



MULTIPLE INTELLIGENCES CHECKLIST

Research shows that all human beings have at least eight different types of intelligence. Depending on your background and age, some intelligences are more developed than others. This activity will help you find out what your strengths are. Knowing this, you can work to strengthen the other intelligences that you do not use as often.

VERBAL/LINGUISTIC INTELLIGENCE

- _____ I enjoy telling stories and 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 put-downs or sarcasm.
- _____ I like talking and writing about my ideas.
- _____ If I have to memorize something I create a rhyme or saying to help me remember.
- _____ If something breaks and won't work, I read the instruction book first.
- _____ For a group presentation I prefer to do the writing and library research.

Total Verbal/Linguistic

LOGICAL/MATHEMATICAL INTELLIGENCE

- _____ I really enjoy my math class.
- _____ I like logical math puzzles or brain teasers.
- _____ I find solving math problems to be fun.



_____	If I have to memorize something I tend to place events in a logical order.
_____	I like to find out how things work.
_____	I enjoy computer and any math games.
_____	I love playing chess, checkers or Monopoly.
_____	In an argument, I try to find a fair and logical solution.
_____	If something breaks and I look at the pieces and try to figure out how it works.
_____	For a group presentation I prefer to create the charts and graphs.
<input type="text"/>	<i>Total Logical/Mathematic</i>

VISUAL/SPATIAL INTELLIGENCE

_____	I prefer a map to written directions.
_____	I daydream a lot.
_____	I enjoy hobbies such as photography.
_____	I like to draw and create.
_____	If I have to memorize something I draw a diagram to help me remember.
_____	I like to doodle on paper whenever I can.
_____	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 and won't work I tend to study the diagram of how it works.
_____	For a group presentation I prefer to draw all the pictures.
<input type="text"/>	<i>Total Visual/Spatial</i>



BODILY/KINESTHETIC INTELLIGENCE

- _____ My favorite class is gym since I like sports.
- _____ I enjoy activities such as woodworking, sewing and building models.
- _____ When looking at things, I like touching them.
- _____ I have trouble sitting still for any length of time.
- _____ I use a lot of body movements when talking.
- _____ If I have to memorize something I write it out a number of 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 and hit, or run away.
- _____ If something breaks 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 or build a model.
- Total Body/Kinesthetic*

MUSICAL/RHYTHMIC INTELLIGENCE

- _____ I enjoy listening to CD's and the radio.
- _____ I tend to hum to myself when working.
- _____ I like to sing.
- _____ I play a musical instrument quite well.
- _____ I like to have music playing when doing homework or studying.
- _____ If I have to memorize something I try to create a rhyme about the event.
- _____ In an argument I tend to shout or punch or move in some sort of rhythm
- _____ I can remember the melodies of many songs
- _____ If something breaks and 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 Musical/Rhythmic

INTERPERSONAL INTELLIGENCE

_____ I get along well with others.

_____ I like to belong to clubs and organizations.

_____ I have several very close friends.

_____ I like helping teach other students.

_____ 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 ask a friend or some person in authority for help.

_____ If something breaks and 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 Interpersonal

INTRAPERSONAL INTELLIGENCE

_____ I like to work alone without anyone bothering me.

_____ I like to keep a diary.

_____ I like myself (most of the time).

_____ I don't like crowds.

_____ I know what I am good at and what I am weak at.



- _____ I find that I am strong-willed, independent and don't follow the crowd.
- _____ If I have to memorize something I tend to close my eyes and feel the situation.
- _____ In an argument I will usually walk away until I calm down.
- _____ If something breaks and won't work, I wonder if it's worth fixing up.
- _____ For a group presentation I like to contribute something that is uniquely mine, based on how I feel.

Total Intrapersonal

NATURALIST INTELLIGENCE

- _____ I am keenly aware of my surroundings and of what goes on around me.
- _____ I love to go walking in the woods and looking at the trees and flowers.
- _____ I enjoy gardening.
- _____ I like to collect things (e.g., rocks, sports cards, stamps, etc).
- _____ As an adult, I think I would like to get away from the city and 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 and trees.
- _____ In an argument I compare my opponent's argument to someone/thing I have read/heard about.
- _____ If something breaks down, I look around me to try and see what I can find to fix the problem.
- _____ For a group presentation I prefer to organize/classify information into categories.

Total Naturalist



TOTAL SCORES

Verbal/Linguistic	Logical/Mathematical	Visual/Spatial	Bodily/Kinesthetic
Musical/Rhythmic	Interpersonal	Intrapersonal	Naturalist

LINGUISTIC LEARNER

- Likes to: read, write and tell stories.
- Is good at: memorizing names, places, dates and trivia.
- Learns best by: saying, hearing and seeing words.

LOGICAL/MATHEMATICAL LEARNER

- Likes to: do experiments, figure things out, work with numbers, ask questions and explore patterns and relationships.
- Is good at: math, reasoning, logic and problem solving.
- Learns best by: categorizing, classifying and working with abstract patterns/relationships.

SPATIAL LEARNER

- Likes to: draw, build, design and create things, daydream, look at pictures/slides, watch movies and play with machines.
- Is good at: imagining things, sensing changes, mazes/puzzles and reading maps, charts.
- Learns best by: visualizing, dreaming, using the mind's eye and working with colors/pictures.

MUSICAL LEARNER

- Likes to: sing, hum tunes, listen to music, play an instrument and respond to music.



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- Is good at: picking up sounds, remembering melodies, noticing pitches/rhythms and keeping time.
- Learns best by: rhythm, melody and music.

BODILY/KINESTHETIC LEARNER

- Likes to: move around, touch and talk and use body language.
- Is good at: physical activities (sports/dance/acting) and crafts.
- Learns best by: touching, moving, interacting with space and processing knowledge through bodily sensations.

INTERPERSONAL LEARNER

- Likes to: have lots of friends, talk to people and join groups.
- Is good at: understanding people, leading others, organizing, communicating, manipulating and mediating conflicts.
- Learns best by: sharing, comparing, relating, cooperating and interviewing.

INTRAPERSONAL LEARNER

- Likes to: work alone and pursue own interests.
- Is good at: understanding self, focusing inward on feelings/dreams, following instincts, pursuing interests/goals and being original.
- Learns best by: working alone, individualized projects, self-paced instruction and having own space.

NATURALISTIC LEARNER

- Likes to: be outside, with animals, geography, and weather; interacting with the surroundings.
- Is good at: categorizing, organizing a living area, planning a trip, preservation, and conservation.
- Learns best by: studying natural phenomenon, in a natural setting, learning about how things work.