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your learning strengths.

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1. What do you think about your results? Does this assessment fit what you are like now? If yes, how? If no, why not?

- ## 2. What have you learned about yourself?

3. What intelligence area(s) do you think you would like to strengthen?

4. How might you accomplish that?

Name _____

Multiple Intelligences Self-Inventory

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People are unique or “one of a kind.” Everyone is different in how they are smart or capable. Think about folks you know... some may be very good at sports or physical activities. Others might be great at talking to groups or creating beautiful art.

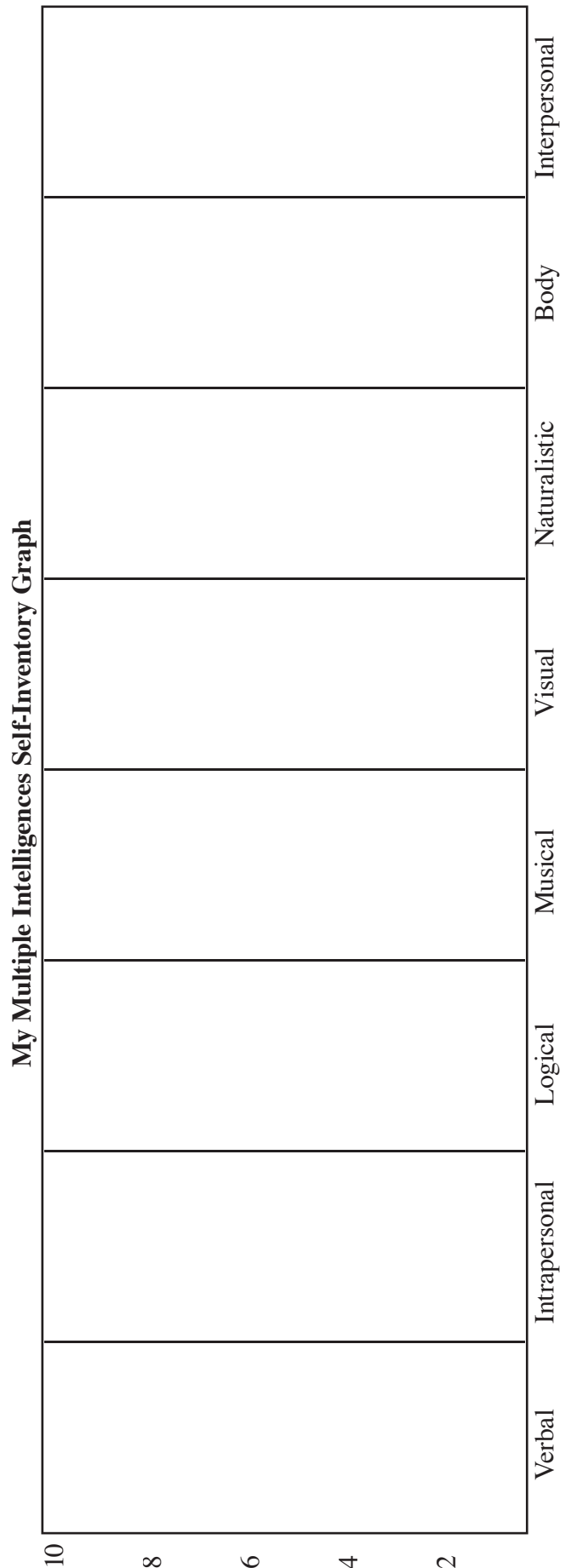
Researchers have shown that humans have at least eight different types of intelligences or abilities. By taking a look at events and preferences (first choices) in your life, you can understand your own abilities or natural ways of being smart.

This multiple intelligences inventory will help you find out your strengths and better know yourself. By understanding this, you can use your strengths to help you learn. You can also work on developing intelligences that you do not currently use as often.

Here’s what to do:

1. Read each sentence on each page.
2. Make a check by any you feel are true for yourself.
3. Tally the total for each page.
4. Graph your totals on page 11.
5. Complete the reflection on page 12.

Create a bar or line graph to display your multiple intelligence scores.





Interpersonal

- _____ I get along well with others.
- _____ I like to belong to clubs, groups & organizations.
- _____ I have several very close friends.
- _____ I am a “team player.”
- _____ I like working with others in groups.
- _____ Friends ask my advice because I seem to be a natural leader.
- _____ If I have to memorize something I ask someone to quiz me to see if I know it.
- _____ In an argument I tend to ask a friend or an adult for help.
- _____ If something breaks & won’t work I try to find someone who can help me.
- _____ For a group presentation I like to help organize the group’s efforts.

