL: SkyLight Publishing.