Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Learning and Multiple Intelligences**

Use this exercise to identify additional learning strategies based on your multiple intelligences.

What are your highest intelligences? Intelligences include musical, interpersonal, logical-mathematical, spatial, bodily kinesthetic, linguistic, intrapersonal and naturalist.

Take a look at your results from the TruTalent Intelligences Assessment and the materials in the textbook. List your multiple intelligences from highest to lowest.

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| --- | --- |
|  | 5. |
|  | 6. |
|  | 7. |
|  | 8.  9. |

Place a checkmark in front of the strategies that could work for you.

Musical Intelligence

Musical intelligence involves hearing and remembering patterns in music.

\_\_\_\_\_While studying or reading, listen to music in the background.

\_\_\_\_\_Summarize what you need to remember and repeat the items with a beat or rhythm.

\_\_\_\_\_Make a song or rhyme out of items you need to remember.

Interpersonal Intelligence

Interpersonal intelligence is defined as understanding people.

\_\_\_\_\_Discuss what you have learned with friends, family, other students or faculty.

\_\_\_\_\_Use a study group to prepare for classes and exams.

\_\_\_\_\_Use your good listening skills to listen to lectures and directions in the classroom.

Logical-Mathematical Intelligence

Logical-mathematical intelligence involves understanding abstract principles and manipulating numbers, quantities and numbers.

\_\_\_\_\_Use logic to organize the material you are trying to learn.

\_\_\_\_\_Make an outline of the important points.

\_\_\_\_\_Use mind maps to organize the material to be learned.

\_\_\_\_\_Break math problems into logical parts and solve them step-by-step.

Spatial

Spatial intelligence involves the ability to manipulate objects in space. For example a baseball player uses spatial intelligence to hit a ball.

\_\_\_\_\_Use visualization to learn new material.

\_\_\_\_\_Use visual aids such as drawings, charts and diagrams as a memory device.

\_\_\_\_\_Get involved in athletics, coaching, or other physical activities.

\_\_\_\_\_Take courses in art, graphic design or other related subjects.

Bodily-Kinesthetic

Bodily kinesthetic intelligence is defined as being able to use your body to solve problems. Learn by doing, touching and handling.

\_\_\_\_\_Imagine ideas in action when reading or listening to material. For example, if you are reading about history,  
 imagine yourself living in that historical period.

\_\_\_\_\_Take short breaks while studying and engage in a physical activity.

\_\_\_\_\_Use physical objects to demonstrate mathematical concepts. For example, when dealing with fractions, cut an   
 apple into fractions.

\_\_\_\_\_Participate in athletics or other physical activities in college.

\_\_\_\_\_Use flash cards to remember details or new vocabulary.

Linguistic

People with linguistic intelligence are good with language and words.

\_\_\_\_\_Underline or highlight the main points while reading.

\_\_\_\_\_While reading, note new vocabulary on flashcards with the word on one sides and the definition on the reverse.

\_\_\_\_\_Take courses in creative writing, drama, speech, debate and foreign languages.

Intrapersonal

Intrapersonal intelligence is the ability to understand yourself and how to best use your natural talents and abilities.

\_\_\_\_\_Take self-assessments to identify your talents and challenges.

\_\_\_\_\_Make some goals for personal improvement.

\_\_\_\_\_Write a journal or blog about your personal goals.

\_\_\_\_\_When you are feeling frustrated, take a mental break to analyze what is interfering with learning.

Naturalist

The naturalist is able to recognize, classify, and analyze plants, animals and cultural artifacts.

\_\_\_\_\_Work on reading and assignments outside.

\_\_\_\_\_Take courses in biology.

\_\_\_\_\_When you have a choice of writing assignments, write about environmental issues.

\_\_\_\_\_Join clubs that seek to protect the environment.

Existential

Existential intelligence is the capacity to ask profound questions about the meaning of life.

\_\_\_\_\_Think about the importance of what you are learning and how it can make the world a better place.

\_\_\_\_\_Search for meaning in your studies.

When learning becomes difficult, it is helpful to try different ways to learn. List 6 learning strategies that you are willing to try.

|  |  |
| --- | --- |
|  | 4. |
|  | 5. |
|  | 6. |