Total # _____



Verbal/Linguistic

- _____ I enjoy telling stories & jokes.
- _____ I have a good memory for trivia.
- _____ I enjoy word games (e.g. scrabble & puzzles).
- _____ I read books just for fun.
- _____ I am a good speller (most of the time).
- _____ In an argument I tend to use putdowns or sarcasm.
- _____ I like talking & writing about my ideas.
- _____ If I have to memorize something I create a rhyme or saying to help me remember.
- _____ If something breaks & won’t work, I read the instruction book first.
- _____ For a group presentation I prefer writing & doing library research.

Total # _____



Intrapersonal

- _____ I like to work alone without anyone bothering me.
- _____ I like to keep a diary.
- _____ I like being original & following my own instinct.
- _____ I don't like crowds & like being by myself (most of the time).
- _____ I know what I am good at & what I am weak at.
- _____ I find that I am strong-willed, independent & don't follow the crowd.
- _____ If I have to memorize something I tend to close my eyes & feel what is right.
- _____ In an argument I will usually walk away until I calm down.
- _____ If something breaks & won't work, I wonder if it's worth fixing up.
- _____ For group presentations I like to contribute something that is uniquely mine, often based on how I feel.

Total # _____



Body/Kinesthetic

- _____ I enjoy outdoor games & sports.
- _____ I enjoy making things with my hands & learn by doing.
- _____ When I look at things, I like touching them.
- _____ Sitting still for a long time is hard for me.
- _____ I use a lot of body movements when talking.
- _____ If I have to memorize something I write it down many times until I know it.
- _____ I tend to tap my fingers or play with my pencil during class.
- _____ In an argument I tend to strike out & hit or run away.
- _____ If something breaks & won't work I tend to play with the pieces to try to fit them together.
- _____ For a group presentation I prefer to move the props around, hold things up or build a model.

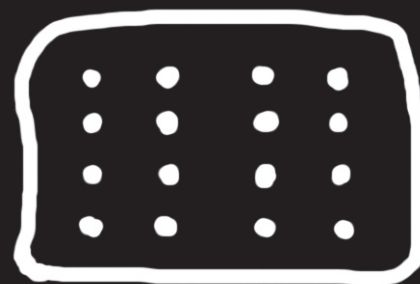
Total # _____



Naturalistic

- _____ I am aware of my surroundings & of what goes on around me.
- _____ I love to go walking in the forests or along the beach.
- _____ I enjoy gardening & working in the yard.
- _____ I like to collect things (rocks, sports cards, stamps, etc).
- _____ As an adult, I think I would like to get away from the city & enjoy nature.
- _____ If I have to memorize something, I tend to organize it into categories.
- _____ I enjoy learning the names of living things in our environment, such as flowers & trees.
- _____ In an argument I tend to compare my opponent to someone or something I have read or heard about.
- _____ If something breaks down, I look around me to try & see what I can find to fix the problem.
- _____ For a group presentation I prefer to organize & classify the information into categories so it makes sense.

Total # _____



Logical/Mathematical

- _____ I really enjoy my math class.
- _____ I like math puzzles or brain teasers.
- _____ Solving problems comes easily to me.
- _____ If I have to memorize something I tend to place events in a logical order.
- _____ I like to find out how things work.
- _____ I love playing chess, checkers, math games and working on the computer.
- _____ Structure helps me be successful.
- _____ In an argument, I try to find a fair & logical solution.
- _____ If something breaks & won't work, I look at the pieces & try to figure out how it works.
- _____ For a group presentation I prefer to create the charts & graphs.

Total # _____



Music/Rhythmic

- _____ I enjoy listening to CDs & the radio.
- _____ I tend to hum to myself when working.
- _____ I like to sing.
- _____ I play a musical instrument.
- _____ I like to have music playing when doing homework or studying.
- _____ If I have to memorize something I try to create a rhyme for it.
- _____ In an argument I tend to shout or punch or move in some sort of rhythm.
- _____ I can remember the tunes of many songs.
- _____ If something breaks & won't work I tend to tap my fingers to a beat while I figure it out.
- _____ For a group presentation I prefer to put new words to a popular tune or use music.

Total # _____



Visual/Spatial

- _____ I prefer a map to written directions.
- _____ I daydream a lot.
- _____ I enjoy hobbies such as photography.
- _____ I like to draw & doodle on paper.
- _____ If I have to memorize something I draw a diagram to help me remember.
- _____ I like art.
- _____ In a magazine, I prefer looking at the pictures rather than reading the text.
- _____ In an argument I try to keep my distance, keep silent or visualize some solution.
- _____ If something breaks & won't work I tend to study the diagram of how it works.
- _____ For a group presentation I prefer to draw all the pictures.

Total # _____