

Multiple Intelligences Checklist for Students

Check those statements that apply to you.....

I. Verbal-Linguistic

- I like to read books.
- I can hear words in my head before I read, speak or write them down.
- I get more out of listening to a radio program or a spoken-word cassette than I do from television or films.
- I do well at word games such as Scrabble, Word Searches, and Cross-words etc.
- I like tongue twisters, nonsense rhymes, jokes or puns.
- I like to communicate an idea by saying it or writing it.
- Languages, social studies and history are easier for me than math and science.
- When I ride in a car, I pay more attention to the words written on signs and billboards than the scenery.
- My conversation includes frequent references to things that I've read or heard.
- I have a good memory for names, dates, places or trivia.

II. Logical-Mathematical

- I can easily compute numbers in my head.
- Math and/or science are among my favorite subjects to stud and learn.
- I enjoy playing games or solving brainteasers that require logical thinking.
- I like solve problems in a logical, organized manner.
- I search for patterns, regularities, or logical sequence or order in things.
- I'm interested in new developments and technologies in science.
- I believe that almost everything has a logical explanation.
- I like to find new ways to improve my thinking skills.
- I use a calendar or agenda to organize and remember activities and assignments.
- I feel more comfortable when something has been measured, categorized, analyzed or put in some neat, organized manner.

III. Visual-Spatial

- I often see clear visual images when I close my eyes.
- I am sensitive to color and I like lots of color.
- I frequently use a camera or camcorder to record what I see around me and I like to see movies, slides, etc.
- I enjoy doing jigsaw puzzles, mazes and other visual puzzles.
- I have vivid dreams at night and I daydream often.
- I can generally find my way around unfamiliar territory using charts and maps.
- I like to draw or doodle when I take notes.
- I like to draw or paint pictures or designs and/or sculpt a shape.
- I prefer reading material that has lots of pictures.
- I enjoy art activities.

IV. Bodily-Kinesthetic

- I do at least one sport or physical activity a week.
- I find it difficult to sit still for long periods of time.
- I like working with my hands in order to create and design things.
- My best ideas come to me when I'm out for a walk or jogging or engaged in some other kind of physical activity or sport.
- I like to act out an idea.
- I frequently use hand gestures or other forms of body language when conversing with others.
- I like to touch things in order to learn more about them.
- I enjoy daredevil amusement rides or similar thrilling physical experiences.
- I like to rehearse a physical skill, perform a dance, etc.
- I like role-playing activities, skits, plays etc. and quite often use these to solve problems.

V. Musical-Rhythmic

- I like to beat out or hum a rhythm of a song, etc.
- I frequently listen to music to work, to relax, or to get my energy up.
- I sometimes catch myself walking down the street with a TV jingle or other tune in my head.
- I play a musical instrument and/or sing in a musical group.
- I am sensitive to environmental noises such as rain on the roof.
- I often make tapping sounds or sing little melodies when working, studying, or learning something new.
- I can easily keep time to a piece of music with a simple percussion instrument.
- I know tunes to many different songs or musical pieces.
- If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- My life would be boring if there were no music in it.

VI. Interpersonal

- I enjoy socializing and being with lots of friends.
- I prefer group or team sports to individual sports.
- When I have a problem, I am more likely to seek out advice from another person than to work it out on my own.
- I like to teach something to someone else.
- I consider myself a leader or at least others have called me that.
- I feel comfortable in the midst of a crowd.
- I like to get involved in social activities, groups, clubs and organizations.
- I like to be a good team player.
- I have at least three close friends.
- I like to help and encourage my friends or help solve a conflict.

VII. Intrapersonal

- I set personal goals.
- I seem to be different in my style of living and learning than many people I know.
- I am aware of my feelings.
- I would rather spend a weekend alone than be with lots of people around.
- I consider myself to be strong willed or independent minded.
- I keep a journal or diary to record my personal thoughts.
- I like to reflect and think about an idea.
- I prefer working alone than working with others.
- I have a high self-esteem and I am very confident of myself
- I have a hobby or interest that I seldom talk discuss with others.

Your score: How many did you check for each section?

- I. Verbal-linguistic _____
- II. Logical-mathematical _____
- III. Visual-spatial _____
- IV. Bodily-Kinesthetic _____
- V. Musical-Rhythmic _____
- VI. Interpersonal: _____
- VII. Intrapersonal: _____

Multiple Intelligences Learner Profile Indicators

Verbal-linguistic: The learner enjoys reading books and telling jokes, spells correctly, likes to communicate with words, has a good memory for names and dates, listens carefully, enjoys word games, enjoys writing, speaks persuasively and has a strong vocabulary.

