Using the scale below, give each statement a number that best represents your response.

**1—Not at all like me 2—A little like me 3—Somewhat like me 4—A lot like me 5—Definitely me**

Add the total for each category and then identify your top five intelligences.

|  |  |
| --- | --- |
| **Verbal/Linguistic** |  |
| 1. I like puns and other wordplay. |  |
| 1. I feel comfortable and get positive reinforcement when dealing with language and words. |  |
| 1. I enjoy completing crosswords and other word games. |  |
| 1. I remember things exactly as they are said to me. |  |
| 1. I like to take part in debates and/or discussions. |  |
| 1. I prefer writing long- and short-answer responses rather than multiple choice responses. |  |
| 1. I enjoy keeping a written journal, and/or writing stories and articles. |  |
| 1. I like to read a lot. |  |
| **My Verbal/Linguistic Total** |  |
| **Logical/Mathematical** |  |
| 1. I work best in an organized work area. |  |
| 1. I enjoy math and/or science. |  |
| 1. I keep a “things to do” list. |  |
| 1. I enjoy playing brainteasers and games that involve logical thinking. |  |
| 1. I like to ask “why” questions and seek clarification of issues and concerns. |  |
| 1. I work best when I have a day planner or timetable. |  |
| 1. I quickly grasp cause-and-effect relationships. |  |
| 1. I am good at estimating. |  |
| **My Logical/Mathematical Total** |  |
| **Visual/Spatial** |  |
| 1. I understand colour combinations and what colours work well together. |  |
| 1. I enjoy solving jigsaw, maze, and/or other visual puzzles. |  |
| 1. I read charts and maps easily. |  |
| 1. I have a good sense of direction. |  |
| 1. I like to watch the scenes and activities in movies. |  |
| 1. I have vivid dreams when sleeping. |  |
| 1. I can anticipate the moves and consequences in a game plan (i.e., hockey sense, chess sense). |  |
| 1. I remember things best by seeing them. |  |
| **My Visual/Spatial Total** |  |

|  |  |
| --- | --- |
| **Interpersonal** |  |
| 1. I work best through interaction with people. |  |
| 1. I enjoy team sports rather than individual sports. |  |
| 1. Being around people energizes me. |  |
| 1. I prefer group activities rather than ones I do alone. |  |
| 1. I enjoy learning about different cultures. |  |
| 1. I usually talk over my personal problems with a friend. |  |
| 1. I enjoy sharing my ideas and feelings with others. |  |
| 1. I work best in cooperative groups where I can discuss issues with others. |  |
| **My Interpersonal Total** |  |
| **Intrapersonal** |  |
| 1. I am a private person, and I like my private inner world. |  |
| 1. I have a few close friends. |  |
| 1. I have strong opinions about controversial issues. |  |
| 1. I work best when activity is self-paced. |  |
| 1. I am not easily influenced by other people. |  |
| 1. I have a good understanding of my feelings and how I will react to situations. |  |
| 1. I often raise questions concerning values and beliefs. |  |
| 1. I understand that I am responsible for my own behaviour. |  |
| **My Intrapersonal Total** |  |
| **Body/Kinesthetic** |  |
| 1. I like to move, tap, or fidget when sitting. |  |
| 1. I participate in extreme sports (i.e., sea kayaking, snowboarding,  mountain biking). |  |
| 1. I am curious as to how things feel and I tend to touch objects to examine the texture. |  |
| 1. I am well coordinated. |  |
| 1. I like working with my hands. |  |
| 1. I prefer to be physically involved rather than sitting and watching. |  |
| 1. I understand best by doing (touching, moving, and interacting). |  |
| 1. I enjoy creating things with my hands. |  |
| **My Body/Kinesthetic Total** |  |

|  |  |
| --- | --- |
| **Musical** |  |
| 1. I play music in my head. |  |
| 1. I make up a rhyme to remember something. |  |
| 1. It is easy for me to follow the beat of music. |  |
| 1. I like setting songs and poems to music. |  |
| 1. I keep time when music is playing. |  |
| 1. I can hear an off-key note. |  |
| 1. I find it easy to engage in musical activities. |  |
| 1. I feel proud of my musical accomplishments. |  |
| **My Musical Total** |  |
| **Naturalistic** |  |
| 1. I have a collection (i.e., shells, mugs, rocks, hockey cards). |  |
| 1. I notice similarities and differences in trees, flowers, and other things  in nature. |  |
| 1. I am actively involved in protecting the environment. |  |
| 1. I enjoy digging for and discovering artifacts and unusual items. |  |
| 1. I prefer to be outdoors rather than indoors. |  |
| 1. I like planting and caring for a garden. |  |
| 1. I enjoy fishing and tracking. |  |
| 1. I learn best when I can go on field trips to explore and observe nature exhibits, museums, or the outdoors. |  |
| **My Naturalistic Total** |  |

**My Top Five Multiple Intelligences**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_