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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_