Logical-Mathematical: The learner solves problems with logic, calculates answers to math problems quickly, likes to keep track of things and organizes possessions, believes that almost everything has a logical explanation, enjoys brainteasers and games of strategy, prefers to see things categorized and put in a sense of logical order.

Visual-Spatial: The learner uses maps easily and has a good sense of direction, likes to draw, paint, sculpt, etc., enjoys jigsaw puzzles and mazes, assembles something without directions, can visualize images and answers, interprets charts and diagrams easily, is sensitive to color, likes crafts and prefers videos and pictures to words. This learner often doodles on paper and likes to daydream.

Bodily-Kinesthetic: The learner enjoys physical activities such as sports or dance, likes working with her/his hands, enjoys role-playing, solves problems by manipulating objects, handles tools skillfully, finds it difficult to sit still and uses gestures and other forms of body language when communicating.

Musical-Rhythmic: Beating out a rhythm, singing, recognizing tunes to many songs, playing a musical instrumental, being sensitive to environmental sounds such as the rain on the roof, and frequently listening to music while studying are some of the characteristics of this type of learner.

Interpersonal: This learner works well in groups, takes leadership roles in many activities, loves being with people, is sensitive to others' feelings, likes to get involved in social activities and clubs and is constantly encouraging friends.

Intrapersonal: The strengths of this learner are strongly centered with self. This learner sets personal goals, has a clear sense of direction in life, prefers to work alone rather than in a group, has high self-esteem, often keeps a journal and chooses tasks to match her/his abilities.

Multiple Intelligences Strategies List

Verbal - Linguistic	Logical-Mathematical	Visual-Spatial	Bodily-Kinesthetic
<ul style="list-style-type: none"> • vocabulary activities • grammar skills • reading • oral presentations • group discussions • brainstorming • story-telling • journal writing • writing activities • practice worksheets • lecture • humor and jokes • debates • literature, newspapers, magazines • on-line communication • word-processing • listening exercises • situations and dialogs • word games • writing and reading poetry • word memory devices • summarize in own words • metaphors and similes 	<ul style="list-style-type: none"> • cultural comparisons and contrasts • word order activities • creating situations • grammar relationships • grammar drills • deductive reasoning • inductive reasoning • sequencing information • cause and effect activities • classifying and categorizing • developing patterns • critical thinking activities • hypothesizing • pattern games • number activities • outlining • computer games • logic games and activities • word puzzles • problem-solving activities • make lists • prioritizing 	<ul style="list-style-type: none"> • reading maps • creating maps • interpreting directions • using graphs and diagrams • craft and art projects • drawing a response • visual presentations • using videos and slides • creating video projects • video exercises • video-editing • computer slide shows • photography projects • imagination games • webbing/mind mapping • color clues • creating models or 3D projects • graphic organizers • creative visualization • multimedia projects • calligramme picture poetry 	<ul style="list-style-type: none"> • role-playing • dancing • drama • physical movement • creative movement • TPR (total physical response) • hands on learning • manipulatives like flashcards • building a model or a 3D project • mime • competitive games • cooperative games • field trips • cooking and eating activities • using a computer • multimedia games or activities • aerobic alphabet • fly swatter game
Musical-Rhythmic	Interpersonal	Intrapersonal	Teaching Style
<ul style="list-style-type: none"> • create songs • create rhythms • create music for skits and plays • create music to remember • listen to music of culture\country • listen to music to enhance participation • sing cultural songs • link familiar tunes with concepts • write jingles • cultural music appreciation • listen to music to relax • listen to music to stimulate creativity • songs and word banks • create rhythms to practice grammar patterns • create a song to summarize an idea or concept 	<ul style="list-style-type: none"> • cooperative teams • paired activities • jigsaw expert teams • collaborative activities • peer teaching • team problem-solving activities • board games • simulations • surveys/polls • group brainstorming • group/team projects • cooperative learning • group mind mapping and webbing • leadership development • class or group poetry writing • group tests • group story telling • situations or dialogs • international epals/e-mail • compare notes 	<ul style="list-style-type: none"> • individual instruction • independent study • exploring personal interests • making personal choices • monitoring own skills • journaling • individual essays or writing assignments • self-evaluation • personal reflection • learning logs • individual quizzes/tests • individual worksheets • personalized authentic assessments • one on one activities • using the Web • personal research • learning center learning • create analogies to other things you know • individual mind mapping/webbing 	<p>On a scale of 1-10 for frequency of these groups of strategies rate yourself in your teaching</p> <p style="text-align: right;">VL_____</p> <p style="text-align: right;">LM_____</p> <p style="text-align: right;">VS_____</p> <p style="text-align: right;">BK_____</p> <p style="text-align: right;">MR_____</p> <p style="text-align: right;">Inter_____</p> <p style="text-align: right;">Intra_____</p>